

# Oral Health Promotion for Primary School Educators

An online resource package



# Contents

<u>Intended Learning Outcomes</u>	<u>3</u>
<u>Oral Health Promotion for Primary School Educators</u>	<u>4</u>
<u>Impacts of Oral Hygiene and Healthy Eating on Children’s Oral Health</u>	<u>5</u>
<u>Healthy Diet, Healthy Teeth Module</u>	<u>6</u>
<u>Module 0: The Marvellous World of Teeth</u>	<u>8</u>
<u>A Dental Health Module for Primary School Students (Aged 8-10 )</u>	<u>10</u>
<u>Snack Substitutes for Common Sugary Snacks</u>	<u>13</u>
<u>Preventing Cavities and Tooth Decay Module</u>	<u>15</u>
<u>Additional Resources</u>	<u>20</u>
<u>Activity Materials</u>	<u>22</u>

The following symbols can be used to quickly identify key aspects:

□ – Activities

★ – Key Points



## Intended Learning Outcomes

- To develop a strong understanding of the connection between diet and dental health.
- To help students identify foods that are beneficial or harmful to teeth.
- To encourage healthy eating and oral hygiene practices.
- To empower students to make informed choices about their diet and oral care.

## Program Overview

- Each module includes interactive discussions, hands-on activities (Tooth Detective, Food Sorting and Nutrient Hunt), and visual aids.
- The program uses free resources and highlights available grants and initiatives to support dental health and healthy eating in schools.
- The resource aligns with the Australian Curriculum via:
  - Health and Physical Education: Addresses the [Personal, Social, and Community Health sub-strand](#) by focusing on healthy eating habits and their impact on oral health.
  - Science: Covers scientific concepts like the role of nutrients in dental health and tooth decay, aligning with the [Science Understanding sub-strand](#).
  - Critical and Creative Thinking: Encourages students to critically evaluate their food choices and their effects on dental health, supporting the [Critical and Creative Thinking capability](#)

# Oral Health Promotion for Primary School Educators

An online resource package

## Introduction

Good oral health is crucial for the overall well-being of children. As a primary school educator, you hold a pivotal role in instilling healthy oral hygiene practices in your students. This comprehensive guide aims to equip you with the necessary information to promote oral health among children. By understanding the impacts of oral hygiene and healthy eating on children's oral health, you can effectively advocate for positive habits while engaging students with interactive and educational activities.

## Importance of Oral Health for Children

Oral health is more than just having a bright smile—it is a fundamental aspect of a child's overall health and well-being. As a primary school educator, you play a vital role in promoting oral hygiene and healthy habits among your students. Here are some key reasons why oral health is essential for children:

## Prevention of Tooth Decay

Good oral hygiene practices, such as regular brushing and flossing, are crucial in preventing tooth decay, cavities, and gum disease. By teaching children the importance of oral care early on, you can help them maintain healthy teeth and gums throughout their lives.

## Overall Health

The health of the mouth is closely linked to the health of the rest of the body. Poor oral hygiene can lead to various health issues, including gum disease, infections, and even systemic conditions like heart disease and diabetes. By promoting good oral health habits, you are supporting the overall well-being of your students.

## Confidence

Children with healthy smiles tend to have higher self-esteem and confidence. By teaching children how to care for their teeth and gums, you are empowering them to take pride in their oral health and appearance.



# Impacts of Oral Hygiene and Healthy Eating on Children's Oral Health

## Oral Hygiene

Teaching children proper oral hygiene practices is essential for maintaining a healthy smile. Here are some key practices to emphasise:

### Brushing

Encourage children to brush their teeth at least twice a day using fluoride toothpaste. Teach them the correct brushing technique, including brushing all surfaces of the teeth and gums for two minutes each time.

### Flossing

In addition to brushing, flossing is important for removing food particles and plaque between teeth. Encourage children to floss once a day to keep their teeth and gums healthy.

### Regular Dental Check-ups

Stress the importance of regular visits to the dentist for check-ups and cleanings. Routine dental visits can help detect and prevent dental issues early on, ensuring optimal oral health for children.

05



## Healthy Eating

A nutritious diet plays a significant role in maintaining good oral health. Educate children about the impact of healthy eating habits on their teeth and gums:

### Limit Sugary Foods

Excessive consumption of sugary foods and drinks can contribute to tooth decay and cavities. Encourage children to limit their intake of sugary snacks and beverages to protect their oral health.

