

Love your health

Healthy teeth make me smile



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Aneurin Bevan
Health Board

#loveyourhealthldw



Learning Disability Wales
Anabledd Dysgu Cymru

Healthy teeth make me smile



GIG
CYMRU
NHS
WALES

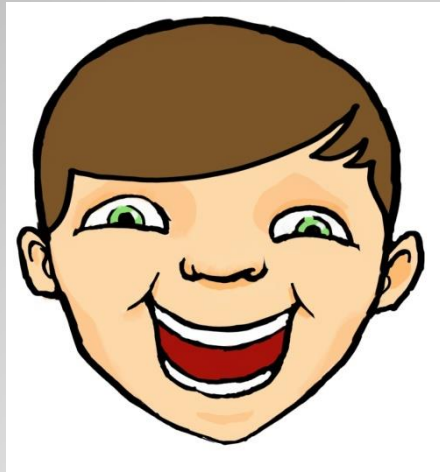
Bwrdd Iechyd
Aneurin Bevan
Health Board



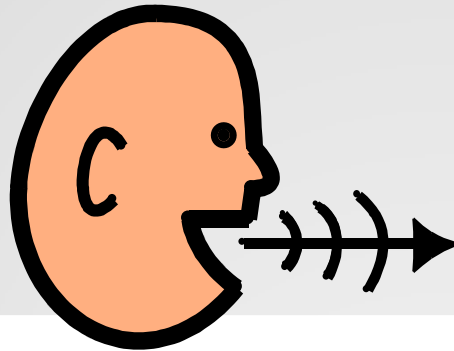
Why do we need teeth?



