



Easter Activity Pack

Oral Health for Children

Whittington Health NHS Trust Oral Health

Promotion Team



Clean teeth

Brush teeth twice
a day
with a fluoride
toothpaste
Brushing
teeth and gums help
reduce the amount
of bacteria



two minutes.
two times a day.



Drink well

Drinking water is
always good for
your
health .Staying
hydrates helps
your whole body



Fizzy drinks
contain sugar
which increase
risk of dental
decay



Dental check up

Visit dentist twice
a year
First tooth first visit
to the dentist
Dentist is FREE
all children



Eat well.

Healthy options
Fruits ,vegetables
, cheese,, whole
gains & nuts



PIC•COLLAGE



Healthier lunchbox recipes

Get loads of easy-to-prepare ideas your kids will love, as well as tips on what else to put in their lunchbox



Tuna mayonnaise and sweetcorn sandwich recipe



½ x 160g can of tuna in spring water, drained

1 level tbsp reduced-calorie mayonnaise

1 heaped tbsp sweetcorn (tinned, or cooked from frozen)

Large pinch of black pepper

2 thick slices of half and half bread

Complete your lunchbox with:

1 small carrot and a 3cm chunk of cucumber, cut into sticks

60g mixed berries

200ml semi-skimmed milk

Soft cheese and salad sandwich recipe



2 thick slices of wholemeal bread

2 tbsp medium-fat soft cheese

3cm piece of cucumber, finely chopped

20g celery (about ¼ of a stick), finely chopped

Small wedge of lettuce, to give 2 tbsp when shredded

Pinch of black pepper or paprika, optional

Complete your lunchbox with:

An apple

Fruit teacake

Small bottle of water

Hummus and salad wrap recipe



2 tbsp reduced-fat hummus

1 large wholemeal wrap

1 small carrot, grated

Small wedge of lettuce, to give 2 tbsp when shredded

Complete your lunchbox with:

5 cherry tomatoes

2 tbsp frozen mixed berries and 3 tbsp low-fat Greek style yoghurt

150ml fruit juice drink (with no added sugar) or 200ml water



Lunchbox tips



change 4 life



Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze your bread

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.



Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.



Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.



Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.



Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Ever green

Always add salad to sandwiches – it all counts towards your child's 5 A DAY.