### A Balanced Diet

Promote a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. These foods provide essential nutrients for overall health, including oral health, and help maintain strong teeth and gums.

### Drink Water

Water is the best choice for hydration and oral health. Encourage children to drink water throughout the day, as it helps wash away food particles and bacteria that can lead to cavities.

# Healthy Diet, Healthy Teeth



# Healthy Diet, Healthy Teeth

## Introduction

Welcome to "Healthy Diet, Healthy Teeth," an engaging and informative dental health program designed specifically for primary school students. This comprehensive program aims to empower young learners with the knowledge and skills to maintain optimal oral health through healthy eating habits.

## Overview

This program consists of three interactive modules, each focusing on a key aspect of the relationship between diet and dental health:

- **Module 0:** The Marvellous World of Teeth! This introductory module sparks curiosity about teeth, their types, and functions, laying the foundation for understanding the importance of oral care.
- **Module 1:** Healthy Diet, Healthy Teeth: This module delves into the impact of food choices on dental health, exploring the nutrients that strengthen teeth and the foods that can harm them.

- **Module 2:** Preventing Cavities and Tooth Decay: Building on the previous module, this section focuses on the causes of cavities and tooth decay, emphasising preventive measures like brushing, flossing, and regular dental visits.

## Program Goals

By participating in this program, students will:

1. Develop a strong understanding of the connection between diet and dental health.
2. Learn to identify foods that promote strong teeth and those that contribute to tooth decay.
3. Adopt tooth-friendly eating habits and oral hygiene practices to prevent cavities and maintain a bright smile.
4. Gain confidence in making informed choices about their diet and oral care.



# Healthy Diet, Healthy Teeth

## Program Format

Each module is designed to be interactive and engaging, incorporating discussions, hands-on activities, and visual aids to cater to different learning styles. The program also utilises free resources and highlights available grants to support dental health initiatives in schools.

Let's embark on this exciting journey to discover the power of a healthy diet for a lifetime of healthy smiles!

## Module 0: "The Marvellous World of Teeth!" (20-30 minutes)

### Key Message

Your teeth are amazing! They help you eat, talk, and smile. Let's learn about the different types of teeth and how to keep them healthy.

### Learning Objectives

By the end of this module, students should be able to:

1. Identify the different types of teeth and their functions.
2. Understand the importance of primary (baby) and permanent (adult) teeth.
3. Recognise the importance of good oral hygiene for a lifetime of healthy smiles.

### Materials:

- Large diagrams or models of primary and permanent teeth
- Toothbrush and toothpaste for demonstration
- Hand mirror for each student
- Whiteboard or chart paper
- Markers

### Module Topics and Activities

#### 1. Introduction to Teeth:

- Begin by asking students what they know about teeth. What are they for? How many do we have?
- Explain that teeth are essential for eating, talking, and smiling.
- Introduce the concept of primary and permanent teeth. Explain that we start with 20 baby teeth, which eventually fall out and are replaced by 32 permanent adult teeth.



# Healthy Diet, Healthy Teeth

## 2. Types of Teeth and Their Functions:

- Using a diagram or model, identify and discuss the four types of teeth:
  - Incisors: Front teeth used for biting and cutting food.
  - Canines: Pointed teeth next to incisors, used for tearing food.
  - Premolars: Flat teeth behind canines, used for crushing and grinding food.
  - Molars: Back teeth with larger surfaces, used for chewing and grinding food.
- **Activity 1: Tooth Detective:** Provide students with pictures of different foods (e.g., apple, carrot, meat, bread). Have them identify which type of tooth would be best suited for eating each food.

## 3. Primary vs. Permanent Teeth:

- Discuss the differences between primary and permanent teeth:
  - Size: Primary teeth are smaller than permanent teeth.
  - Number: We have 20 primary teeth and 32 permanent teeth.
  - Timing: Primary teeth start to appear around 6 months of age, while permanent teeth typically start to erupt around 6 years old.

- **Activity 2: Tooth Timeline:** Create a timeline on the board or chart paper. Have students draw or write the names of their teeth as they lose them and as their permanent teeth come in. This will help them visualise the process of tooth development.

