

Top Tips for Teeth

Amazing Fact

In Elizabethan times, it was fashionable for women to blacken their teeth. Sugar was a new ingredient in Britain at the time and was causing teeth to blacken and decay. As it was so expensive, blackening your teeth showed that you were wealthy enough to afford to buy it.

Challenge

We all now know how important it is to look after your teeth and limit sugar intake. Design a poster which informs young people about the importance of good dental hygiene. You might see a poster like this in your dentist surgery. Use the word bank below to help.

Word Bank

decay tartar plaque bacteria enamel hygiene sugar



You could also try to find out:

- about other Elizabethan fashion trends;
- where sugar originated from;
- how sugar is grown;
- about the proposed sugar tax and when this will be introduced.

