



Resource Pack Overview

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Twisted Egg & Spoon – Lesson Plan KS2

(In KS2 classes, each group can nominate a 'reader' to share task instructions)

Platform 2:

Key Message(s)	Brush twice a day (before bed and 1 other time) with a pea-sized amount (age 3 years and above) of fluoride toothpaste (1350-1450ppm) for 2 minutes. Spit, don't rinse after brushing. Children should be supervised/helped with brushing until at least 7 years old.	Materials Required	Time
GRAB attention Joke Fact	What's a teacher's favourite vegetable? Peas & quiet! "Do you put anything on your toothbrush?" "One of these?" "No?" "Look again." "Hmm. Are you sure?" Use a PEA-SIZED amount of FLUORIDE toothpaste! What is fluoride? (mineral) Why is it good for teeth? (Makes enamel harder & stronger, plus antibacterial = cleaner longer)	<ul style="list-style-type: none"> • Ketchup bottle • Tin of garden peas • Alcohol gel or hand soap 	30 seconds
SHARE the L.O (learning objective)	"By the end of this activity you will know: • how much fluoride toothpaste to use • how often brushing is recommended & how long to brush for."	Smile	30 seconds
RECALL current knowledge <small>What do you know now?</small>	Look at the HANDS-UP SHOUT-OUT KNOW-HOW QUIZ which can be found on "2a Equipment TE&S List PDF"	Extra resource: Platform 2a Equipment List PDF	1 minute
PRESENT new information	Share key messages from above. Then KS2 see further info on Platform 2b Twisted Egg & Spoon Expansion PDF to add greater depth:	Extra resource: Platform 2b "Twisted KS2 Expansion PDF"	1 minute
GUIDE How to perform the activity Get feedback to check the group understands	<ul style="list-style-type: none"> • Divide into 2 teams and form a queue in each team. • The 1st team member grabs a toothbrush and balances a pea on the brush head. Start the 2 minute timer. • Walk along the line balancing the pea, while your team -mate counts your steps. Pick up the pea if you drop it. • X marks the spot where you shout out "Spit!" before you turn around and walk back. • When you get back to your team, hand over the toothbrush & pea for the next player's turn, sit down & do the sleep pose (head leaning to 1 side, ear resting on hands). • Repeat until 2 minutes is up. How many steps? • Reset timer and start again for another 2 minutes. • New step count? Add both together for grand total. 	2 Masking tape lines on floor ended by an X 2 manual toothbrushes Garden peas 2 minute timer Dustpan and brush	1 minute
PRACTICAL	Let's do it!	Above equipment	4 minutes
ENHANCE retention Encourage students to apply to personal contexts	Discuss with a partner: Do you have a manual or electric? 1) Have a guess, how many circles do you draw on your teeth and gums with your toothbrush in 2 minutes? 2) Do you think it's more or less than your step total? Even with a manual TB it should be more, but a modern electric brush can do between 24,000-48,000 movements per minute. So 2 mins, twice a day = up to 200,000 times!	Smile	1 minute
RESET	and tidy station for next group (and the floor!)	Smile	30 seconds
TRAVEL By train	Choo choo with locomotion arms around the room onto the next activity station	Smile	30 seconds



Platform 2a: Twisted Egg & Spoon – Equipment List
(For both KS1 & KS2. There is also further KS2 Expansion)

For this activity you will need:

- **Dustpan and brush** (to sweep floor of any dropped and squished peas!)
- A bottle of **ketchup** or other sauce
- **Tin** of garden peas
- **Peas** drained ready for use
- Alcohol gel or hand **soap dispenser**
- **Masking tape** and **scissors** to mark out 2 parallel lines (at least 1m apart) with an X at one end
- **2 manual toothbrushes**
- **A 2 minute timer** (stopwatch/ sand timer/ BrushDJ brushing app/ or:
For KS1 = play video of Hey Duggee brushing song:
[The Tooth Brushing Song - The Tooth Brushing Badge - Hey Duggee Series 3 - Hey Duggee - YouTube](#)
 (could get very annoying on repeat!!)
For KS2 = play BrushDJ app:
<http://www.youtube.com/watch?v=plUxuzEviNg> (this will need setting up beforehand)

Hands-Up Shout-Out Know-How Quiz

RECALL current knowledge. What do you know now?