## 4. Keeping Teeth Healthy:

- Emphasise the importance of good oral hygiene for keeping both primary and permanent teeth healthy.
- Discuss the basics of brushing and flossing:
  - Brush twice a day with fluoride toothpaste.
  - Floss once a day to clean between teeth.
- **Activity 3: Brushing Practice:** Have students practice proper brushing techniques using hand mirrors and their own toothbrushes (without toothpaste). Guide them on how to hold the brush, angle it correctly, and brush in gentle circles.

## Summary

Congratulations! You've learnt about the different types of teeth, why they're important, and how to keep them healthy. Remember, taking care of your teeth now will help you have a happy, healthy smile for life!

# Healthy Diet, Healthy Teeth

## A Dental Health Module for Primary School Students (Aged 8–10)

### Overview

This module is designed to teach primary school children about the impact of diet on dental health. The module is made to align with the Australian Curriculum, focusing on health and physical education. It includes interactive activities, free resources, and information on available grants to support the program.

### Key Message

Eating a balanced diet not only keeps your body healthy but also keeps your teeth strong and cavity-free.

### Student Goals

By the end of this module, students should understand and be able to:

1. Identify foods that are good for their teeth.
2. Recognise foods and drinks that can harm their teeth.
3. Understand the importance of a balanced diet for overall health.

### Module Topics

#### 1. How Diet Affects Teeth

##### Discussion:

- Introduction: Begin by asking students what they had for breakfast and how they think it affects their teeth.
- Tooth-friendly Foods: Discuss the different types of foods and their effects on dental health. Explain that some foods help strengthen teeth, while others can cause harm.
- Enamel Protection: Explain how foods like dairy products contain calcium and phosphate, which help rebuild tooth enamel and keep teeth strong.
- Cavity Prevention: Talk about how fibrous fruits and vegetables, like apples and carrots, help clean teeth and gums by increasing saliva flow, which neutralises acids and washes away food particles.

##### ★ Key Points:

- Tooth-friendly Foods: Dairy products (milk, cheese, yogurt), fibrous fruits and vegetables (apples, carrots, celery), nuts, and water.
- Harmful to Teeth: Sugary snacks and drinks (soda, candy, pastries), sticky foods (toffee, caramel), and acidic foods (citrus fruits in excess).

# Healthy Diet, Healthy Teeth

## □ **Activity 1: Food Sorting**

- **Materials:** Pictures of various foods (printouts or magazine cutouts), two large charts labeled "Friendly" and "Unfriendly" to our teeth.
- **Instructions:** Have students sort the food pictures into the two categories. Discuss why each food is placed where it is. This visual activity helps students learn which foods to eat more of and which to limit.

## 2. The Role of Nutrients in Dental Health

### **Discussion:**

- **Introduction to Nutrients:** Explain what nutrients are and why they are essential for the body, including the teeth.
- **Calcium and Phosphorus:** Discuss how calcium (found in dairy products) and phosphorus (found in meat, fish, and eggs) are vital for building and protecting tooth enamel.
- **Vitamins A, C, and D:** Explain the role of these vitamins in maintaining healthy gums and overall dental health. Vitamin D helps the body absorb calcium, Vitamin A maintains healthy mucous membranes which line and protect the inside of your body, and Vitamin C strengthens blood vessels and reduces inflammation.

### ★ **Key Points:**

- **Calcium and Phosphorus:** Strengthen tooth enamel and bone. Found in dairy products, fish, meat, and eggs. A way to explain this would be that they provide extra armour for our teeth.
- **Vitamin D:** Helps the body absorb calcium. Found in dairy products, fish, and sunlight.
- **Vitamin A:** Maintains healthy gums. Found in carrots, sweet potatoes, and leafy green vegetables.
- **Vitamin C:** Strengthens gums and blood vessels. Found in oranges, strawberries, and broccoli.

## □ **Activity 2: Nutrient Hunt**

- **Materials:** Nutrient information cards, pictures of foods rich in specific nutrients.
- **Instructions:** Hide nutrient cards around the classroom. Have students find the cards and match them with the corresponding food pictures. This activity makes learning about nutrients interactive and fun.

