

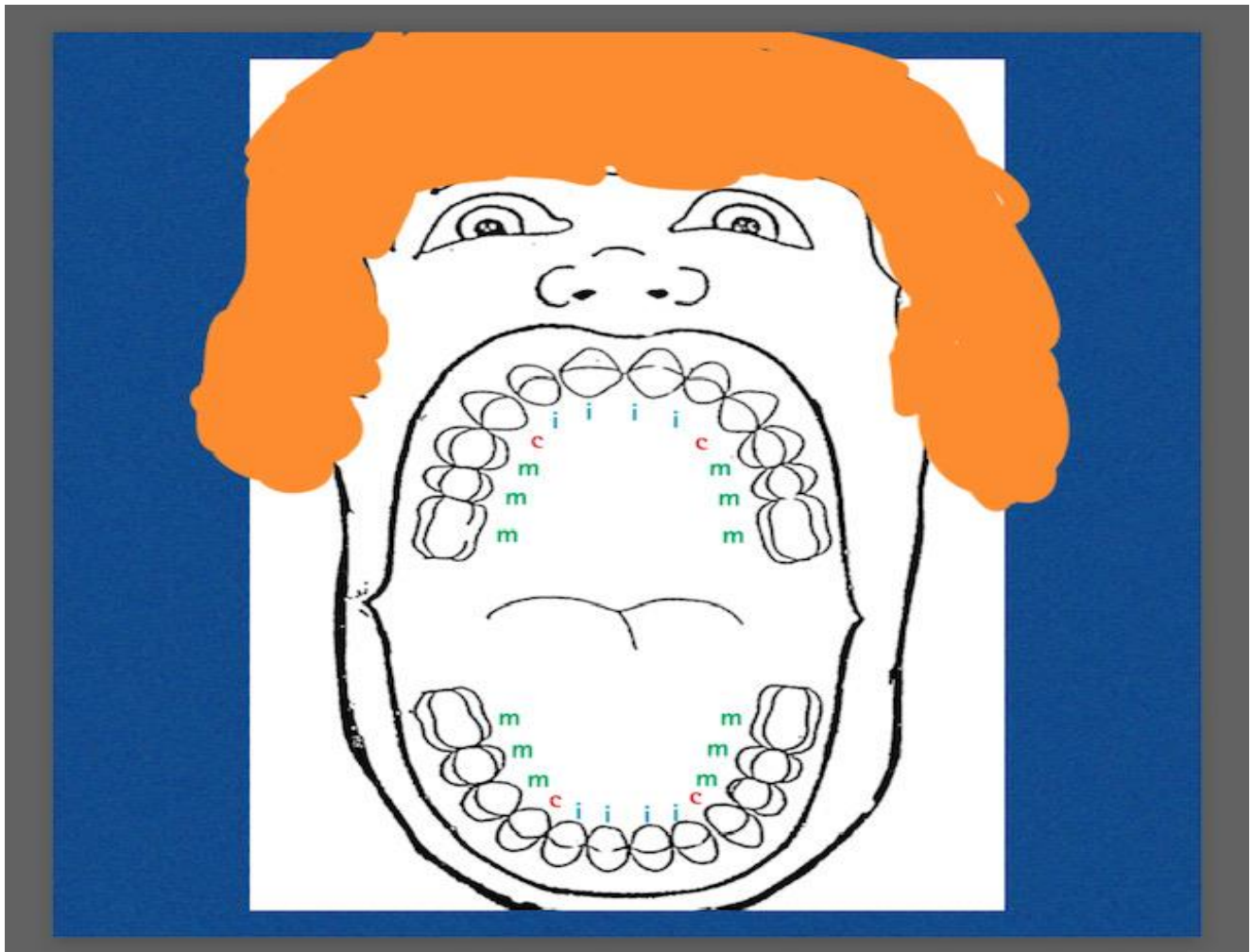
Halloween Activity Pack

Oral Health for Children

**Whittington Health NHS Trust Oral Health
Improvement Team**



Complete the mouth chart



1.) Mark the 8 incisor teeth with the colour **blue**.
(these teeth are flat and sharp).

2.) Mark the 4 canine teeth with the colour **red**.
(these teeth are sharp and pointy).

3.) Mark the 12 molar teeth with the colour **green**.
(these teeth are flat and blunt).



Most adults have 32 teeth, called permanent or secondary teeth:

- 8 **incisors**
- 4 **canines**, also called cuspids
- 8 **premolars**, also called bicuspid
- 12 **molars**, including 4 **wisdom teeth**

Children have just 20 teeth, called primary, temporary, or milk teeth. They include the same 10 teeth in the upper and lower jaw:



Incisor



Canine



Premolars



Molar



Each type of tooth has a slightly different shape and performs a different job

Use the words at the bottom to help you fill in the missing spaces.

