

THE DENPLAN PREVENTERS



ACTIVITY BOOKLET

Key stage 2

8-11 year olds



Denplan
At the heart of dental care



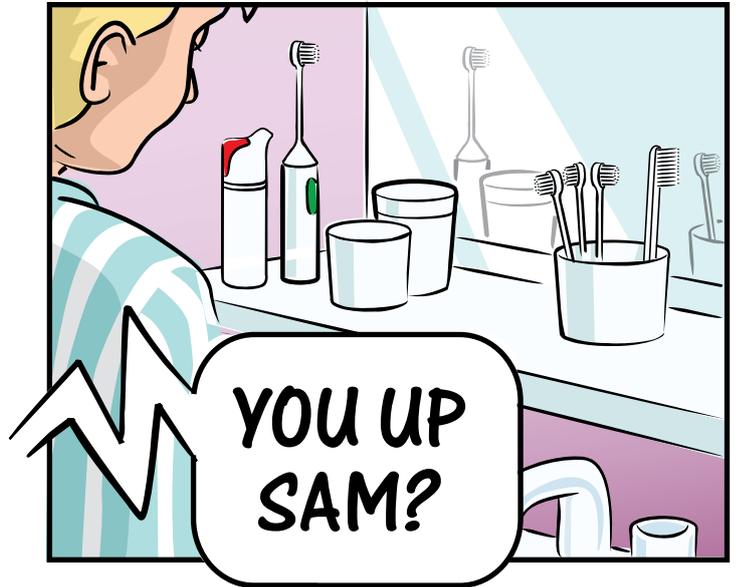
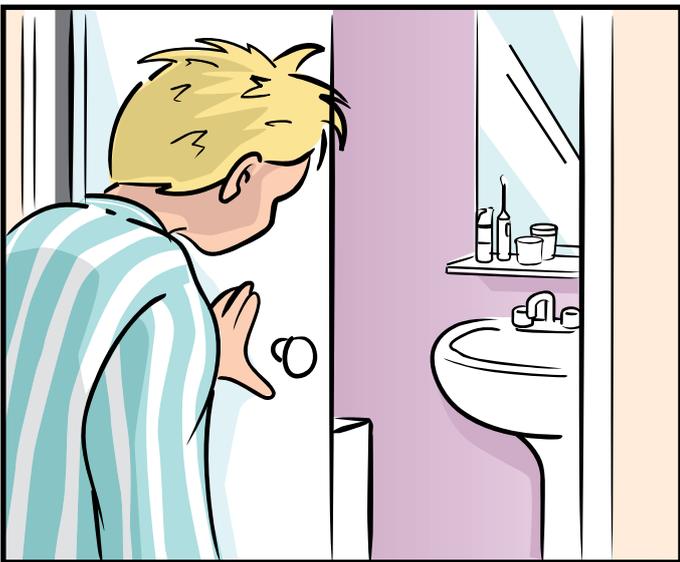
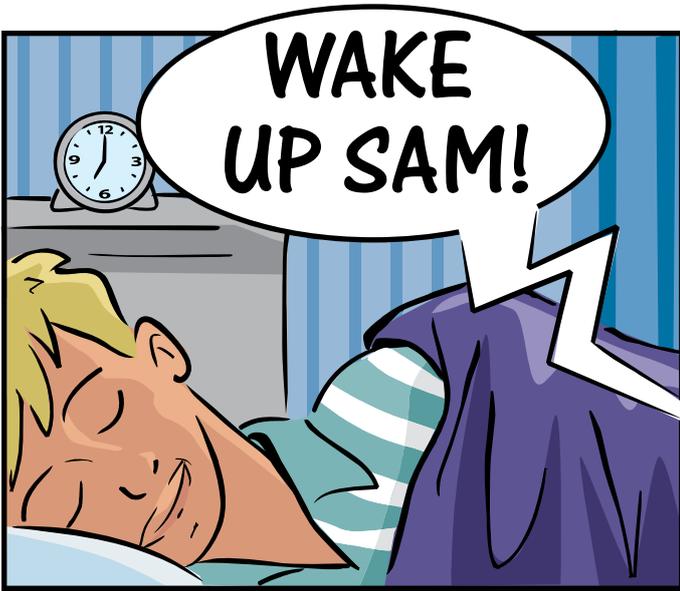
THE DENPLAN PREVENTERS

Meet Brush Man... he is going to make sure you are brushing your teeth properly.

He is helped by Commander Clean who will tell you great things about toothpaste and don't forget Floss Girl who will be zooming in to keep an eye on how clean your teeth are.

Each person says hi, and cannot wait to meet you later... look out for them and enjoy learning about looking after your teeth, BUT be careful because there may be baddies around...





? DID YOU KNOW..? It can harm your teeth more to clean them straight after breakfast than before, because some food and drink can make your teeth softer. Brushing them straight after food could wear them away. So brush before you eat or half an hour after!