# Healthy Diet, Healthy Teeth

## 3. Sugar and Tooth Decay

### Discussion:

- **How Sugar Harms Teeth:** Explain how bacteria in the mouth feed on sugar and produce acid, which erodes tooth enamel and leads to cavities.
  - **Hidden Sugars:** Discuss how sugar is often hidden in foods that don't taste sweet, such as bread, sauces, and cereals.
  - **Frequency of Sugar Intake:** Highlight that frequent snacking on sugary foods and drinks increases the risk of tooth decay because it exposes teeth to acid more often.
- ★ **Key Points:**
- **Sugar's Effect:** Bacteria in the mouth convert sugar into acid, which can erode enamel and cause cavities.
  - **Hidden Sugars:** Be aware of sugar in foods that may not taste sweet, like bread and sauces.
  - **Frequency:** Limiting the number of times you consume sugary foods throughout the day can reduce the risk of decay.

## □ **Activity 3:** Sugar Shockers

- **Materials** Empty food and drink containers with nutrition labels, sugar cubes.
- **Instructions:** Students will guess the amount of sugar in each item, then use sugar cubes to measure the actual amount of sugar listed on the label. This hands-on activity demonstrates how much sugar is hidden in everyday foods and drinks.

## 4. Making Healthy Choices

### Discussion:

- **Healthy Alternatives:** Discuss healthy alternatives to sugary snacks and drinks. Encourage students to choose water over soda and fruit over candy.
  - **Planning Healthy Meals:** Talk about the importance of including a variety of foods in their diet to get all the necessary nutrients.
  - **Reading Labels:** Teach students how to read food labels to make better choices. Explain the importance of looking for hidden sugars and understanding serving sizes.
- ★ **Key Points:**
- **Healthy Snacks:** Opt for fruits, vegetables, nuts, and cheese instead of sugary snacks.
  - **Beverage Choices:** Choose water or milk over soda and fruit juice.
  - **Meal Planning:** Include a variety of foods to ensure a balanced intake of nutrients.

# Healthy Diet, Healthy Teeth

## □ **Activity 4: Healthy Snack Wrap**

- **Materials:** Pictures of common snacks and healthier alternatives.
- **Instructions:** Show students pictures of common sugary snacks and ask them to suggest healthier alternatives. Discuss why the alternatives are better for their teeth. This activity encourages students to think critically about their food choices.

## **Snack Substitutes for Common Sugary Snacks**

### **1. Lollies**

- Substitute: Fresh fruit (e.g., apple slices, berries, orange segments)
- Why: Provides natural sweetness, vitamins, and fibre without added sugars.

### **2. Chocolate Bars**

- Substitute: Dark chocolate (70% cocoa or higher) or yogurt-covered nuts
- Why: Dark chocolate has less sugar and provides antioxidants; yogurt-covered nuts offer protein and less sugar.

### **3. Cookies**

- Substitute: Whole grain crackers with

cheese or homemade oatmeal cookies with reduced sugar

- Why: Whole grain crackers are low in sugar and provide fibre; homemade cookies allow control over sugar content.

### **4. Sugary Cereals**

- Substitute: Plain yogurt with fresh fruit and a drizzle of honey or granola (low sugar), Granola, oats.
- Why: Yogurt and fruit offer probiotics and vitamins, while low-sugar granola provides fiber.

### **5. Ice Cream**

- Substitute: Frozen yogurt or homemade fruit popsicles
- Why: Frozen yogurt generally has less sugar than ice cream, and homemade popsicles use natural fruit sugars.

### **6. Fruit Snacks/Gummies**

- Substitute: Dried fruit (unsweetened) or fruit leather with no added sugar
- Why: Dried fruit retains fibre and nutrients without added sugars found in gummies.

### **7. Soft Drink**

- Substitute: Sparkling water with a splash of fruit juice or infused water (e.g., water with cucumber slices or berries)

# Healthy Diet, Healthy Teeth

- Why: Sparkling water is hydrating without the added sugars, and fruit infusions add flavour naturally.

## 8. Juice Boxes

- Substitute: 100% fruit juice diluted with water or whole fruit smoothies

- Why: Diluted juice reduces sugar intake, and smoothies contain the fibre of the whole fruit.

## 9. Pastries (Doughnuts, Muffins)

- Substitute: Whole grain toast with nut butter or homemade banana muffins with reduced sugar

- Why: Whole grain toast provides fibre and protein, while homemade muffins allow for sugar control.