Eating



Smiling

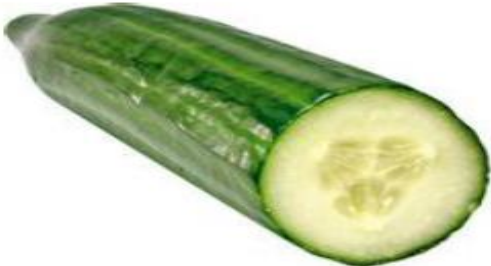


Speaking

**How can we look after
our teeth?**



HEALTHY FOOD



Food and Drink



Sugary snacks and drinks



Only eat and drink sugary snacks at mealtimes

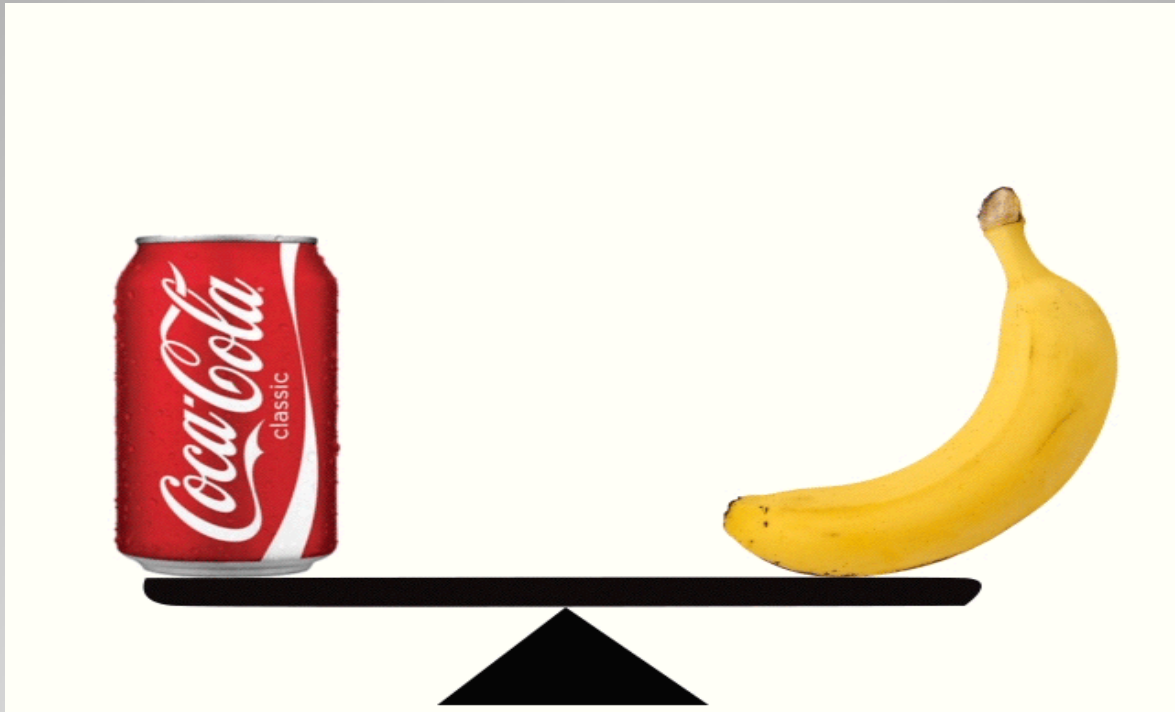


Eat healthy snacks and sugar free drinks between meals.



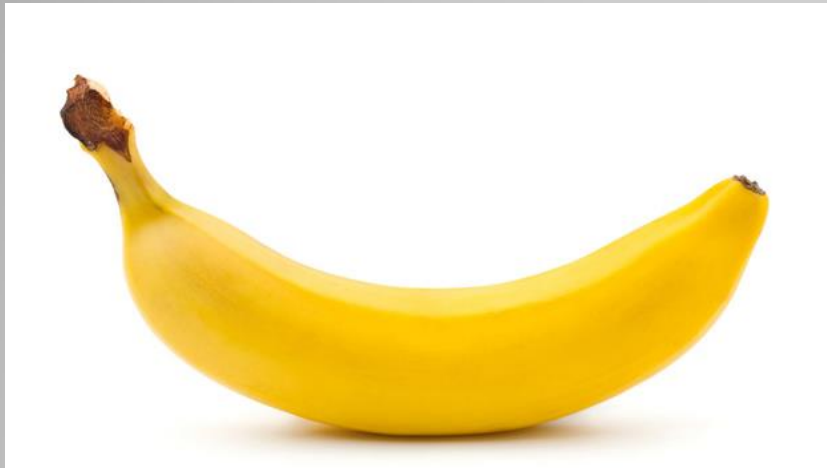
Higher or lower Game





What food or drink has the most sugar ?

Banana



Can of pop



Which one has more sugar ?

