

Healthy Snacks - Primary 7, Lesson Plan 2

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 for teeth e.g. fresh fruit, vegetables, cheese, crisps, breads, plain popcorn, low sugar cereal, milk and water.

Unsafe snacks include sweets, cakes, biscuits, high sugar cereals, fizzy and sugary drinks.

Activity

Design a healthy snack plate. If possible, provide small samples of healthy snack foods for the children.

Resources

Paper plates. Fresh fruit, vegetables, cheese and crackers, plain popcorn, breadsticks and oatcakes are all good ideas if able to provide healthy tasters

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.'