The incisor teeth are used to _____ food.

The canine teeth are used to _____ food.

The molar teeth are used to _____ food.

tear

cut

chew



Healthy snacks

Please tick ✓ the healthy snacks and
put a cross ✗ against the unhealthy snacks:



Tooth-friendly snacks

- Raw vegetables with a dip i.e. hummus
- Fresh fruit
- Tinned fruit (in natural juice) with plain natural yoghurt
- Pieces of cheese
- Crackers/Breadsticks
- Bread products with low fat spreads i.e. toast, pitta breads, crumpets
- Plain popcorn
- Sandwiches. Fillings could include: cheddar cheese or cream cheese with cucumber, tuna and sweet corn, ham or chicken, hummus and grated carrots/beetroot
- Be adventurous!
- Try some fun Halloween ideas below (send in your pictures of your creations)



- **Brush your teeth and gums for at least 2 minutes last thing at night and on one other time during the day.**
- **Use only a pea-sized amount of fluoride toothpaste.**
- **A gentle circle method is the most effective way of plaque removal.**
- **Spit - do not rinse your mouth with water after brushing.**

Avoid tooth brushing immediately after eating acidic foods or drinks (egg, grapefruit, lemons, orange juice or jams) as the enamel on the teeth is at its softest.



Tooth brushing

Fill in the missing words

Two minutes	Twice	night	plaque	rinse
	molar	gums	pea	

It is important to brush your teeth ----- a day. Brush last thing at ----- and on another time of the day. Brush for at least -----.

Place a -----sized of fluoride toothpaste on the toothbrush.

Angle the toothbrush where the ----- and the teeth meet.

Brushing in gentle circle motion is the most effective way of removing -----.

Brush all the surfaces of the teeth upper and lower. Brush the back ----- teeth.

After brushing spit excess toothpaste out and do not -----.



Rock Your Smile Word Search


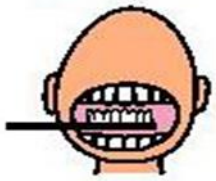


Help Flossy find the words listed below.


Be sure to look backwards, forwards, up, down and on the diagonal!








D	A	S	X	Q	H	T	D	V	J	J	E	G
B	R	A	C	E	S	B	S	N	X	E	P	A
F	I	A	V	I	U	E	B	R	V	C	V	J
G	V	B	U	L	R	D	A	Z	I	Q	P	R
P	S	Q	P	G	B	Y	N	L	P	L	G	L
A	Q	P	K	G	H	R	L	K	A	G	M	W
B	A	N	D	G	T	T	R	Q	E	N	I	I
L	K	E	K	U	O	E	U	G	N	O	T	P
A	Q	U	B	D	O	E	U	O	A	S	L	H
Y	C	D	E	N	T	I	S	T	M	X	V	E
L	B	K	W	R	T	M	M	N	E	F	Q	X
A	Y	O	G	A	I	X	U	U	L	H	E	V
K	R	V	R	L	W	S	G	O	R	P	F	J
C	P	Q	E	O	S	E	S	B	E	D	N	A
U	R	I	K	M	D	S	P	C	S	P	J	M

TONGUE	CROWN
X-RAYS	TOOTHBRUSH
DENTIST	ENAMEL
MOUTHBOARD	SMILE
BRACES	GUITAR
FLOSS	DRUM
MOLAR	BONO
GUMS	LYRICS
PLAQUE	BAND
SEALANT	


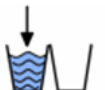




toothpaste on brush 	brush teeth 	spit in sink 	rinse toothbrush 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>










   =    

Eat healthy snacks like nuts, fruit, hummus and rice cakes.

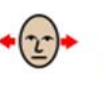



   

Drink plenty of water and milk.

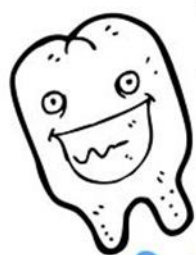


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Don't eat too many sugary foods like sweets and fizzy drinks.

Don't add sugar to tea or coffee.



I BRUSHED MY TEETH



MORNING

NIGHT



MONDAY

☐
☐

TUESDAY

☐
☐

WEDNESDAY

☐
☐

THURSDAY

☐
☐

FRIDAY

☐
☐

SATURDAY

☐
☐

SUNDAY

☐
☐


By Erinna Proudfoot



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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