THINGS IN GROUPS

Look at the 2 pictures below, spot the 7 differences.
Circle the things that are missing in picture B.



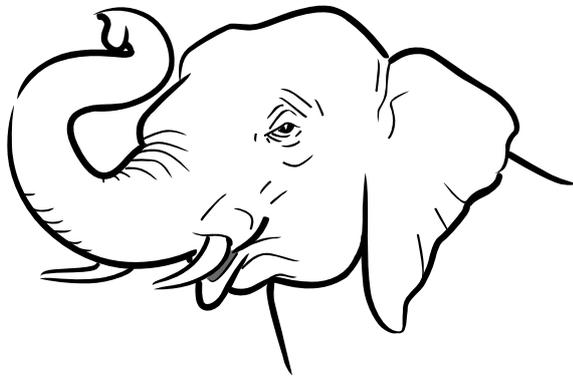
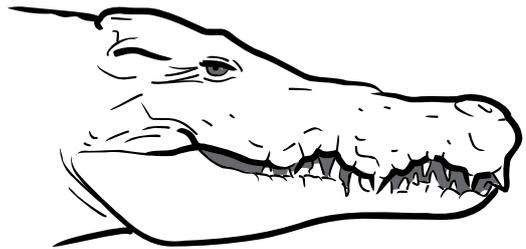
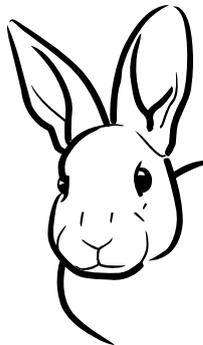
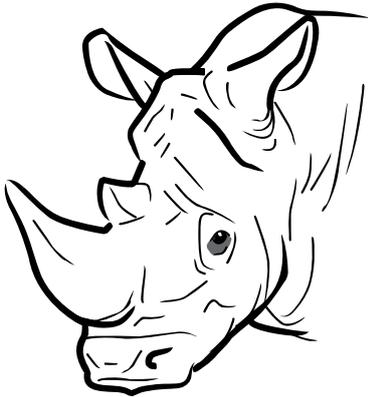
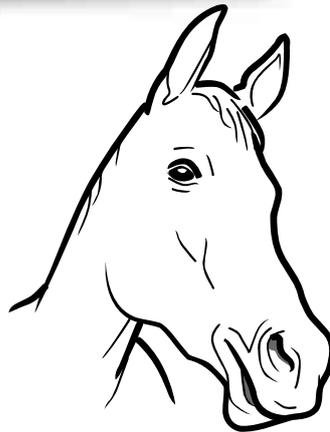
Picture A



Picture B

Write a list of the items from
the picture that could be used
to keep teeth clean
and healthy:

All of the species below are either HERBIVORES, CARNIVORES or OMNIVORES



FACT BOX

HERBIVORES (say her-bee-vorz) are animals that eat plants.

CARNIVORES (say car-nee-vorz) are animals that eat other animals.

OMNIVORES (say om-nee-vorz) are animals that eat both plants and animals.

Group together all the herbivores, carnivores and omnivores, then write their names below.

HERBIVORES:

CARNIVORES:

OMNIVORES:



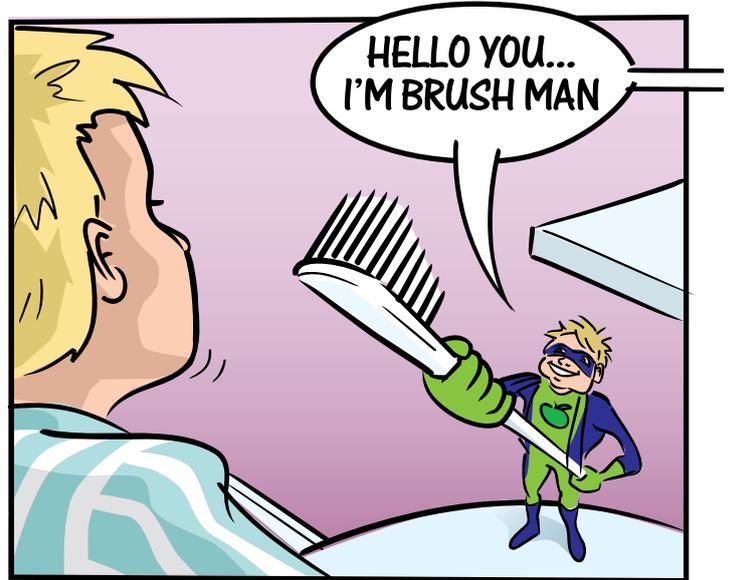
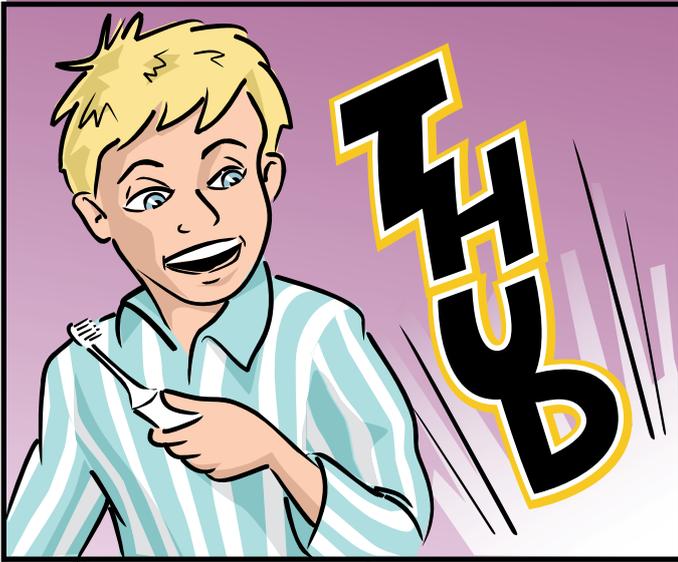
FACT BOX

