

OPEN WIDE AND STEP INSIDE



My Work Book

This book belongs to: _____

Activity pages

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Activity page 5: Millie's word search

Activity page 6: Help Stephanie complete the sentences

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Activity page 10: Millie's crossword puzzle





I'm Geoffrey the giant.
I have eaten too many
sweets and have a hole in
my tooth.



I am Daisy the dentist.
I help people to keep their
teeth healthy.



I'm Millie, Geoffrey's
friend. I help him to make
healthy choices.



I'm Brian the beaver.
I always brush my teeth
before bedtime.



I'm Harry the horse.
My teeth are great,
because I look after them.



I'm Stephanie the snake.
I love going to see the
dentist.



What makes you smile?

Can you help Geoffrey name the teeth and the jobs they do?

Circle the word which matches the tooth and their job



Molars and pre molars help us to:
bite /chew /tear our food



Canines help us to:
bite/chew /tear our food

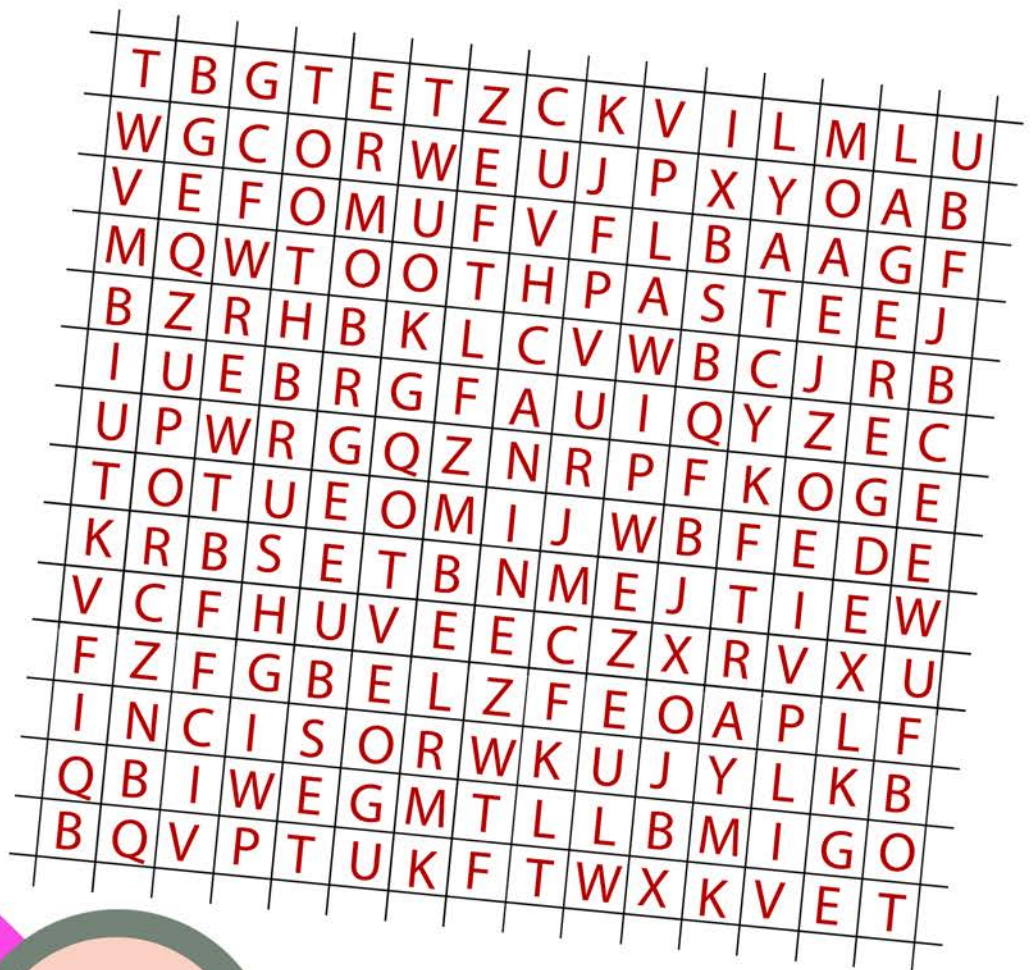


Incisors help us to:
bite /chew /tear our food



Can you help Millie
to find these words:

Molar
Canine
Incisor
Toothpaste
Fluoride
Toothbrush



Can you help Stephanie
to spot the missing words?