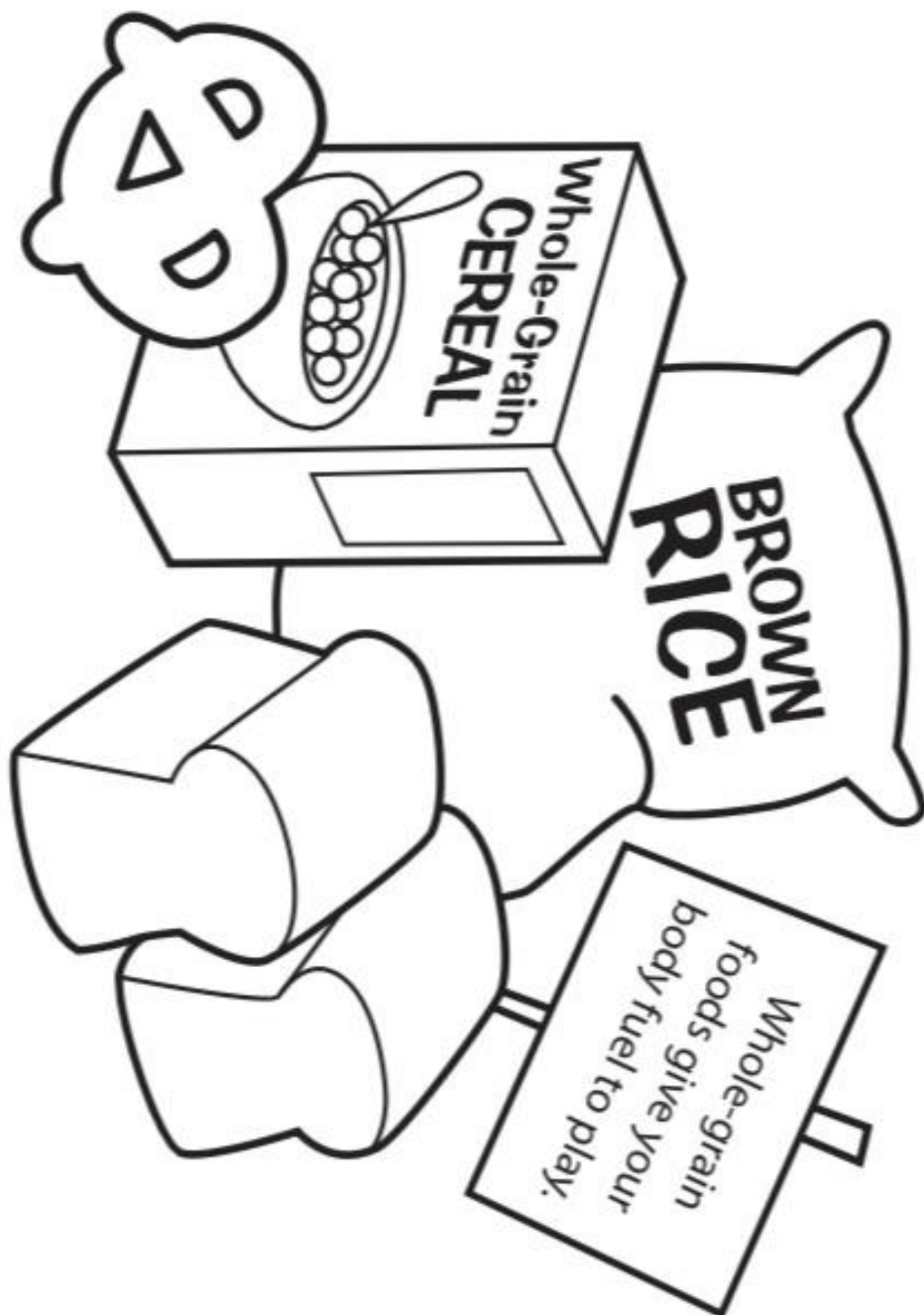


Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.