How to brush your teeth properly:

Gently brush the front and back of every tooth, then brush the flat chewing part. An electric toothbrush makes brushing more fun.

Do you know how long you should brush your teeth for?
Guess? _____

Find Brush Man on the next page and see if you were right.



? DID YOU KNOW..? Between about 6 and 14 years old you lose your 20 baby teeth and grow 32 adult teeth.

CIRCLES OF LIFE

All animals change as they grow. This happens in stages and is called your LIFE CYCLE. There are 3 main stages:

- Baby/youngster 0-10 years old
- Adolescent 11-17 years old
- Adult 18 years and above

HERE IS AN ELEPHANT'S LIFE CYCLE:

BABY/YOUNGSTER (Age 0-10)

- The mother helps the baby rise to its feet so it can drink her milk
- The baby learns important things like what it can do with its trunk

ADOLESCENT (Age 11-17)

- Young males form bachelor herds and females stay with the mother's herd

ADULT (Age 18 and above)

- The average life span of an elephant is about 70 years
- Towards the end of their life they start to suffer diseases/age-related illnesses



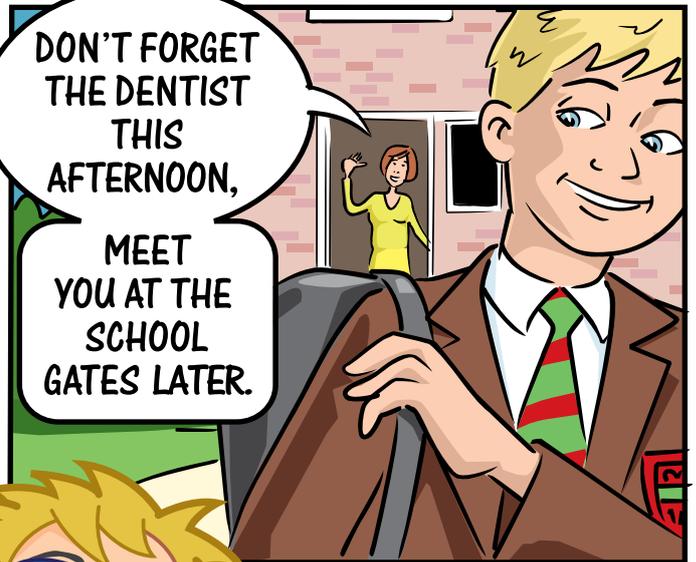
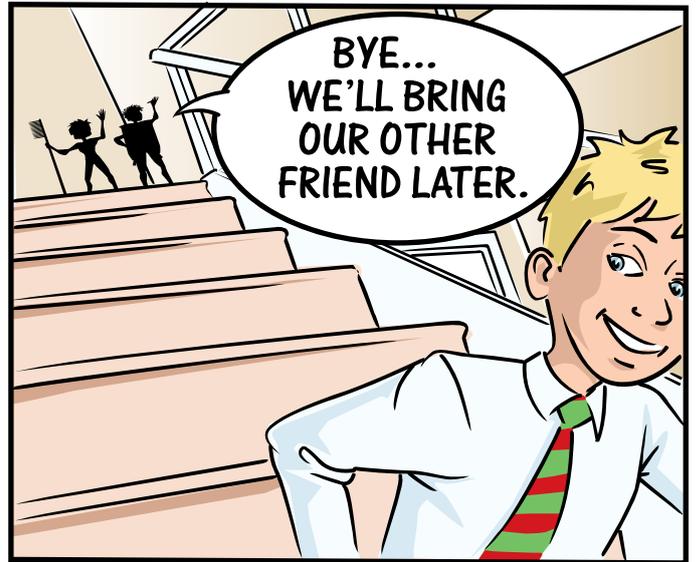
DID YOU KNOW..?