Hands up:

1 Who squeezes enough toothpaste to cover the whole brush head?



2 Just a pea-size?

KS1 = (Do your grown ups do it?)



3 How long do you brush for?

4 How do you time it?

Hands up: clock/sand timer/app/fave song?



5 When do you brush?

Hands up: B4 breakfast/after BF

after lunch/after school/after dinner/B4 bed?

6 How often? Once a day? Twice a day? Once a week?

7 Do your grown ups help remind you about brushing?



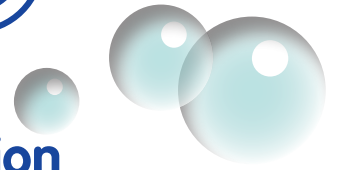
8 What flavour is your Toothpaste?

9 Do you like the taste?



Platform 2b: Twisted Egg & Spoon – KS2 Expansion

(Extra Information)



It is important to keep spitting while brushing because **if you swallow a lot of fluoride it could give you an upset tummy.**

After brushing just spit out the bubbles and don't rinse with water or mouthwash **so the fluoride can keep working for longer.**

Fluoride mouthwash is weaker than fluoride toothpaste so if used after brushing is a waste of money and will be worse for your teeth than not rinsing.

If you love the feel of mouthwash, or it has been specifically recommended by a dental professional, **use it at a different time to brushing to get the extra benefit.**

Which toothpaste is best?

It's important to find a fluoride toothpaste (1350-1450 PPM) with a flavour that you like. Otherwise 2 minutes will feel like a very long time and you will be tempted to rinse to get rid of the taste.

What is PPM?

The strength of fluoride is counted in parts per million (PPM).

1350-1450PPM fluoride is recommended for your toothpaste.

You can find this on the back of the tube somewhere in or near the list of ingredients.

The fluoride could be written in a number of ways such as **Sodium Fluoride** or **Sodium Monofluorophosphate** or sometimes there are 2 types of fluoride with the other one called **Stannous fluoride.**

You have to add both numbers together to get the total PPM.



What is fluoride and what does it do?

Fluoride is a **naturally occurring mineral** found in water in varying amounts, depending on where in the UK you live. Trace amounts of fluoride are found in some food stuffs.

It can help prevent tooth decay, which is why it's added to many brands of toothpaste and, in some areas, to the water supply through a process called fluoridation. It **strengthens** your enamel (which is already the **hardest substance in your body**) and is **antibacterial** so keeps the bugs away for longer after you brush.

Why is bedtime the most important time to brush?

If we don't brush our teeth at bedtime any food stuck to our teeth will be a tasty feast for bacteria to enjoy all night long. As well as that, **the bacteria have been growing and multiplying all day** and there are now so many that the amount of acid they could produce has greatly increased. If we brush our teeth at bedtime we can make sure that any sticky food residue and bacteria are removed so our mouths are clean and fresh. When we brush our teeth, our **toothpaste builds a protective layer of fluoride** around our teeth. **If we don't rinse after brushing** this fluoride can keep working to **strengthen our enamel and keep the bacteria away for longer while we sleep.** When we go to sleep our saliva production also goes to sleep. During the day when we are awake **our saliva helps to protect our mouths in a number of ways. It has a cleansing action** literally washing over our tooth surfaces, it starts the digestion process by softening our food and preparing it for swallowing, but most importantly for preventing tooth decay, it **neutralises acids which can attack our enamel** (acid from food and drinks as well as the acid produced by bacteria feeding on sugars). So without this helpful liquid at night if we haven't brushed our teeth before bed then the bacteria will be able to feast and produce acid all night long undisturbed - that will be one big party for them but not so much fun for your teeth!