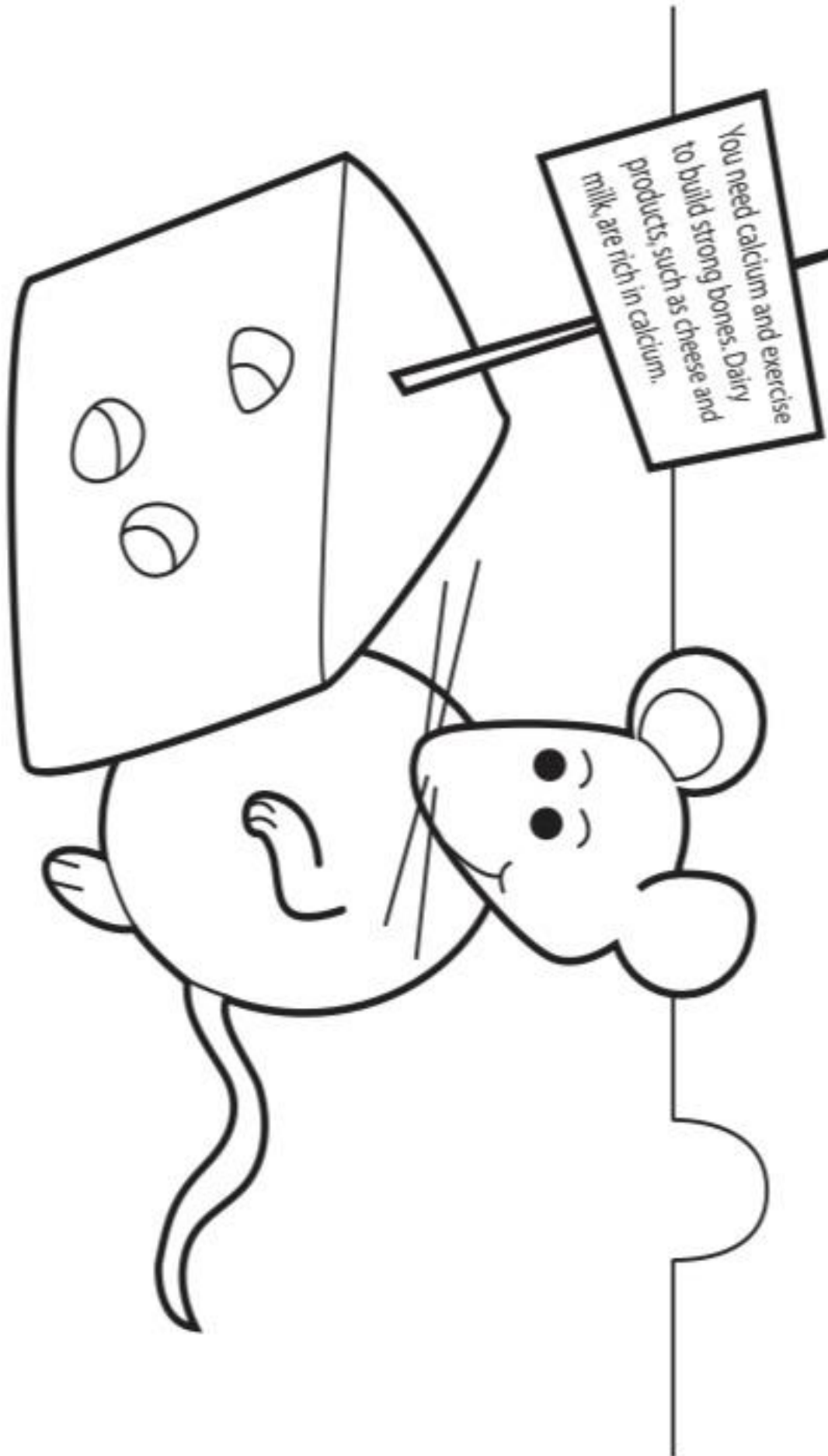




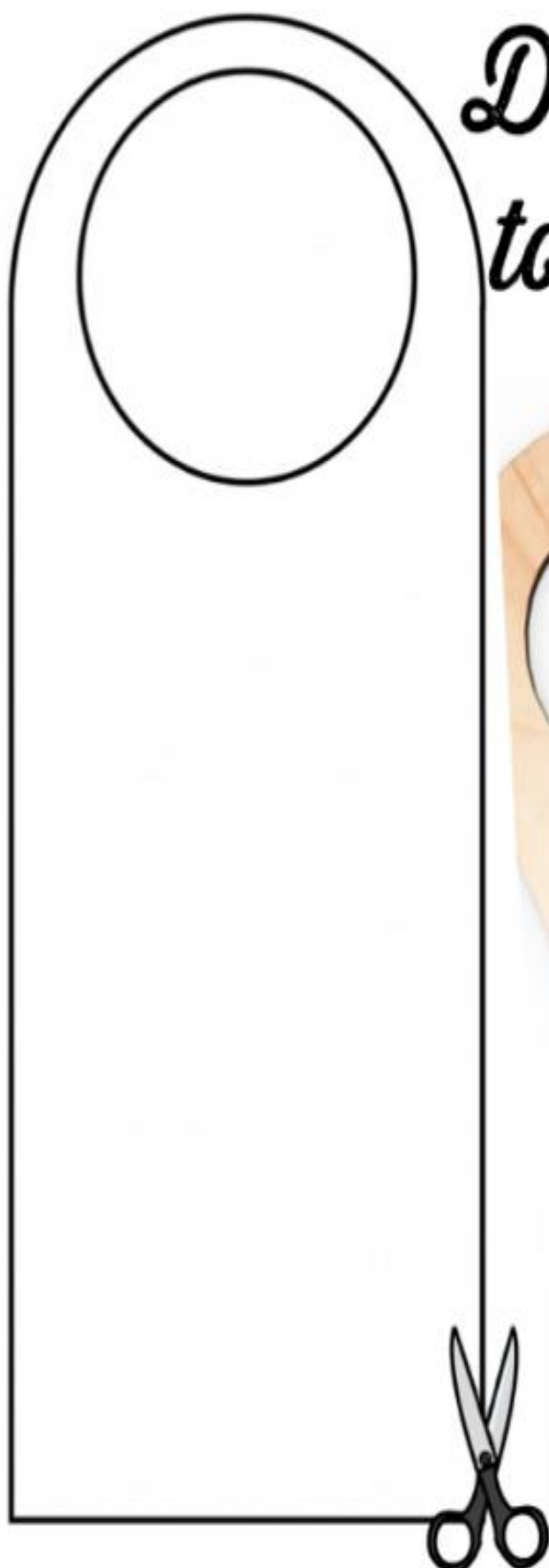
Can you find and colour the 7 fruit or vegetables
in this picture?

