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Platform 4:

Hide & Seek Sugar – Lesson Plan KS1

(Including reception)

Key Message(s)		Materials Required	Time
<ul style="list-style-type: none"> <li>Reduce the amount and frequency of sugary food and drinks.</li> <li>Keep sugary food and drinks to meal times.</li> <li>What causes tooth decay? : plaque + sugar = acid acid + enamel + time = decay</li> </ul>			
<b>GRAB attention Object</b>	What's this? What's it for? Who uses one of these at work? <b>Elicit "Detective" or "Scientist"</b> "In this activity you will be the detective/scientist!"	Magnifying Glass or Telescope	30 seconds
<b>SHARE the L.O (learning objective) with the students</b>	"By the end of this activity you will understand what is a safer (tooth-friendly) snack and which food and drinks should be kept to mealtimes to help lower the chance of tooth decay."	Smile	30 seconds
<b>RECALL current knowledge</b>	How often do you eat snacks? Ticks on tally chart accordingly. Mind Map on whiteboard food & drink this group consumes between meals.	Platform 4a: Hide & Seek Sugar Tally PDF Whiteboard - Tally	1 minute
<b>PRESENT new information</b>	What causes tooth decay? Students shout out guesses. Ignore wrong answers but praise correct answers: <b>sugar, bacteria, time. Show PDF photo equation, &amp; read off back.</b>	Platform 4b/4c: What causes tooth decay PDF	1 minute
<b>GUIDE</b> How to perform the activity Get feedback to check the students understand what to do	Let's look at a variety of food and drinks and decide if there's any sugar hiding inside it. So, whether it is better for our teeth to keep them to mealtimes or if they are safe to eat as a snack. <b>Separate into 2 piles—on paper plates.</b> Demo—here is cheese... is that high in sugar or is it safe for teeth? Which plate should we put it on?	2 paper plates with pictures and titles (photo) <b>Platform 4d/4e/4f: Food Pictures Cards Game PDF (cut-up)</b>	1 minute
<b>PRACTICAL</b>	Let's do it!! <b>2 minutes</b> Look at answers <b>2 minutes</b> Any surprises? When whole fresh fruit is squished or cooked or dried the natural sugars inside are released and could cause tooth decay.	Above equipment <b>Plus Platform 4g/4h: Food Pictures Cards Answers. PDF (DO NOT CUT-UP)</b>	4 minutes
<b>ENHANCE retention</b> Encourage students to apply to personal contexts	Look back at tally chart on whiteboard. Are you putting your teeth at risk? Can swapping <b>when</b> you eat or drink something make you healthier? We want to cut down how much sugar we eat but we don't need to give up everything we like. If we are clever about <b>when</b> we eat it we can lower the chance of tooth decay.	Smile	1 minute
<b>RESET</b>	and tidy station for next group	Smile	30 seconds
<b>TRAVEL By train</b>	Choo choo with locomotion arms around the room to the next activity station	Smile	30 seconds