Only male Asian elephants have tusks. Tusks are elongated teeth that grow throughout the elephant's life.

Can you write or draw your life cycle so far with things that have happened and describe how your teeth will change and grow as you change and grow.

Baby/youngster:

Adolescent:



FOOD AND FEEDING

All animals, including humans, need food and water to stay alive and to move and grow. Food gives us energy.

We also need a healthy, balanced and varied diet. All animals have found different ways to make sure they get a healthy balanced diet depending on where they live, and whether they are herbivores, carnivores or omnivores.

NOW THINK ABOUT WHAT YOU EAT.

In MY DAILY MENU write down what you would eat in a day?

Now in MY HEALTHY MENU write down what you think would be the healthiest menu of the day for you.

Circle which items are in your daily menu but aren't in your healthy menu.

How many are there? _____

MENU

MY DAILY MENU

Breakfast

Lunch

Dinner

Snacks

MY HEALTHY MENU

Breakfast

Lunch

Dinner

Snacks

Look at the pictures below. Some food and drinks are good for your teeth and some are bad.

GOOD FOR YOUR TEETH: Cheese, raw carrots, celery, milk, cucumber and cereal without added sugar.

BAD FOR YOUR TEETH: Chewy sweets, frosted cereals, biscuits, chocolate bars, fruit drinks and fizzy drinks.

Circle which ones are in your daily menu.

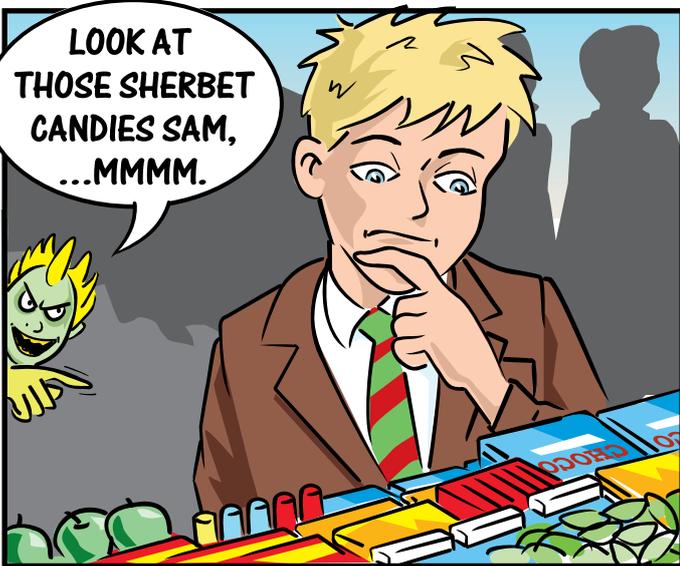


DID YOU KNOW..?

- Cheese is great for teeth because it reduces the acids in your saliva
- Fruit juices are high in sugar
- Glucose or fructose are types of sugar
- Fizzy drinks are very acidic
- Sweets, especially sticky ones, stick to your teeth

FACT BOX

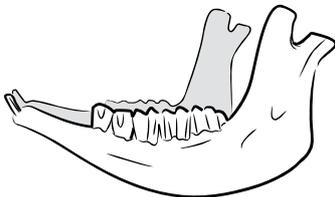
ACIDS are sour tasting and are bad for your teeth.



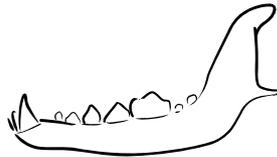
TEETH

All animals have different teeth depending on what they eat. Animals that eat other animals (carnivores) need CANINE teeth to kill and tear their meat. Animals that eat plants and fruit (herbivores) need sharp teeth like INCISORS to bite off tough plants and large, flat topped teeth like MOLARS to grind them up and we (omnivores) need all types!

Look at the pictures of the skeleton jaws below and label on them which teeth are canines (C), incisors (I) and molars (M).



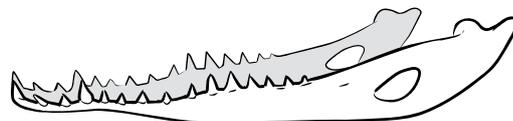
Horse



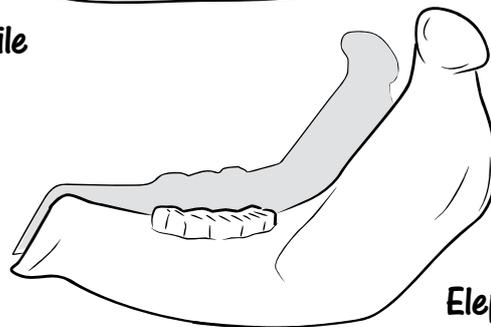
Dog



Human



Crocodile



Elephant

FACT BOX



INCISORS are the flat, square teeth at the front of the mouth used for tearing, cutting and slicing food.



