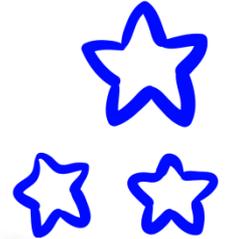


Children's University Club Challenge:

The Tooth Challenge!

Our teeth are special - they help us to talk as well as bite and chew our food so that it is small enough to be swallowed safely. We only get one set (well, two!), so it's REALLY important that we look after them well. But did you know, we have 4 different types of teeth in our mouths and each have their own special job? This challenge is made of three parts, earning a maximum of 3 CU credits. So let's get learning all about our teeth!



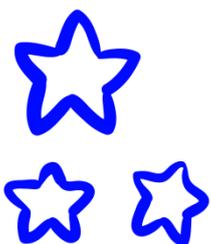
**Part 1: Types of
teeth and which
do I have?**



**Part 2: Keeping
our teeth
healthy**



**Part 3: Tooth
brushing &
sugar swap**



3 CU Credits for completing this challenge. To claim your credits, please complete your CU Club Reflection Diary and return to your school along with your work.

Finally: Remember to add the Learning Stamp to your Digital Dashboard once you receive it from your school

Children's University Club Challenge:

The Tooth Challenge!

Part 1: Types of teeth and which do I have?

You will need:

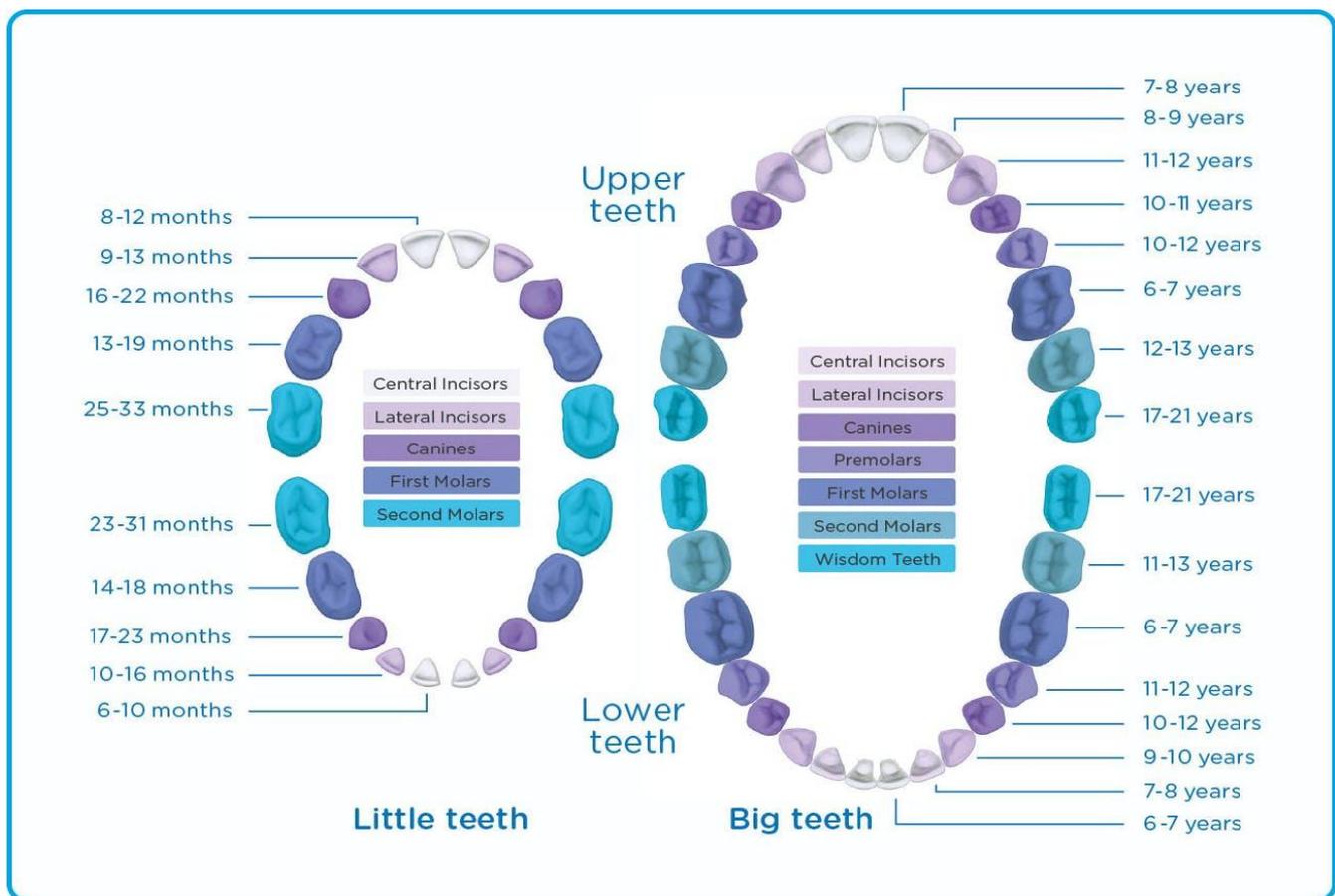
- Mirror
- Colouring pencils or crayons

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Step 1 – Look at the teeth chart we have provided here...



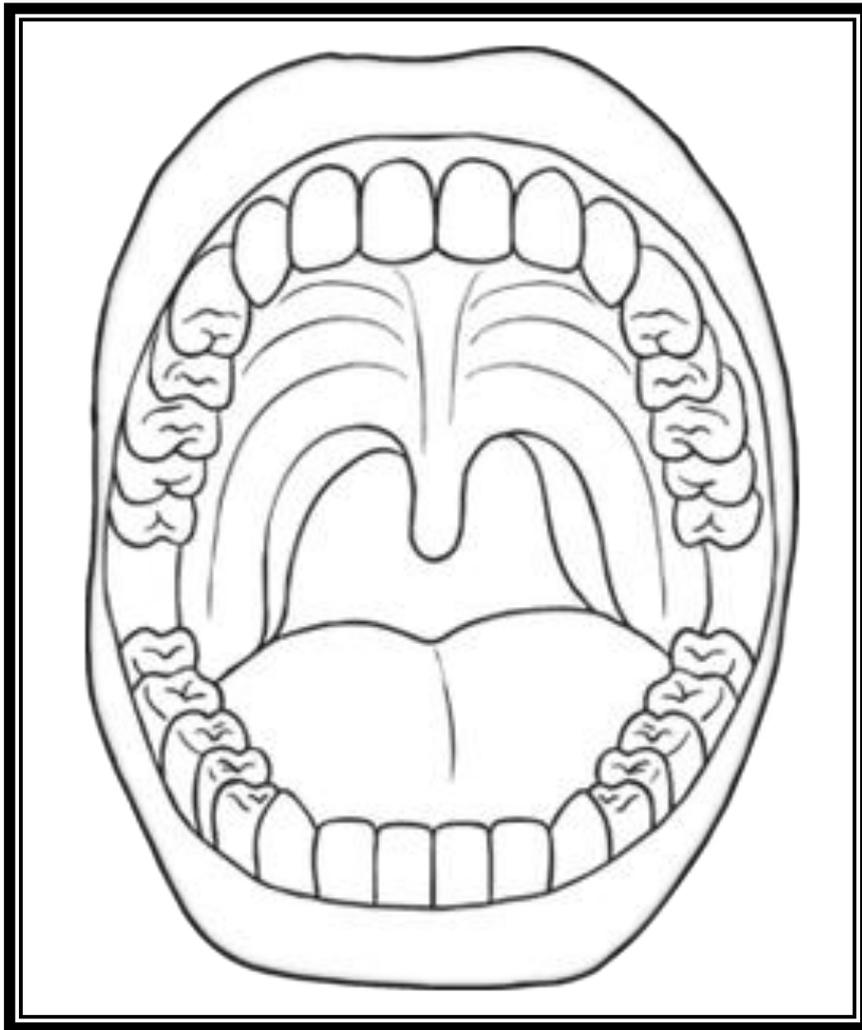
This tells you the names of all the teeth that you will have by the time you grow up to be an adult. By this time, some of these teeth will have replaced the ones that fall out when you're about 6-12 years old. Pretty funny names eh!

Step 2: Grab a mirror. Have a good look at your teeth - can you count them? You've probably had all your 'baby teeth' grow by now. You might have even lost a few and have gaps while you wait for the 'adult teeth' to grow in their place!