## 10. Chips

- Substitute: Air-popped popcorn or vegetable sticks with hummus

- Why: Popcorn is a whole grain and low in sugar, and veggie sticks provide crunch with vitamins and minerals.

## 11. Sugary Granola Bars

- Substitute: Homemade granola bars with oats, nuts, and a small amount of honey

- Why: Homemade versions control sugar content and include whole, nutritious ingredients.

## 12. Flavoured Yogurt

- Substitute: Plain Greek yogurt with fresh fruit and a small amount of honey

- Why: Plain Greek yogurt is high in protein and low in sugar, and fruit adds natural sweetness.

## 13. Milkshakes

- Substitute: Smoothies made with milk, fresh fruit, and a handful of spinach

- Why: Smoothies provide vitamins, minerals, and protein without the high sugar content of milkshakes.

## 14. Candy Bars

- Substitute: Nut and seed bars with minimal added sugar

- Why: Nut and seed bars offer protein and healthy fats with less sugar.

These substitutes not only reduce sugar intake but also provide more nutrients, supporting overall health and strong teeth. Encourage children to enjoy these healthier options to promote long-term dental and physical health.



# Preventing Cavities and Tooth Decay

A Dental Health Module for Primary School Students



# Preventing Cavities and Tooth Decay

## Overview

This module aims to teach primary school children about the causes of cavities and tooth decay, building on their knowledge of how diet affects dental health. It aligns with the Australian Curriculum, focusing on health and physical education, and includes engaging activities, free resources, and information on available grants to support the program.

## Key Message

Understanding how cavities form and knowing how to prevent them helps keep your teeth healthy and strong.

## Student Goals

By the end of this module, students should understand and be able to:

1. Explain how cavities form.
2. Identify habits that help prevent cavities.
3. Practice daily routines to maintain dental health.

## Module Topics

### 1. Understanding Cavities and Tooth Decay

#### Discussion:

- Introduction: Recap the previous module on diet and how what we eat affects our teeth. Transition to discussing what happens when we don't take care of our teeth.
- Formation of Cavities: Explain that cavities are holes in the teeth caused by tooth decay. This decay happens when bacteria in the mouth produce acid that erodes the tooth enamel.
- Role of Bacteria: Discuss how bacteria feed on sugars from our food and drinks, producing acid as a byproduct. The acid attacks the enamel, leading to decay.

#### ★ Key Points:

- Bacteria and Sugar: Bacteria in the mouth feed on sugar, producing acid that can erode tooth enamel.
- Enamel Erosion: Repeated acid attacks weaken the enamel, creating cavities.
- Cavity Symptoms: Cavities can cause toothaches, sensitivity, and visible holes in the teeth.



# Preventing Cavities and Tooth Decay

## □ **Activity 1:** Cavity Experiment

- **Materials:** Hard-boiled eggs, vinegar, cups.
- **Instructions:** Place a hard-boiled egg in vinegar and leave it overnight. Discuss how the vinegar (acid) affects the eggshell (similar to tooth enamel). The next day, observe the changes and relate them to how acid affects teeth. This hands-on experiment visually demonstrates enamel erosion.

## 2. Habits to Prevent Caries

### **Discussion:**

- **Brushing and Flossing:** Talk about the importance of brushing twice a day with fluoride toothpaste and flossing daily to remove food particles and plaque.
  - In younger classes a video like this from Queensland health can be recommended in order for students to ascertain time.  
<https://www.youtube.com/watch?v=O4wDITXrvrc>
- **Regular Dental Visits:** Explain the importance of visiting the dentist regularly for check-ups and professional cleanings. Smile squad is a service that does provide this service to all Victorian government schools, encouraging students and parents to take advantage of a program like Smile squad also

goes a long way in oral health promotion and prevention of decay.

- **Healthy Eating:** Reiterate the connection between diet and dental health, emphasising the reduction of sugary snacks and drinks.

### ★ **Key Points:**

- **Brushing:** Brush twice daily with fluoride toothpaste to remove plaque and strengthen enamel, children above age 6 can use adult toothpaste.
- **Flossing:** Floss daily to clean between teeth where a toothbrush can't reach.
- **Dental Visits:** Regular dental check-ups help catch problems early and keep teeth clean.
- **Healthy Diet:** Limiting sugary foods and drinks reduces the risk of cavities.

