



**Year 4**

**Animals including  
humans**

**Tooth Decay**

A decorative graphic in the bottom center consisting of an orange circle with three blue dashed lines above it, resembling a stylized sun or a planet.

# Objectives



## **Aim of this lesson**

To discuss how to keep teeth healthy, plan and set up an investigation into tooth decay

## **Success Criteria**

- I can explain what tooth decay is
- I can explain how to look after my teeth
- I can decide what to change, what to keep the same and what to observe in an investigation
- I can plan and set up an investigation

# Tooth Decay Investigation

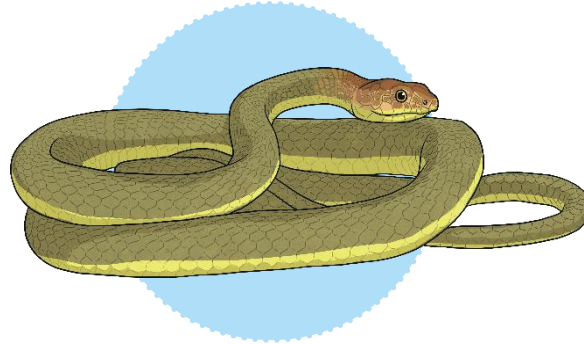
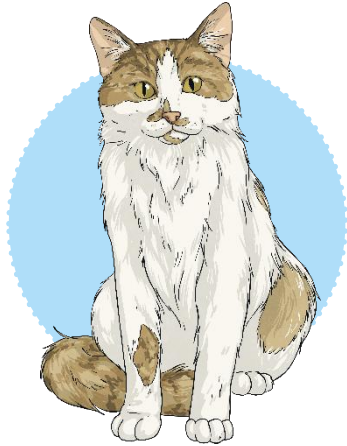
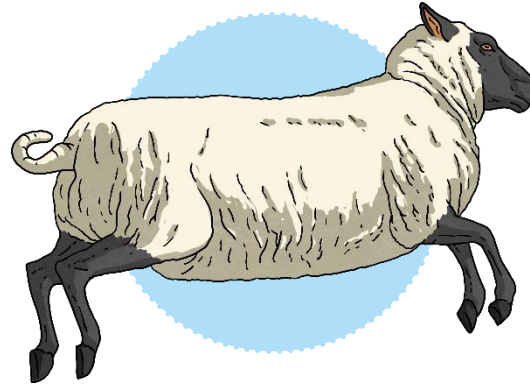
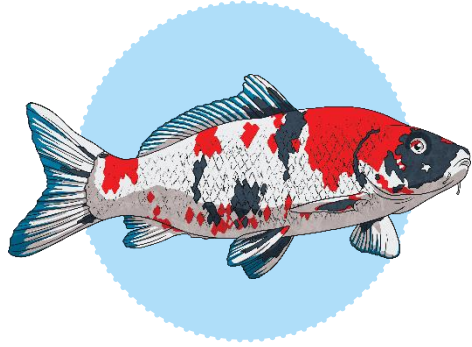
- Question: Do sugary drinks cause tooth decay?
- Equipment needed

Eggs, jars, water, tea/coffee, fizzy flavoured drinks, vinegar, toothpaste



# Remember It

What are the three basic things animals (including humans) need to survive?



Discuss

# Remember It

- Animals (including humans) need the following three basic things to survive:

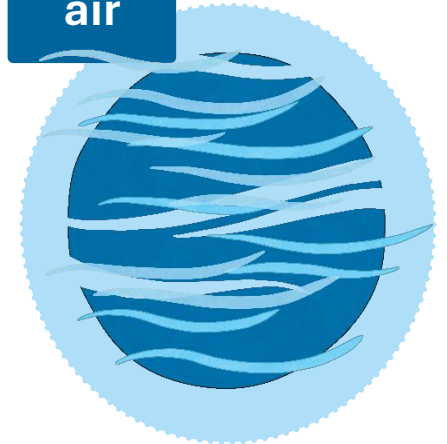
food



water



air



Why do we need these things?

# Remember It

There are seven different types of nutrients needed for a healthy body and these are listed below.

Can you think of some examples of food they are found in?

Can you say what the nutrient is needed for?

| Nutrient      | Found In... (Examples) | What It Does/They Do |
|---------------|------------------------|----------------------|
| carbohydrates |                        |                      |
| protein       |                        |                      |
| fibre         |                        |                      |
| fats          |                        |                      |
| vitamins      |                        |                      |
| minerals      |                        |                      |
| water         |                        |                      |

# Remember It

| Nutrient      | Found In... (Examples)                     | What It Does/They Do   |
|---------------|--|--|
| carbohydrates | Bread, pasta, potatoes                     | provide energy   |
| protein       | Eggs, fish, beef, yoghurt                  | helps growth and repair  |
| fibre         | Apples, wholemeal bread, wholegrain cereal | helps you to digest the food that you have eaten               |
| fats          | Olive Oil, butter, plain nuts, coconut oil | provide energy   |
| vitamins      | Plain nuts, beef, carrots                  | keep you healthy   |
| minerals      | Milk, sweetcorn, lettuce                   | keep you healthy   |
| water         | Lettuce, strawberries, water, tomatoes     | moves nutrients around your body and helps to get rid of waste |

# Teeth

Why is it important to look after your teeth?  
What can damage your teeth?  
How can we look after our teeth?



# Looking after your teeth



It is very important for people to look after your teeth. If they don't, it can lead to tooth decay.

A thin layer on teeth called dental plaque can form. This contains bacteria that breakdown sugars in food and drink and turn them into acid.

This can damage the enamel on teeth.

Plaque build-up on teeth can also irritate the gums which can lead to gum disease. Brushing your teeth properly helps remove plaque.

# Taking care of your teeth

- Limiting how much sugary food and drink you have
- Brushing your teeth properly at least twice a day for about 2 minutes
- Spitting the toothpaste out (rather than rinsing) after brushing your teeth because rinsing can stop the fluoride in the toothpaste from working well
- Visiting your dentist regularly



# Experiment

- Pour the same amount of fizzy drink, vinegar, water and tea/coffee into your jars
- Add a whole raw egg still in its shell to each, cover an extra egg with toothpaste and also place in tea/coffee
- Leave for approximately 3 days
- Remove the eggs
- Rinse the egg kept in the vinegar and rub gently until the shell comes away

# Results of experiment

You should see staining on both the fizzy drink and tea/coffee egg

What's the difference between the toothpaste covered egg and the non toothpaste covered egg?

What has happened to the eggshell covered in vinegar?

# Why do teeth stain?

- Tea is rich in tannins which stain teeth if they're not cleaned properly while cola and fizzy drinks are acidic, as well as containing staining products.