Chocolate milkshake



Milk



Higher or lower

Plain Popcorn



Chocolate icecream



Higher or lower

Fresh Fruit



Chocolate bar



Higher or lower

Porridge with fresh fruit



Fruit Yoghurt



Higher or lower

Strawberry Yoghurt



Apple



Higher or lower

Apple juice

Water



Higher or Lower

water



Energy drink



Higher or lower

Energy drink



Glass of milk



Higher or lower

Glass of milk



Can of fizzy drink



Higher or lower

Water



Energy drink



Higher or lower

Dried fruit

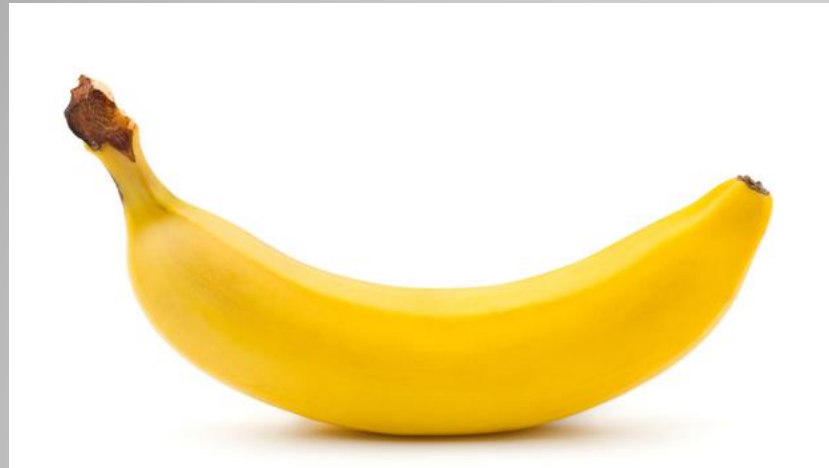


Banana



Higher or lower

Banana



Cereal bar



Higher or lower



Brushing our teeth

Brushing Teeth at Home



Brush your teeth in the morning



Use a Fluoride toothpaste



Brush your teeth before bed



Spit the toothpaste out after

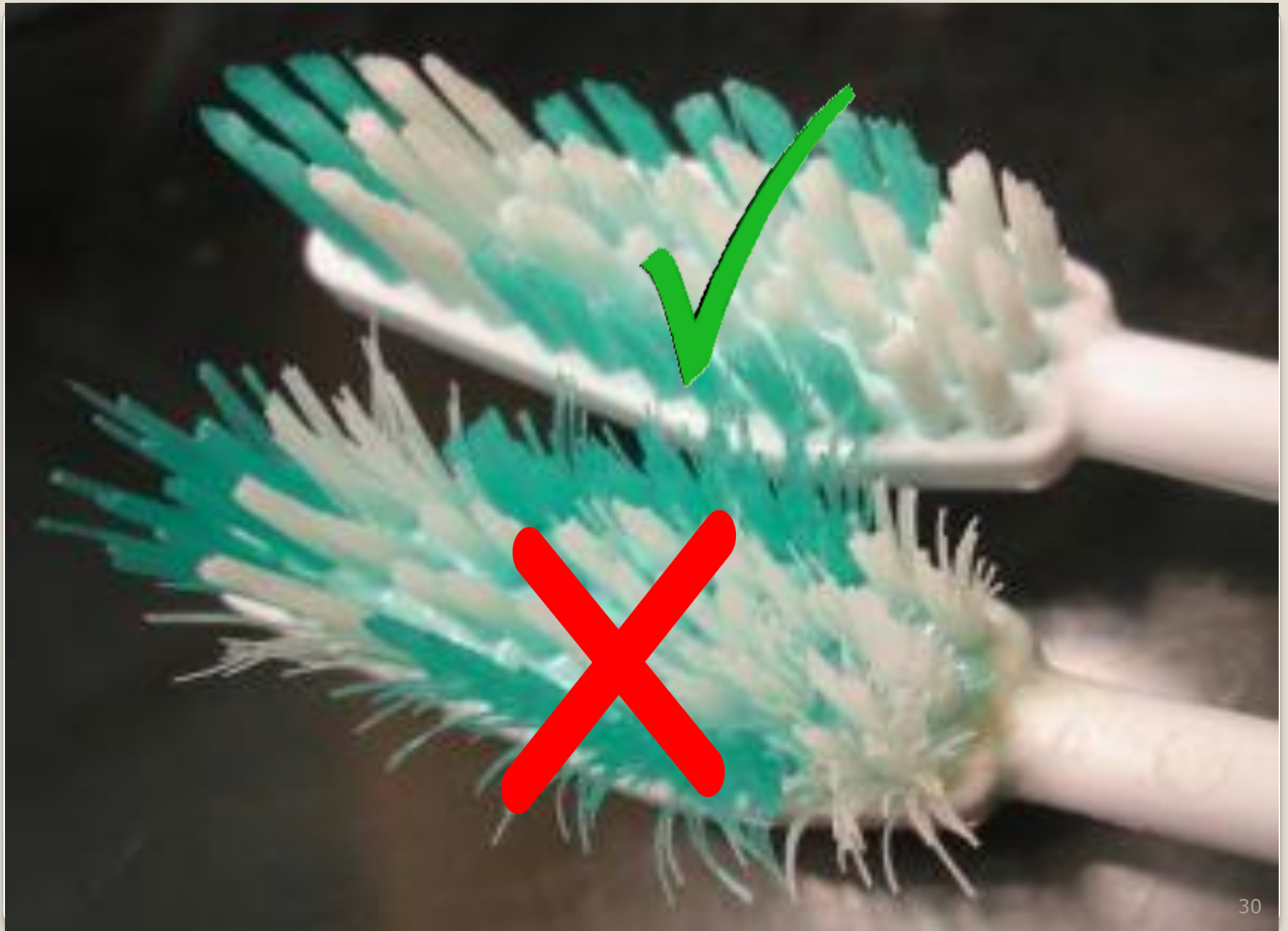
What do we need?