8



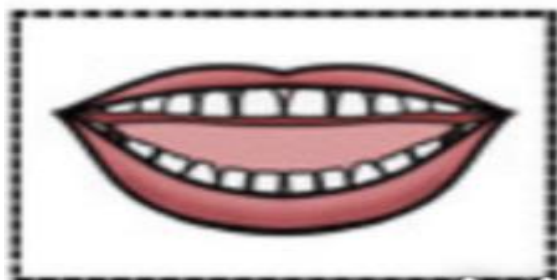
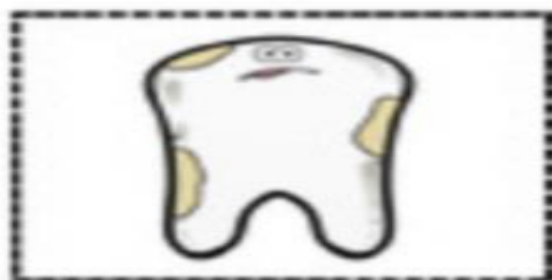
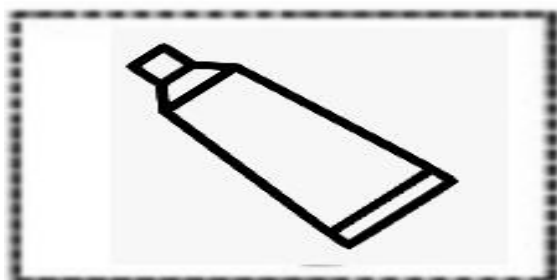
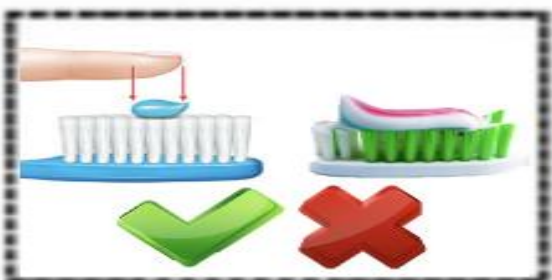
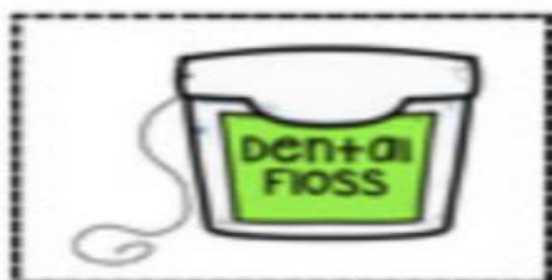
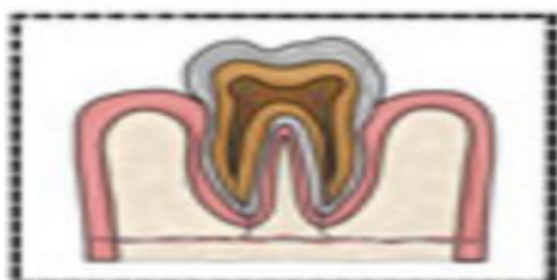