CANINES are the long sharp pointy front teeth next to the incisors that are used for stabbing and gripping food.

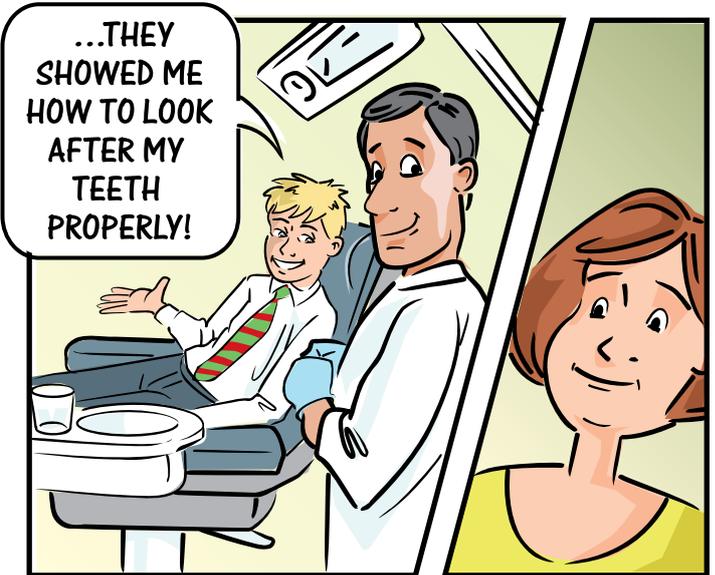
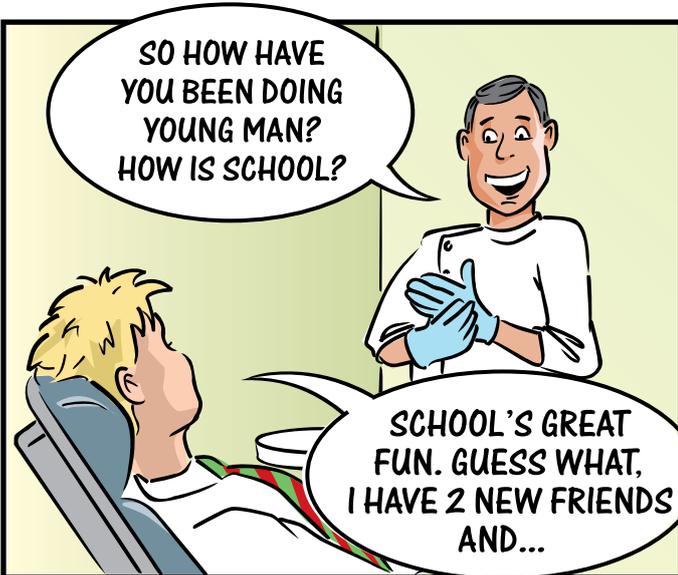


PREMOLARS AND MOLARS are the large back teeth used for crushing and grinding food.

FILL IN THE BLANKS BELOW TO MAKE A DIARY OF YOUR TEETH

I have..... incisor teeth..... canine teeth and..... molar teeth and I use them for

.....
I have lost..... teeth from the back and..... from the front and I look after my teeth by brushing them..... times a day, eating the right foods and going to the dentist..... times a year.