## □ **Activity 2:** Brushing and Flossing Relay

- **Materials:** Toothbrushes, floss, large model of teeth (optional).
- **Instructions:** Set up a relay race where students must demonstrate proper brushing and flossing techniques on a large model or on their own teeth (using motions). This active and fun activity reinforces good dental habits.

# Preventing Cavities and Tooth Decay

## 3. The Role of Fluoride and Dental Sealants

### Discussion:

- Fluoride: Explain how fluoride helps prevent tooth decay by making teeth more resistant to acid attacks and can even reverse early decay.
- Sources of Fluoride: Discuss the sources of fluoride, including toothpaste, mouth rinses, and community water fluoridation.
- Dental Sealants: Introduce dental sealants as a protective coating applied to the chewing surfaces of back teeth to prevent cavities. This can again be linked to Smile Squad who provide this service free of cost.

### ★ Key Points:

- Fluoride Benefits: Strengthens enamel and helps prevent and reverse early stages of tooth decay.
- Sources: Found in toothpaste, mouth rinses, and some drinking water supplies.
- Dental Sealants: Protective coating applied by a dentist to prevent cavities on the back teeth.

### □ Activity 3: Fluoride Hunt

- **Materials:** Various toothpaste tubes, mouth rinses, informational brochures.

- **Instructions:** Have students examine different dental products to find the ones that contain fluoride. Discuss why fluoride is an essential ingredient and how to use these products correctly. This activity helps students recognise fluoride's importance in their daily routine.

### **Bonus Activity:** Plaque Attack

Have students chew on plaque disclosing tablets, which stain plaque on teeth, to visualise the areas they may be missing when brushing and flossing. This can be a fun and eye-opening activity to reinforce the importance of proper oral hygiene.

## Module Summary

By understanding how cavities form and learning effective ways to prevent them, students will be better equipped to maintain their dental health. Linking this module to the previous one on diet helps reinforce the importance of making healthy choices every day. Encouraging these habits now sets the foundation for a lifetime of healthy smiles. The Smile Squad and Child Dental Benefits Schedule offer valuable resources to support children's dental health.

# Additional Resources



# Additional Resources & Information

The "Healthy Diet, Healthy Teeth" module aligns with the Australian Curriculum in several ways:

1. **Health and Physical Education:** The module directly addresses the Health and Physical Education strand of the curriculum, specifically the sub-strand of Personal, Social, and Community Health. It focuses on the importance of healthy eating habits and their impact on oral health, which is a crucial aspect of personal health.
2. **Science:** The module also touches upon scientific concepts related to the human body, such as the role of nutrients in maintaining healthy teeth and the process of tooth decay. This aligns with the Science Understanding sub-strand of the Science curriculum.
3. **Critical and Creative Thinking:** The activities in the module encourage students to think critically about their food choices and the impact of those choices on their dental health. This aligns with the Critical and Creative Thinking general capability of the curriculum.

By incorporating this module into the curriculum, teachers can provide students with valuable knowledge and skills to make informed decisions about their diet and oral health, ultimately contributing to their overall well-being.

## Smile Squad

Smile Squad is a Victorian government initiative that provides free dental care to all government school students. It's a fantastic program that makes a real difference in promoting positive oral health for children.

The program offers a comprehensive range of services, including:

- **Check-ups and cleans:** Regular examinations and cleaning help identify and address potential problems early on.
- **Fissure sealants and fluoride applications:** These preventative treatments strengthen teeth and protect against decay.
- **Oral health education:** Smile Squad also educates children about good oral hygiene practices, empowering them to take charge of their dental health.

By providing these services, Smile Squad not only addresses existing dental issues but also instils good oral health habits in children from a young age. This sets them up for a lifetime of healthy smiles and reduces the risk of oral health problems affecting their overall well-being and academic performance.

Booking an appointment is easy:

Visit the Smile Squad website: You can find all the details about the program and how to book at: <https://www.health.vic.gov.au/smile-squad> Smile Squad is an invaluable resource, it ensures students have access to essential dental care, regardless of their family's financial circumstances. This means fewer missed school days due to dental related pain and better overall health for students.

