

Activity: Everyday or Sometimes food?

What you need

- ★ Empty packets of food or drinks
OR collect pictures of food from magazines or supermarket catalogues
- ★ Paper for posters
- ★ Glue
- ★ Scissors

What to do

Make a poster that show foods (and drinks) that are 'everyday' and 'sometimes'.

Ask children to sort pictures into (1) 'Everyday' foods and (2) 'Sometimes' foods

Ask children:

What do we mean by 'everyday' foods? Healthy for our bodies and teeth. Foods and drinks that help keep your body healthy are good for your teeth too!

Healthy means that you are not sick and that your body feels good. It means you can play, learn and grow.

What do we mean by 'sometimes' foods? Not good for teeth and bodies. Foods that can hurt your teeth are 'sometimes' foods.



Key messages for children

- ★ 'Everyday' foods can be eaten everyday because they help you grow, play and learn
- ★ 'Everyday' foods are foods like fruit, cheese, vegetables and sandwiches
- ★ Eating 'everyday' foods help keep your teeth and body healthy
- ★ Healthy means you are not sick and that your body feels good. It means you can play, learn and grow

