

## Why should we eat well and look after our teeth?



*We all eat differently and have different habits.*

How do you know you eat well and what do you do to look after your teeth?

### Vocabulary

<b>Nutrition</b>	food necessary for health and growth
<b>Healthy diet or Balanced diet</b>	a diet that contains the right amounts of all the food groups
<b>Oral hygiene</b>	keeping your mouth clean and free of disease by regular brushing and cleaning between the teeth
<b>Acidic</b>	sharp-tasting or sour
<b>Dentist</b>	a person qualified to treat the diseases and conditions that affect the teeth and gums, especially the repair and extraction of teeth and the insertion of artificial ones
<b>Enamel</b>	a covering over the outer layer of each tooth. It is made up mostly of minerals. Enamel on your teeth is the hardest and most highly mineralized substance in your body.
<b>Plaque</b>	a sticky deposit on teeth where bacteria can grow
<b>Cavity</b>	a decayed area of your tooth that develops into a tiny hole
<b>Sugar</b>	a sweet substance obtained from plants

### Balanced diet

Eating a healthy, well-balanced diet can help you manage your weight and help improve your well-being. Choose a variety of foods, in the right proportions, from the 5 main food groups shown on the Eatwell Guide to get a wide range of nutrients.

Regularly having food and drinks high in sugar increases your risk of being overweight and tooth decay.



### Dental Health

A dental check-up lets your dentist see if you have any dental problems and keeps your mouth healthy. Your dentist will check your teeth, gums and mouth, ask about your general health and give advice on your diet and teeth cleaning habits. On average, dental check-ups are once every six months.

### Key Questions

*Why should we eat well and look after our teeth?*

*What is a healthy diet and what are the benefits of nutritionally rich food?*

*How do we maintain good oral hygiene?*

*How does not having a balanced diet and eating too much sugar affect our dental and physical health?*

*Who influences people's choices about healthy eating and where can they go for advice about healthy eating and dental care?*



**Respectful Rabbit** reminds us to understand and respect other people's choices regarding eating and dental habits and to be courteous about different choices.

**Responsible Raccoon** reminds us to be responsible for our own physical and dental health and to ensure that we keep our bodies safe from disease.