



Resource Pack Overview

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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"> Reduce the amount and frequency of sugary food and drinks. Keep sugary food and drinks to meal times. What causes tooth decay? : plaque + sugar = acid acid + enamel + time = decay 			
GRAB attention Object	What's this? What's it for? Who uses one of these at work? Elicit "Detective" or "Scientist" "In this activity you will be the detective/scientist!"	Magnifying Glass or Telescope	30 seconds
SHARE the L.O (learning objective) with the students	"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
RECALL current knowledge	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
PRESENT new information	What causes tooth decay? Students shout out guesses. Ignore wrong answers but praise correct answers: sugar, bacteria, time. Show PDF photo equation, & read off back.	Platform 4b/4c: What causes tooth decay PDF	1 minute
GUIDE 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. Separate into 2 piles—on paper plates. 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) Platform 4d/4e/4f: Food Pictures Cards Game PDF (cut-up)	1 minute
PRACTICAL	Let's do it!! 2 minutes Look at answers 2 minutes 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 Plus Platform 4g/4h: Food Pictures Cards Answers. PDF (DO NOT CUT-UP)	4 minutes
ENHANCE retention Encourage students to apply to personal contexts	Look back at tally chart on whiteboard. Are you putting your teeth at risk? Can swapping when 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 when we eat it we can lower the chance of tooth decay.	Smile	1 minute
RESET	and tidy station for next group	Smile	30 seconds
TRAVEL By train	Choo choo with locomotion arms around the room to the next activity station	Smile	30 seconds



Platform 4a:

Hide and Seek Sugar – KS1 & KS2

(Including reception)

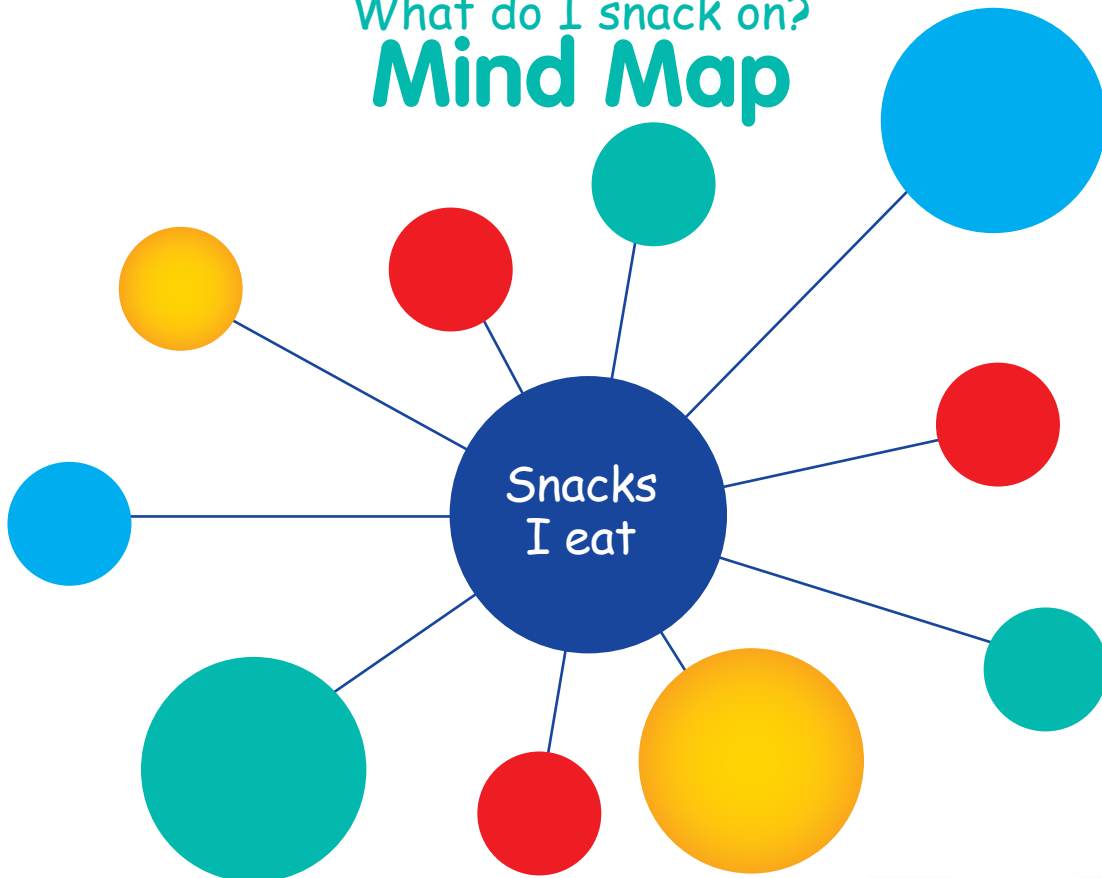
Tally Chart

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

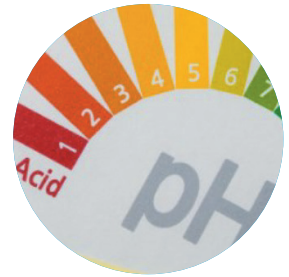
Tooth Decay?