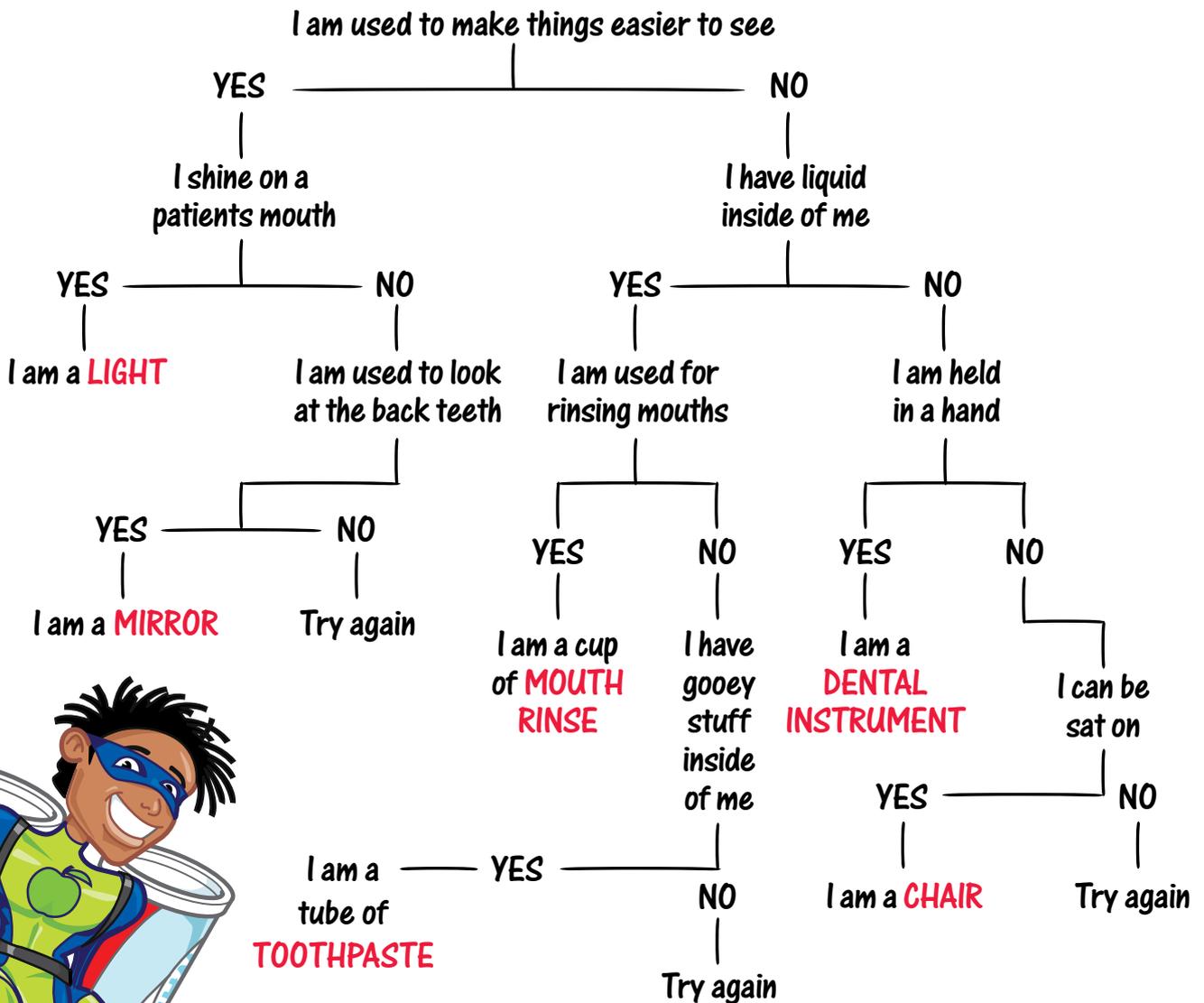
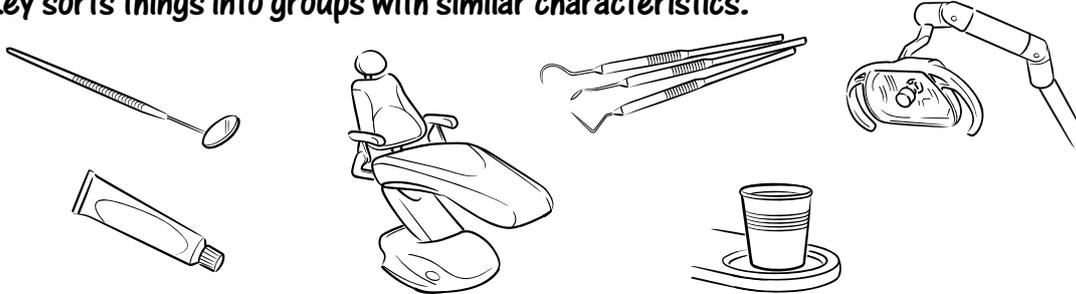
? DID YOU KNOW..? Dentists usually wear gloves, a mask and glasses when they examine your teeth. They will usually ask you to wear glasses too.

DENTIST KIT

When you go to the dentist or he/she comes to your school, have a look at some of the materials and equipment they use, such as the lights.

Look at each object in the box and follow the identification key below to name it.

A key sorts things into groups with similar characteristics.



ANIMAL ADAPTATIONS

Animals have different mouths as well as teeth that have ADAPTED depending on what they eat and where they live.

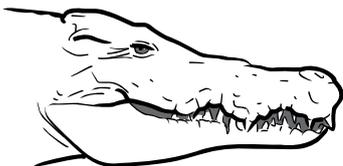
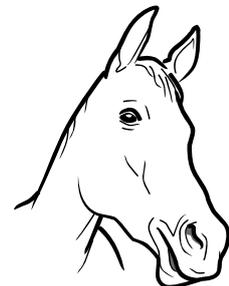
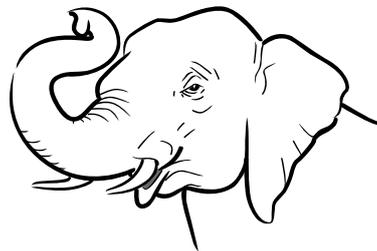
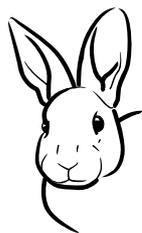
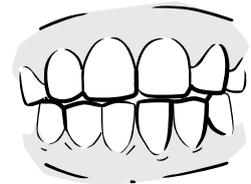
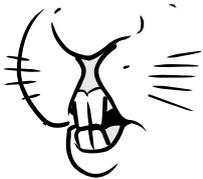
Can you think of an ADAPTATION of an animal that you have seen?