Step 3: Using the information in the picture above, can you colour all the teeth you have on the diagram on the next page? You could create a 'key' like on a chart, and colour any 'baby teeth' in one colour and any adult teeth you might have in another colour? You could choose a third colour for any gaps you have at the moment? Look at the description of the teeth - what job does each of your teeth have?



My Teeth



Look in a mirror - which teeth do you have? Colour them on the diagram here.

Have you got any gaps where you are waiting for your adult teeth to grow?

Can you tell from the description below, which teeth are which?

Incisors – The four front teeth in both the top and bottom jaws are called incisors. Their main job is to pull food into your mouth and to cut the food up, which is why they have a sharp edge.

Canines – There are four canines in your mouth. Their main job is to tear food. They have a single, pointed bit to help them do this. They have the longest root of any tooth. They also help to form the corners of the mouth.

Premolars (Bicuspids) – These teeth are next in the line of teeth and are designed to crush food. When you have all your adult teeth, there will be eight premolars in your mouth (4 in the top and 4 in the bottom).

Molars – The teeth at the back of your mouth are called molars. They have wider and flatter surfaces and this shape helps them to grind food. There are 12 molars in total once all your adult teeth have grown, although some people do not fully develop the last four - these are called wisdom teeth.

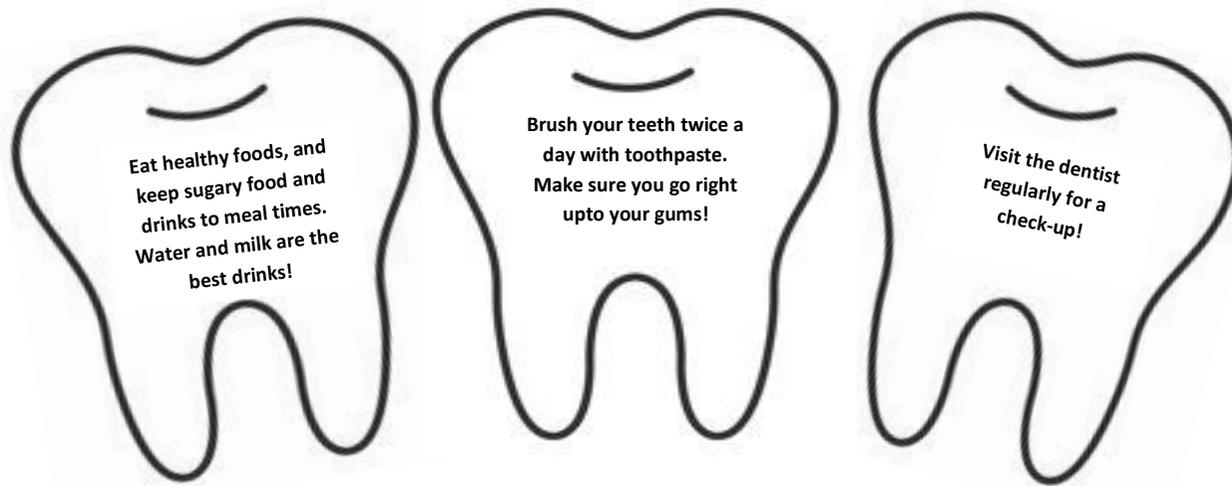


Keep reading to find out how we can keep our teeth healthy...

Children's University: The Tooth Challenge!

Part 2: Keeping my teeth healthy

It's REALLY important we look after our teeth. We can do this in a number of ways...



Think about the ways you can keep your teeth clean and healthy. It's not just brushing them - eating healthy diets, limiting sugary drinks and foods and visiting the dentist regularly for check-ups also helps. Have a look at the poster here...

Step 1: We'd like you to help spread this message to other children and families, and adults as well! Think about the message you want to get across.

Step 2: Think about how you might do this. Could you design a poster? Could you create a short film? Could you create a game for children to play to learn all about healthy teeth? Could you write a poem or maybe even a song or rap about healthy teeth? We want you to be creative so get your thinking caps on!