Design your own tooth fairy door hanger

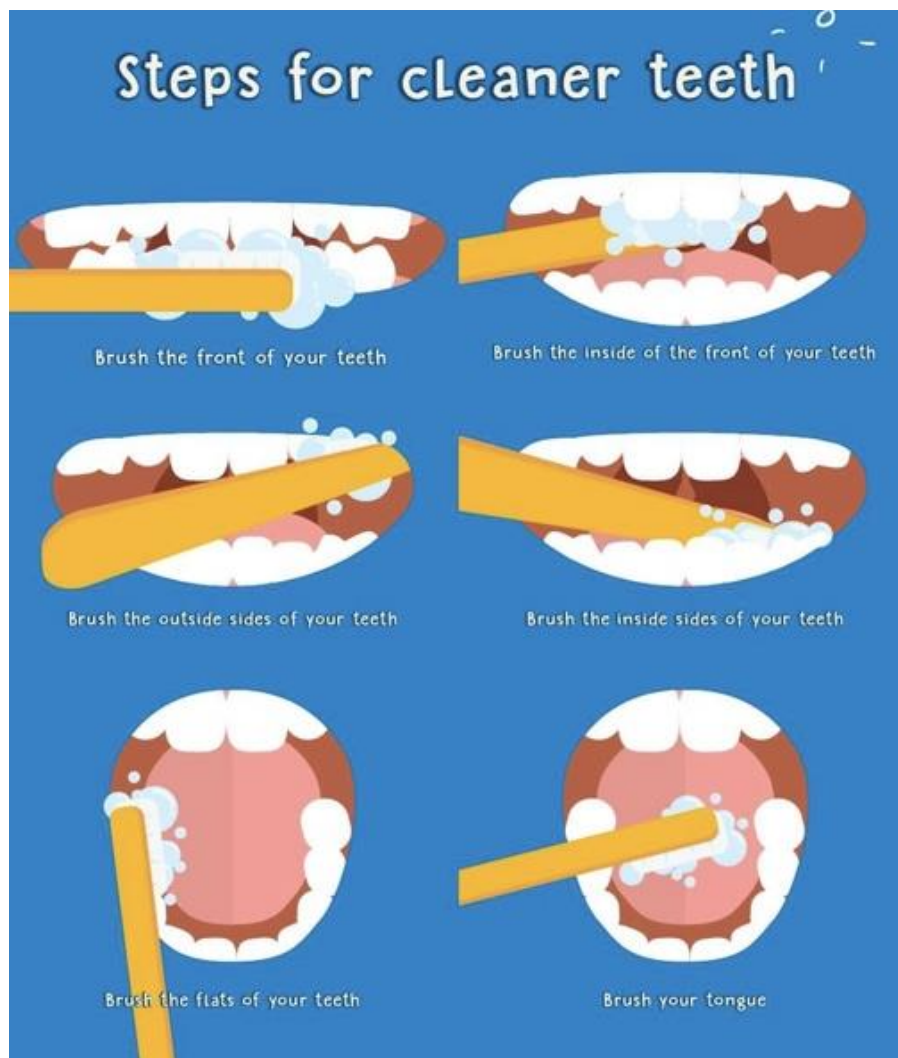




Have a go at this great dental activity in this picture!








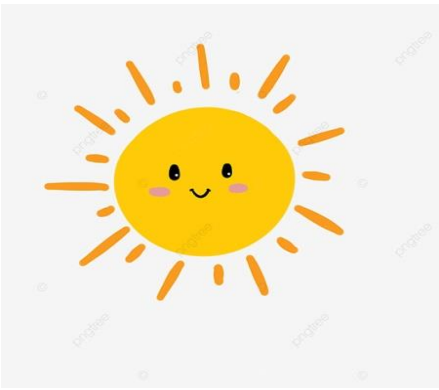

Fun Teeth Quiz

Tick or circle your answer

1. How many times a day do we need to brush our teeth?
 - Once a day
 - Twice a day
2. How many minutes do we need to brush our teeth for?
 - 1 minute
 - 2 minutes
3. When we have finished brushing our teeth what do we do?
 - Rinse our mouth with water
 - Spit our tooth paste out, but do not rinse
4. What are the best drinks to keep teeth healthy?
 - Water & Milk
 - Orange Juice
5. What are the best snacks to keep teeth healthy?
 - Cakes & Biscuits
 - Fruit & Breadsticks

Answers: 1. Twice a day. 2. 2 Minutes. 3. Spit tooth paste out, but don't rinse. 4. Water & Milk. 5. Fruit & Breadsticks



<p>I brush my teeth</p> 		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



This leaflet was produced by The Oral Health Promotion Team Whittington Health Community Dental Service

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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