+



=



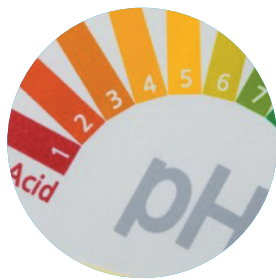
bacteria

sugar

acid



+



+



=



tooth

acid

time

tooth decay

Sugar Bowl: © [yusufaslan](https://www.123rf.com/profile_yusufaslan), [123RF Free Images](https://www.123rf.com/free-images/)



Platform 4c:

Hide and Seek Sugar – KS1 & 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

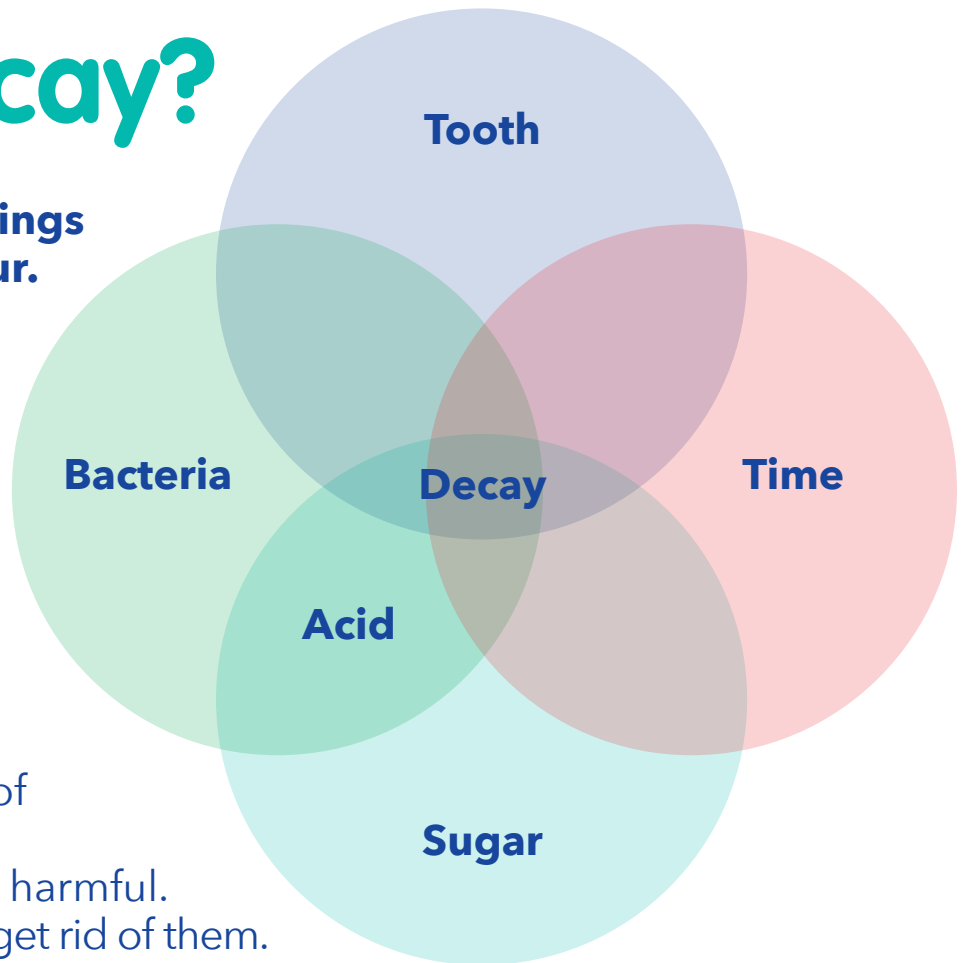
There are thousands of bacteria in our mouth – some friendly, some harmful. We brush our teeth to get rid of them.

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

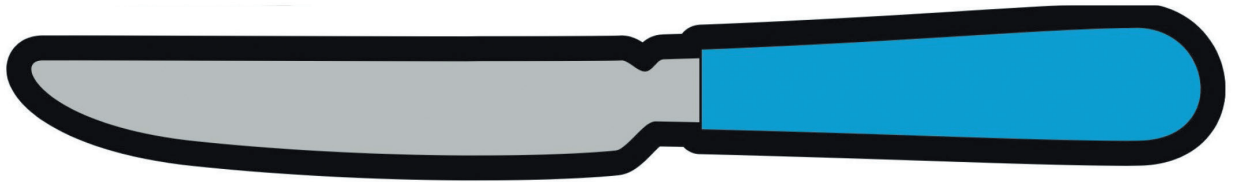
(Including reception)



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

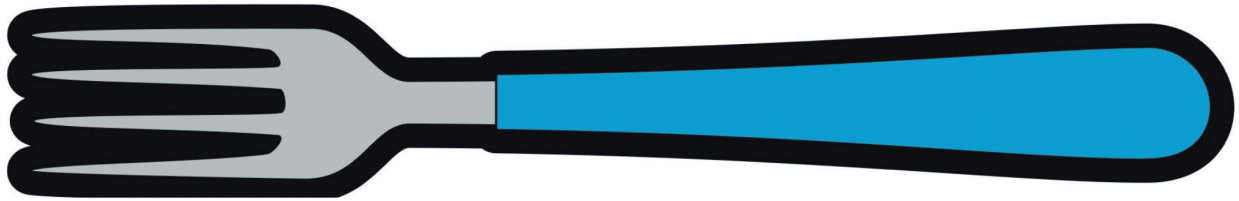


Image of tooth to cut out and stick onto paper plate 2



Safer for teeth

Snacks
I eat



Funded by
Cambridgeshire
County Council

Awesome Oral Health



Reaching out beyond the dental practice



BSDHT

The British Society of Dental Hygiene & Therapy
Course Accreditation 2023-2024

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September



Stations

Platform 4e:

Hide and Seek Sugar – KS1 & KS2

(Including reception)



To Cut Out



Food Picture Card Game



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September



Stations

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