DID YOU KNOW..?

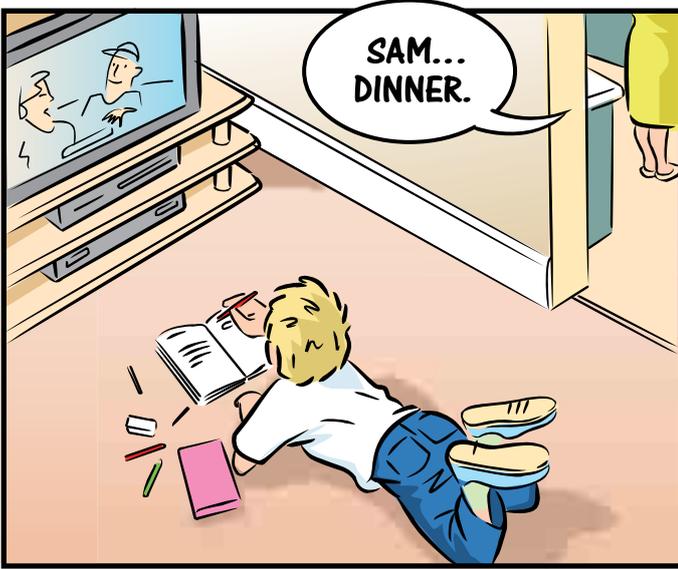
- Black rhinos have a pointed upper lip that can snip leaves from branches
- The elephant's trunk is an elongated nose and upper lip so that they can eat vegetation on the ground without bending over

DRAW A LINE TO MATCH THE TEETH TO THE DIFFERENT SPECIES

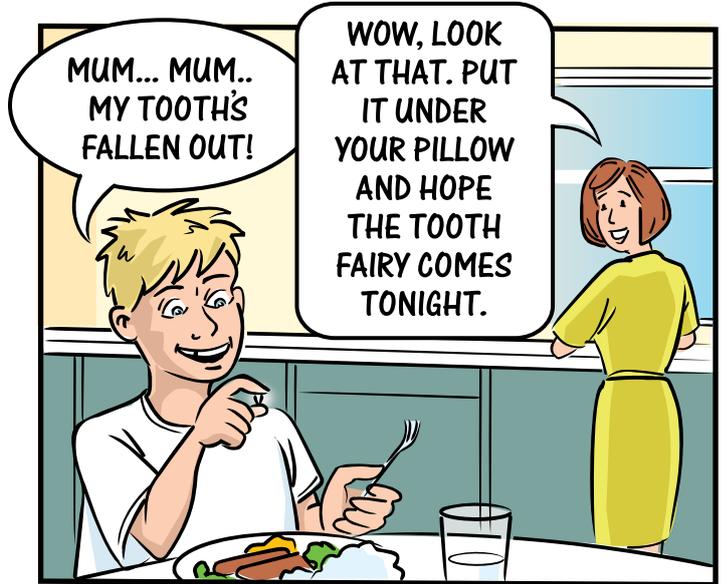


FACT BOX

ADAPTATIONS The way in which plants and animals change over time to cope with the conditions in their environment.

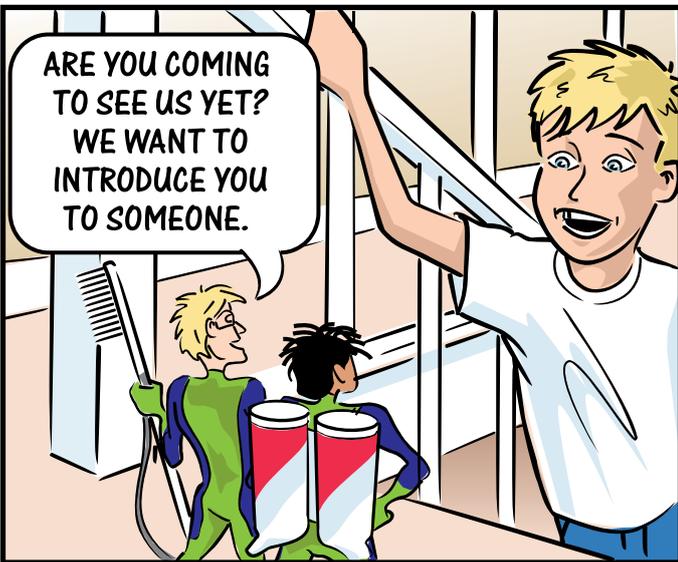


SAM...
DINNER.