**Platform 4:**

**Hide & Seek Sugar – Lesson Plan KS2**

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

Key Message(s)		Materials Required	Time
	<ul style="list-style-type: none"> <li>Reduce the amount and frequency of sugary food and drinks.</li> <li>Keep sugary food and drinks to meal times.</li> <li>What causes tooth decay? : plaque + sugar = acid acid + enamel + time = decay</li> </ul>		
<b>GRAB attention</b> Object	What's this? What's it for? Who uses one of these at work? "In this activity you will be doing the investigating."	<b>Magnifying Glass</b> or <b>Telescope</b>	<b>30 seconds</b>
<b>SHARE the L.O</b> (learning objective) with the group	"By the end of this activity you will understand what is a safer (tooth-friendly) snack and which food and drinks should be kept to mealtimes to help prevent tooth decay and why."	Smile	<b>30 seconds</b>
<b>RECALL current knowledge</b>	How often do you eat snacks? Ticks on tally chart accordingly. Mind Map on the whiteboard which food & drink this group consumes between meals.	<b>Platform 4a: Hide &amp; Seek Sugar Tally PDF</b> Whiteboard - Tally	<b>1 minute</b>
<b>PRESENT new information</b>	Look at the equation on the PDF. What 4 things must there be to get tooth decay? When you have figured it out, turn over and look at the Venn diagram to see how they interact.	<b>Platform 4b/4c: What causes tooth decay PDF</b>	<b>1 minute</b>
<b>GUIDE</b> How to perform the activity Get feedback to check the group understands what to do	Let's look at a variety of food and drinks and decide if there's any sugar hiding inside it. So, whether it is better for our teeth to keep them to mealtimes or if they are safe to eat as a snack. <b>Separate into 2 piles—on paper plates.</b> Demo—here is cheese... is that high in sugar or is it safe for teeth? Which plate should we put it on?	2 paper plates with pictures and titles (photo) <b>Platform 4d/4e/4f: Food Pictures Cards Game PDF</b> (cut-up)	<b>1 minute</b>
<b>PRACTICAL</b>	Let's do it!! <b>2 minutes</b> Look at answers <b>2 minutes</b> Any surprises? When whole fresh fruit is squished or cooked or dried the natural sugars inside are released and could cause tooth decay. Have you ever looked at packaging? Traffic light symbols? Different names for sugars on ingredients list often end in "ose" e.g. sucrose, maltose, glucose as well as corn syrup.	Above equipment <b>Plus Platform 4g/4h: Food Pictures Cards Answers. PDF</b> (DO NOT CUT-UP)	<b>4 minutes</b>
<b>ENHANCE retention</b> Encourage students to apply to personal contexts	Look back at tally chart on whiteboard. Are you putting your teeth at risk? Can swapping <b>when</b> you eat or drink something make you healthier? We want to cut down how much sugar we eat but we don't need to give up everything we like. If we are clever about <b>when</b> we eat it we can lower the chance of tooth decay.	Smile	<b>1 minute</b>
<b>RESET</b>	and tidy station for next group	Smile	<b>30 seconds</b>
<b>TRAVEL By train</b>	Choo choo with locomotion arms around the room to the next activity station	Smile	<b>30 seconds</b>



**Platform 4a:**

## Hide and Seek Sugar – KS1 & KS2

(Including reception)

