

Happy and Sad Snacks - Primary 4, Lesson Plan 1

When sugary foods and drinks are eaten, invisible germs called plaque bacteria change the sugar into acid. Eating sugary foods often will make lots of acid which will damage teeth causing tooth decay. It is important to eat snacks between meals which are safer (Happy) for teeth e.g. fresh fruit, vegetables, cheese, crisps, breads, plain popcorn, low sugar cereal, milk, water. Unsafe (Sad) snacks include sweets, cakes, biscuits, high sugar cereals, fizzy and sugary drinks,

Activity

Collect packaging of foods and/or draw pictures of safe and unsafe snacks for teeth.

Decorate two cardboard boxes with "Happy" and "Sad" tooth.

Devise a game to play for visitors to guess which food goes in the correct box

Resources

Small supply of food packaging and plastic play foods

A4 poster "Happy" tooth

A4 poster "Sad" tooth

Supportive Materials:

Teeth TLC Posters & Postcards: '7 Steps to a Great Smile,' 'Keep Your Smile Healthy With Healthier Snacks' and 'Stamp Out Fizzy Drinks For A Great Smile.'