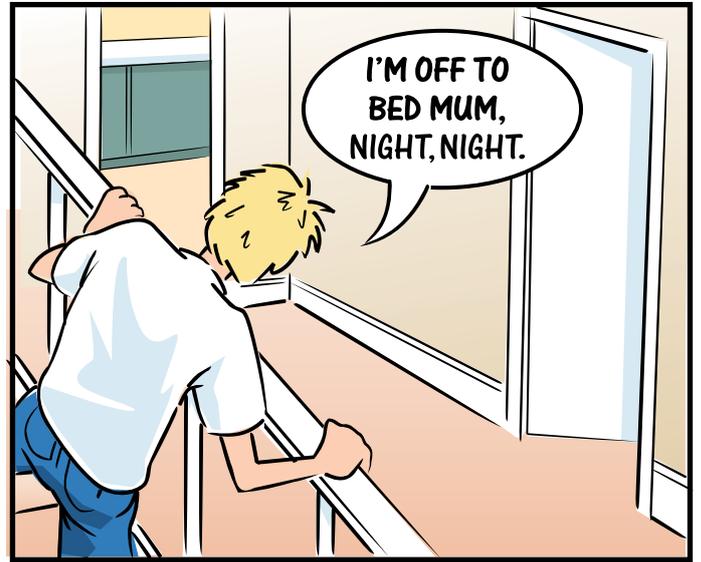


MUM... MUM..
MY TOOTH'S
FALLEN OUT!

WOW, LOOK
AT THAT. PUT
IT UNDER
YOUR PILLOW
AND HOPE
THE TOOTH
FAIRY COMES
TONIGHT.



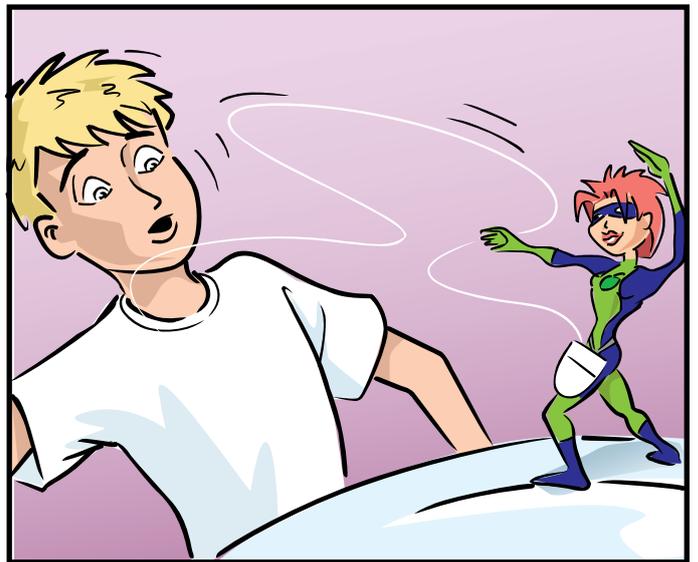
ARE YOU COMING
TO SEE US YET?
WE WANT TO
INTRODUCE YOU
TO SOMEONE.



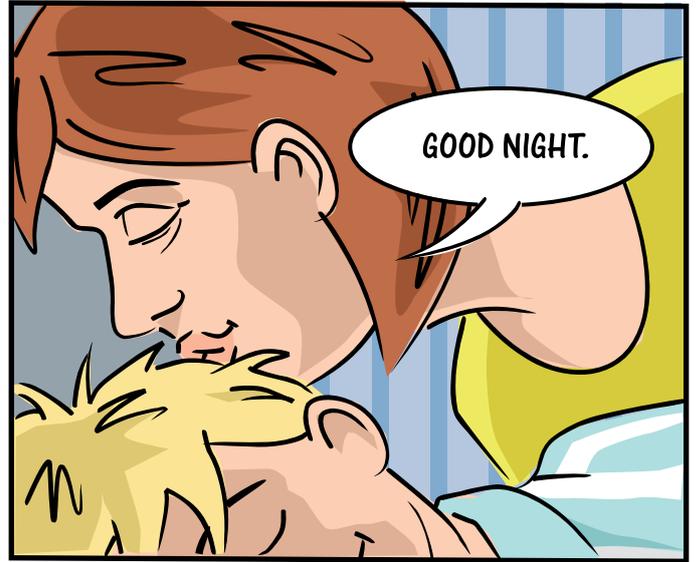
I'M OFF TO
BED MUM,
NIGHT, NIGHT.



I'LL BE UP
TO TUCK YOU
IN SOON.



FACT BOX
When you are older your dentist or hygienist may show you how to floss.



Did you spot the toothfairy?



Member of the  Group

Denplan Limited, Denplan Court, Victoria Road, Winchester, SO23 7RG, UK.

Tel: +44 (0) 1962 828000. Fax: +44 (0) 1962 840846. Email: denplan@denplan.co.uk
Registered in England No. 1981238. Registered address 5 Old Broad Street, London, EC2N 1AD, UK.