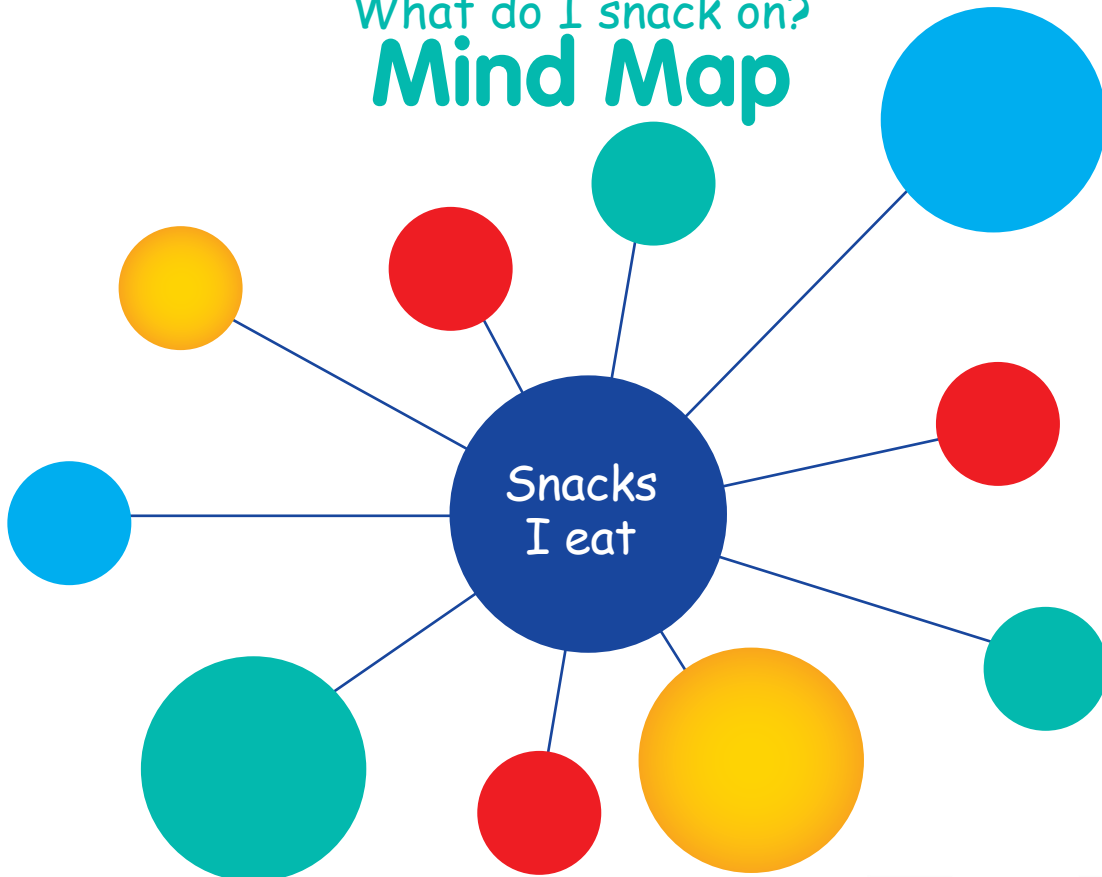
# Tally Chart

**How often do you eat snacks between meals?**

Between breakfast & lunch? Between lunch & evening meal? Between evening & breakfast?

How often each day?	Tally - How many children snack... this many times a day?	Total Number
Once		
Twice		
Three Times		

## What do I snack on? Mind Map





Platform 4b:

Hide and Seek Sugar – KS1 & KS2

(Including reception)

What causes

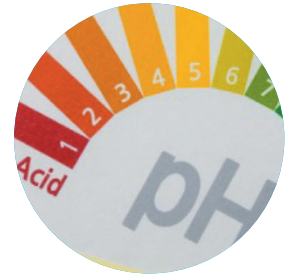
# Tooth Decay?



+



=



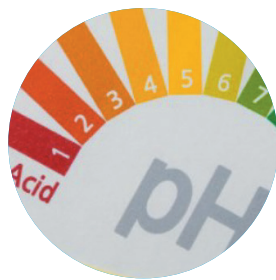
**bacteria**

**sugar**

**acid**



+



+



=



**tooth**

**acid**

**time**

**tooth decay**

Sugar Bowl: © <a href='https://www.123rf.com/profile\_yusufaslan'>yusufaslan</a>, <a href='https://www.123rf.com/free-images/'>123RF Free Images</a>



## Platform 4c:

## Hide and Seek Sugar – KS1 &amp; KS2

(Including reception)

What causes

# Tooth Decay?

There needs to be 4 things for tooth decay to occur.

## 1 A Tooth

Without a tooth you can't get tooth decay! Shall we pull out all of our teeth so we don't need to worry about tooth decay?

## 2 Bacteria

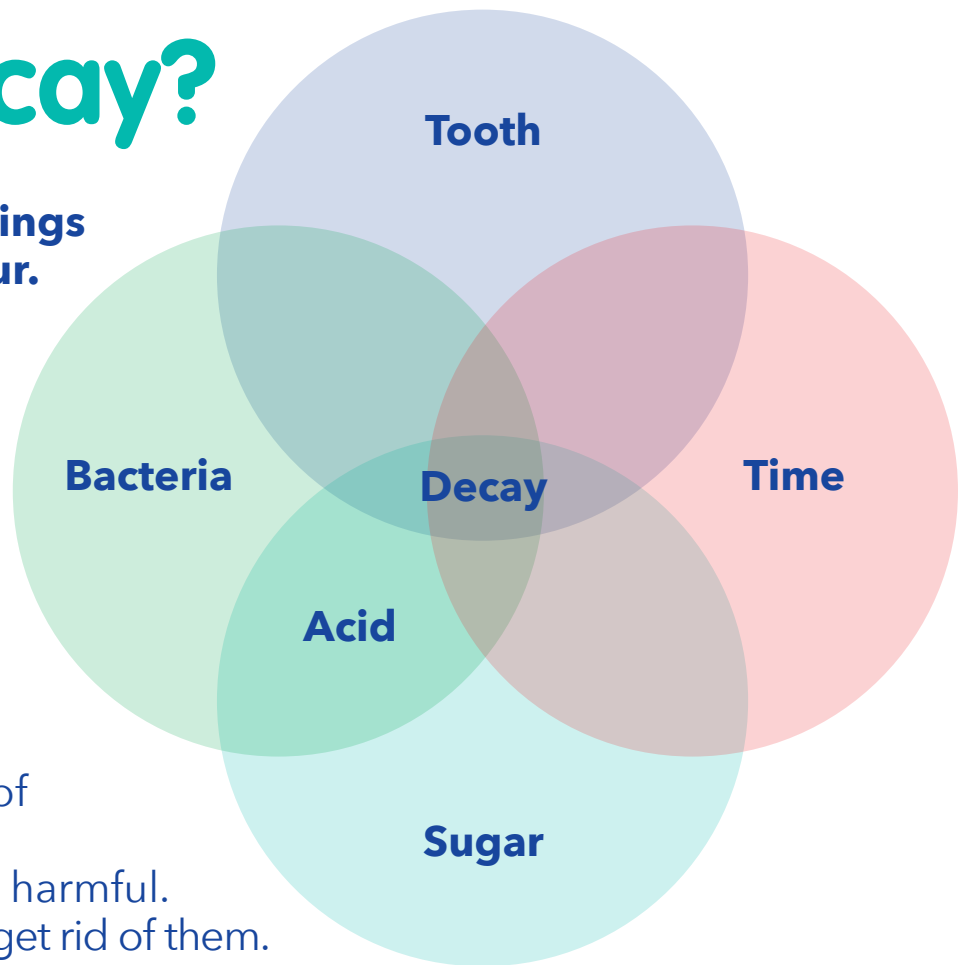
There are thousands of bacteria in our mouth – some friendly, some harmful. We brush our teeth to get rid of them.