# Additional Resources & Information

In addition to the information provided in this guide, here are some additional resources that you can explore for further support and information on promoting oral health among children:

## Oral Health Resources

- American Dental Association (ADA): The ADA offers a wealth of resources and tips for oral health education tailored to children of all ages.  
[https://www.nj.gov/health/fhs/oral/documents/smilesmart\\_curriculum.pdf](https://www.nj.gov/health/fhs/oral/documents/smilesmart_curriculum.pdf)
- Colgate Bright Smiles, Bright Futures: This program provides educational materials and activities designed to promote oral health awareness among children.  
<https://www.colgate.com.au/oral-health-education/about-bsbf/for-teachers>
- For further information regarding mobile dental services, visit the Australian Dental Foundation  
<https://www.dentalfoundation.org.au/wp-content/uploads/2024/02/MSD-NationalProgramFAQs.pdf>
- The Australian Dental Foundation also has a My School Dentist Program  
<https://www.dentalfoundation.org.au/programs/my-school-dentist-program/>
- For oral hygiene information and products visit TePe  
<https://shop.tepe.com.au/blogs/interdental-cleaning/childrens-dental-care>
- To Participate in Dental Health Week :  
<https://www.teeth.org.au/dental-health-week>
- The Oral Health Foundation has other fun activities and programs to participate in such as writing to the Tooth Fairy  
<https://www.dentalhealth.org/Pages/CATEGORY/oral-health-in-schools>
- A caregivers guide to supporting individuals with additional or specialised health care needs:  
[https://docs.google.com/presentation/d/1y8xvHqZ-URUOR\\_EWwOCEcOBX\\_dxz\\_kdrKNFq-OjOIM8s/edit?usp=drive\\_link](https://docs.google.com/presentation/d/1y8xvHqZ-URUOR_EWwOCEcOBX_dxz_kdrKNFq-OjOIM8s/edit?usp=drive_link)

# Additional Resources & Information

## Promoting Nutritional Eating

- VIC Kids Eat Well is a statewide movement which promotes nutritional alternatives to enhance food environments in school settings  
<https://www.vickidseatwell.health.vic.gov.au/>
- Want to find out how to make your school menus healthier? The Healthy Eating Advisory Service offers a food checker process and provides healthy alternatives to current menu items:  
<https://heas.health.vic.gov.au/im-working-in/outside-school-hours-care/menu-review-booking-form/>

## Posters and Handouts

[Good Food Great Teeth!](#) - Encourages Healthy Eating habits

[Tap Is All That](#) - Poster regarding the benefits of tap water

[What should you eat to keep your mouth healthy](#) - Concise and informative handout regarding healthy food choices

## Video Resources

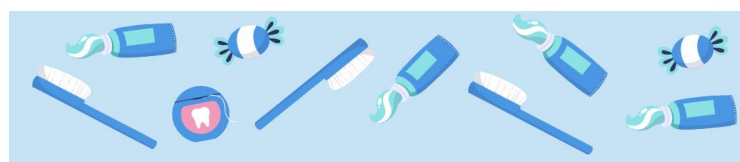
- What Causes Cavities?: This video delves deeper into the science behind tooth decay, explaining the role of bacteria, acid, and plaque. It's a good resource.  
<https://ed.ted.com/lessons/what-causes-cavities-mel-rosenberg>

By incorporating these activities and resources into your curriculum, you can help promote good oral health habits and empower your students to take care of their smiles for a lifetime. Thank you for your dedication to the health and well-being of the children in your care!

## Thank You

This document was created by La Trobe University Bachelor of Dental Science (Honours) course students as part of their Dentistry Industry Project.

With many thanks to our key stakeholder, Kat Bennett of Gateway Health <https://gatewayhealth.org.au/> for supporting students like ourselves for a healthier and brighter future.



# Activity Materials

## **Activities Appendix:**

Module 0, Activity 1: [Access Here](#)

- Simply print out individual copies for student use

Module 1, Activity 2: [Access Here](#)

- Individual printout required for nutrient hunt activity.

Australian Nutrition Printouts: [Access Here](#)

- Example nutrient values for common Australian products.

Example Nutritional Value Reports: [Access Here](#)

- Generic product nutritional value reports - for printout.

**La Trobe University Bachelor of Dental  
Science (Honours) Students 2024**

**Kalani Bromwich, Mehtaab Gill & Hoai Nguyen**

**In collaboration with Kat Bennett  
of Gateway Health**