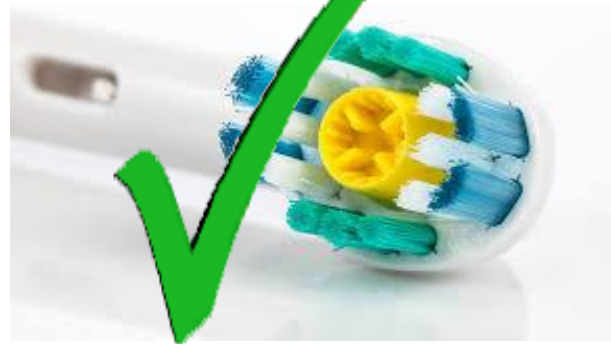
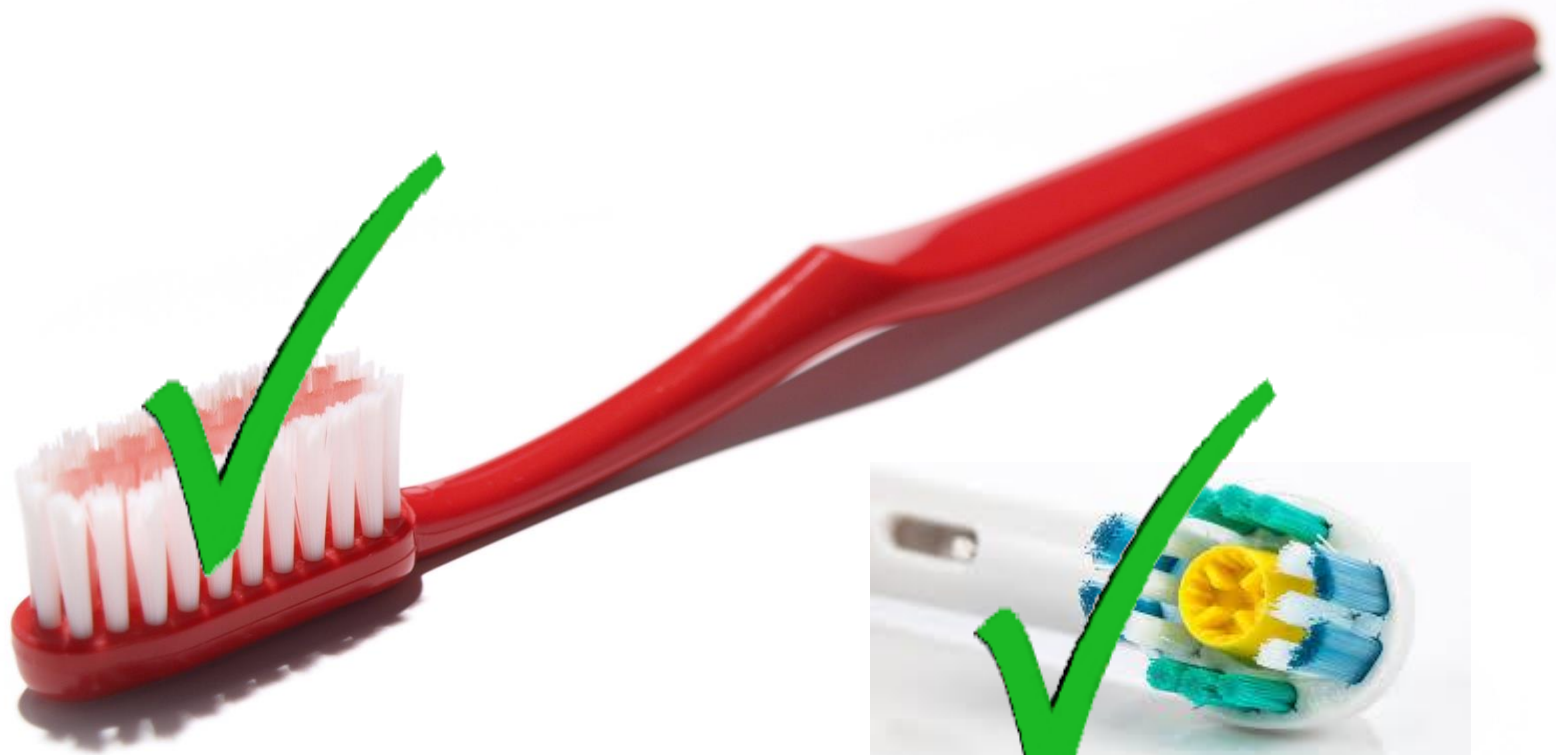




What toothbrush ?







How much toothpaste should we use ?









Going to the dentist

**Role play with John/visual aids
models toothbrushing**



Always remember

The Healthy Mouth Guide



It is easy to have a healthy mouth – just follow the good mouth guide below



Have regular check-ups at the Dentist.



Brush all surfaces of your teeth and gums with a toothbrush and Fluoride toothpaste twice daily.



Sugar causes decay. Sugar is in lots of food and drink.



Have sugary food and drink at meal-times only.



Avoid smoking and drinking too much for a healthy mouth.



Thank You !