

## Oral Health Planning EYFS

Nursery			
	Autumn	Spring	Summer
5FFs	<ul style="list-style-type: none"> <li>A toothbrush is used to brush teeth</li> <li>Toothpaste goes on the toothbrush</li> <li>I know how to hold a tooth brush</li> <li>I can brush my teddy's teeth</li> <li>Water is the best drink for my teeth</li> </ul> <p>Children to have a toothbrush in school (bought by school) and be taught how to brush their teeth.</p>	<ul style="list-style-type: none"> <li>Everyone should brush their teeth every morning and night.</li> <li>The toothbrush goes up and down to brush your teeth.</li> <li>The toothbrush goes round, and round to brush your teeth</li> <li>We need to keep our teeth clean</li> <li>Toothpaste helps to clean our teeth</li> </ul> <p>Children to have a toothbrush in school (bought by school) and be taught how to brush their teeth.</p>	<ul style="list-style-type: none"> <li>Everyone should brush their teeth every morning and night.</li> <li>Sweets and cakes are not good for our teeth.</li> <li>Dentists help to look after our teeth</li> <li>It is good for our teeth when we visit the dentist</li> <li>We will get tooth ache if we don't keep our teeth clean</li> </ul> <p>Children to have a toothbrush in school (bought by school) and be taught how to brush their teeth.</p>
Vocab	<ul style="list-style-type: none"> <li>Toothbrush</li> <li>Teeth</li> <li>Water</li> <li>Clean</li> <li>Brush</li> </ul>	<ul style="list-style-type: none"> <li>Toothbrush</li> <li>Toothpaste</li> <li>Teeth</li> <li>Clean</li> <li>Brush</li> <li>Morning / night</li> </ul>	<ul style="list-style-type: none"> <li>Dentist</li> <li>Visit</li> <li>Appointment</li> <li>Tooth ache</li> <li>Brush</li> <li>Morning / night</li> </ul>
Reception			
5FFs	<ul style="list-style-type: none"> <li>Everyone should brush their teeth every morning and night.</li> <li>Some food has lots of sugar in it and sugar is not good for our teeth.</li> <li>Foods that are not good for our teeth are sweets and cakes but vegetables are good for your teeth.</li> <li>Water is the best drink for our teeth.</li> <li>Fizzy drinks and juice are not good for our teeth.</li> </ul>	<ul style="list-style-type: none"> <li>Everyone should brush their teeth every morning and night.</li> <li>You should brush your teeth for 2 minutes.</li> <li>Use a pea-sized amount of toothpaste to brush your teeth.</li> <li>Move the tooth brush and down and all around to clean your teeth.</li> <li>You should brush the front of your teeth, the back of your teeth, the inside and the tops</li> </ul>	<ul style="list-style-type: none"> <li>You should brush your teeth after breakfast and before bed to help stop plaque.</li> <li>Dentists help to keep our teeth healthy and we should visit the dentist 2 times each year</li> <li>Plaque is sticky stuff on your teeth that is full of germs and is bad for your teeth.</li> <li>Plaque on your teeth can give you tooth ache.</li> <li>Baby teeth fall out when we are 6 or 7 and our big adult teeth will grow.</li> </ul>
Vocab	<ul style="list-style-type: none"> <li>Teeth</li> <li>Sugar</li> <li>Sweet</li> <li>Fizzy drinks</li> <li>Toothpaste</li> <li>Clean</li> </ul>	<ul style="list-style-type: none"> <li>Toothbrush</li> <li>Toothpaste</li> <li>Back / front</li> <li>Inside / top</li> <li>Spit out</li> <li>Pea-sized</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Plaque</li> <li>Tooth ache</li> <li>Germs</li> <li>Dentist</li> <li>Visit / appointment</li> <li>Adult / baby teeth</li> <li>Fall out</li> </ul>