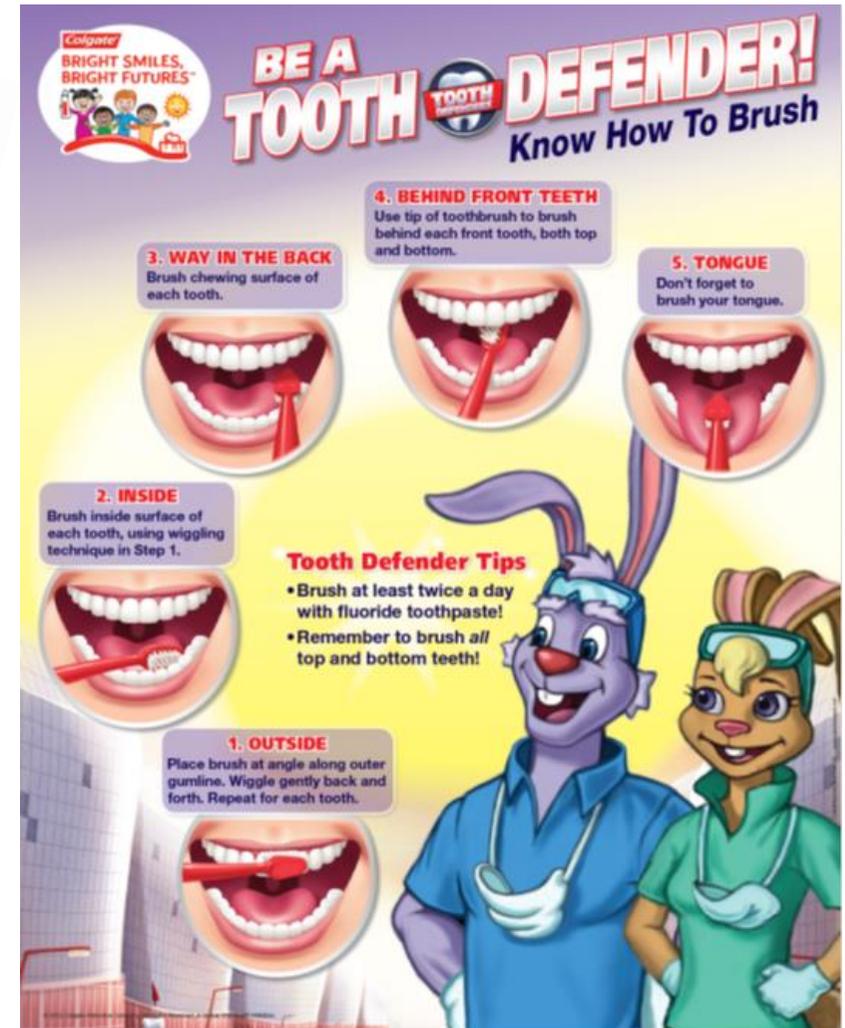
You will need:

- Paper
- Pencil
- Colouring pencils or crayons
- Maybe a camera?



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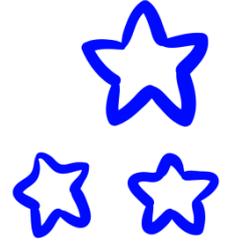


Children's University Club Challenge: The Tooth Challenge!

Part 3: Tooth-brushing and sugar swaps

You will need:

- Toothbrush
- Toothpaste
- Paper
- Pencil
- Colouring pencils or crayons



Step 1: We've learned that brushing your teeth is one of the VERY important ways to keep your teeth clean and healthy. Dentists recommend that you should brush your teeth for 2 minutes, twice a day. So, we want you to keep a tooth brushing diary for at least 1 week (there's a table below to help you if you want to use it, or feel free to create your own)

Step 2: We also know that drinking sugary drinks is not good for your teeth, so we'd like you to keep a 'healthy drinks diary' for at least a week. Try and swap juices and fizzy drinks for milk or water and record where you've swapped them.

Drink swaps



Swap from:	Swap to:
→ cola	→ water
→ juice drinks	→ lower-fat milks
→ milkshakes	→ sugar-free drinks
→ fizzy drinks	→ no added sugar drinks

For other information on healthy food swaps, visit

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids#all-swaps>

Children's University Club Challenge:

The Tooth Challenge!



My tooth brushing and sugar swap diary

Day	I brushed my teeth for two minutes this morning	I brushed my teeth for two minutes tonight	My drink was... (was this a swap from something less healthy?)	My drink was... (was this a swap from something less healthy?)	My drink was... (was this a swap from something less healthy?)
Example... Monday			Semi-skimmed Milk swapped from apple juice	water	Sugar-free orange swapped from Coke



Make your chart bright and colourful! You could draw a star, a picture, a tick, put a sticker in, for your teeth brushing. You could even draw your healthy drinks!