

# Oral Health in Red Room

In Red Room, we were learning about oral health and how it is important to brush our teeth. In Red Room, we brush our teeth every week to promote good oral health. We brush our teeth for two minutes and sing a song about brushing our teeth to remind us what we have to do and how to brush our teeth. We also discuss about healthy foods for our teeth and how we need to eat little amount of sugary foods and drink to avoid tooth decay. The children enjoyed brushing their teeth and learning about oral health in Red Room.



## Talking points/Key questions:

Where are your teeth and gums?

What do we have to do to look after our teeth?

How many times do we brush our teeth?

How long does it take to brush our teeth?

What is a tooth decay and what does it look like?

What foods have lots of sugar in them?