## 3 Sugar

The bacteria feed on sugars and that makes them produce Acid.

## 4 Time

The Acid attacks the tooth. We have a marvellous liquid in our mouth which helps to protect our teeth. Our saliva can repair the tooth if it has time between meals. But if we eat or drink more sugar the tooth will be attacked again. If this keeps happening (by having sugary snacks) it could cause tooth decay.



AWESOME

September

Stations



Platform 4d:

# Hide and Seek Sugar – KS1 & KS2

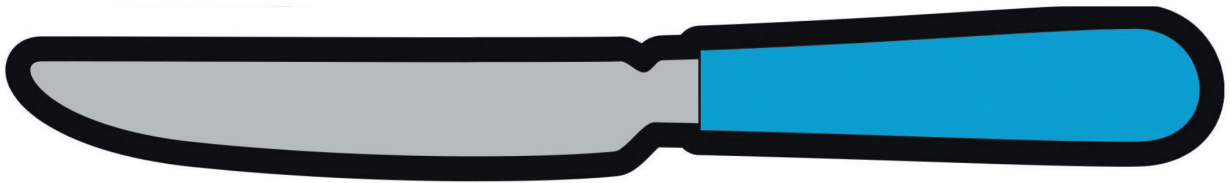
(Including reception)



To Cut Out

## Food Picture Card Game

Image of knife and fork to cut out and stick onto paper plate 1



Best keep to meal times

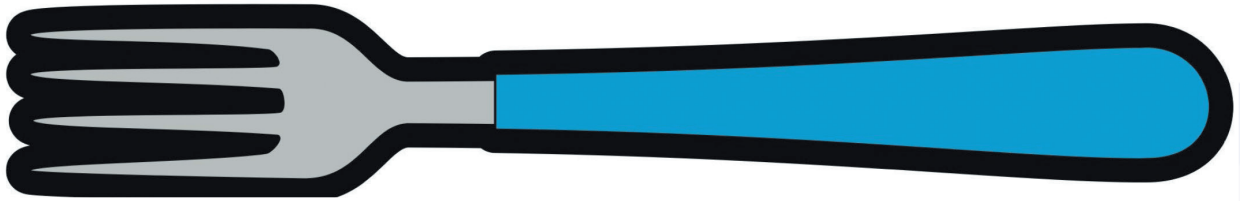


Image of tooth to cut out and stick onto paper plate 2



Safer for teeth

Snacks  
I eat

AWESOME

September



Stations

Platform 4e:

Hide and Seek Sugar – KS1 & KS2

(Including reception)



To Cut Out



# Food Picture Card Game







Platform 4f:

# Hide and Seek Sugar – KS1 & KS2

(Including reception)



To Cut Out



## Food Picture Card Game





Platform 4g:

# Hide and Seek Sugar – KS1 & KS2

(Including reception)

# Food Picture Card Game

Answer Sheet 1





Platform 4h:

# Hide and Seek Sugar – KS1 & KS2

(Including reception)

# Food Picture Card Game

Answer Sheet 2