Decay

Bedtime

Brush

Fluoride

Its important to _ _ _ _ _ your teeth for 2 minutes.

Always brush your teeth before _ _ _ _ _ .

Use a pea sized amount of _ _ _ _ _ toothpaste.

Don't have too many sugary foods and drinks as they
can cause tooth _ _ _ _ _ .



Can you help Harry to tick the dental top tips to keep teeth healthy?

Brush before bedtime

Brush for 10 minutes

Reduce the amount of sugary food and drink

Brush for 2 minutes

Brush twice a day

Visit a dentist on a regular basis

Use fluoride toothpaste

Eat fruit and vegetables

Only visit the dentist when your teeth hurt

Don't rinse your mouth after brushing





Geoffrey eats too many sweets and has a hole in one of his teeth. How do think this will make him feel?

sad

scared

excited

pleased

miserable

worried

distressed

unhappy

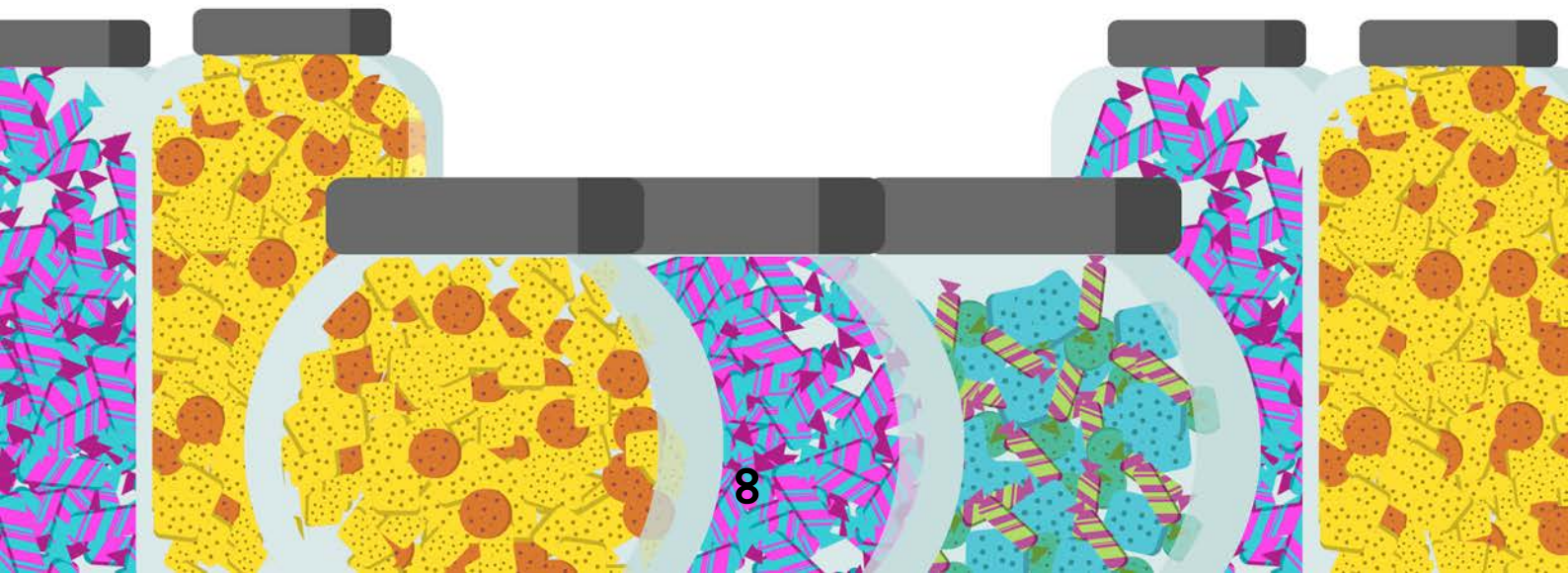
hurt

happy

jolly

cheerful

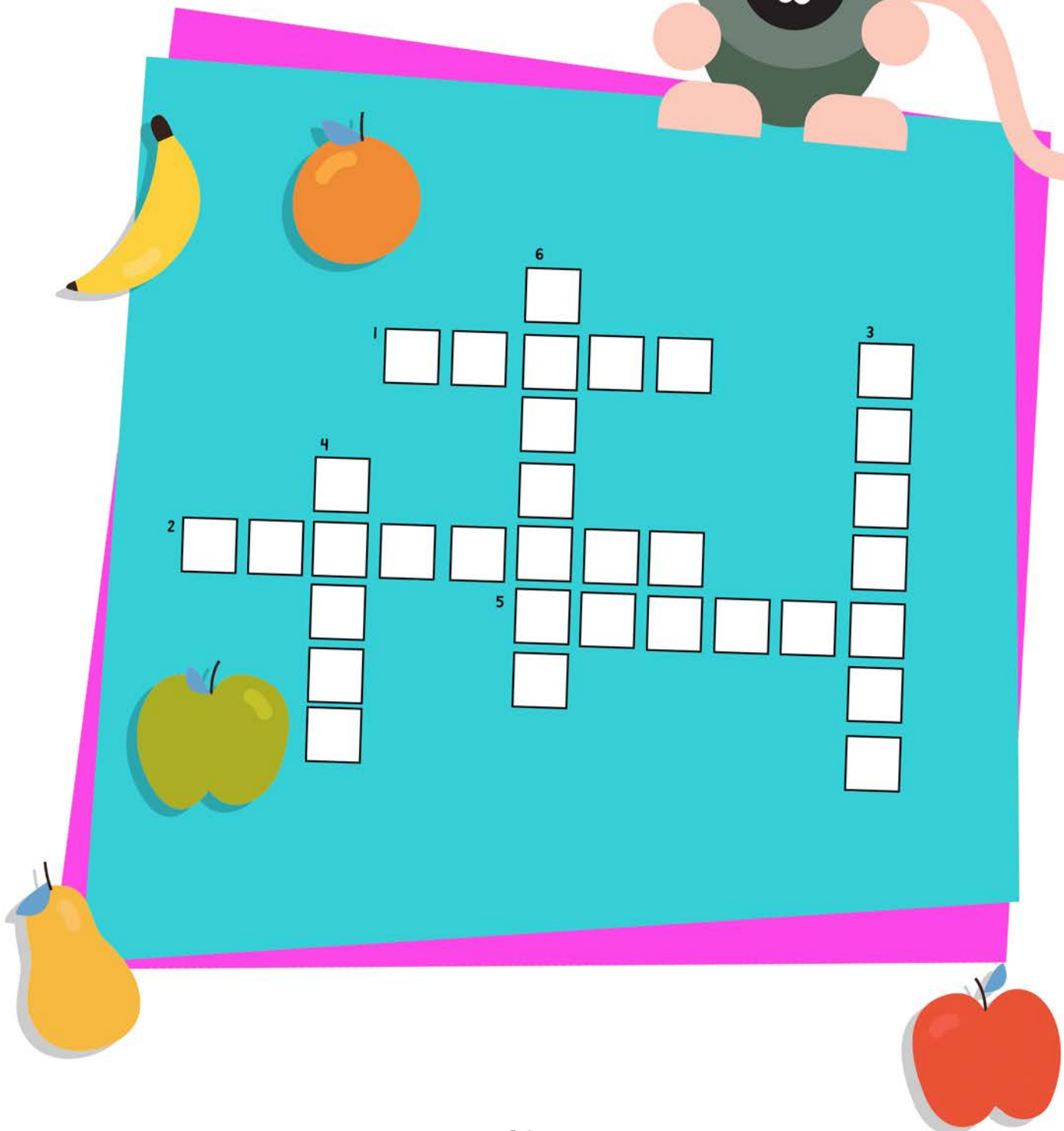
in pain



Can you help Geoffrey choose some healthy foods for his packed lunch?



Can you help Millie with
this crossword puzzle?



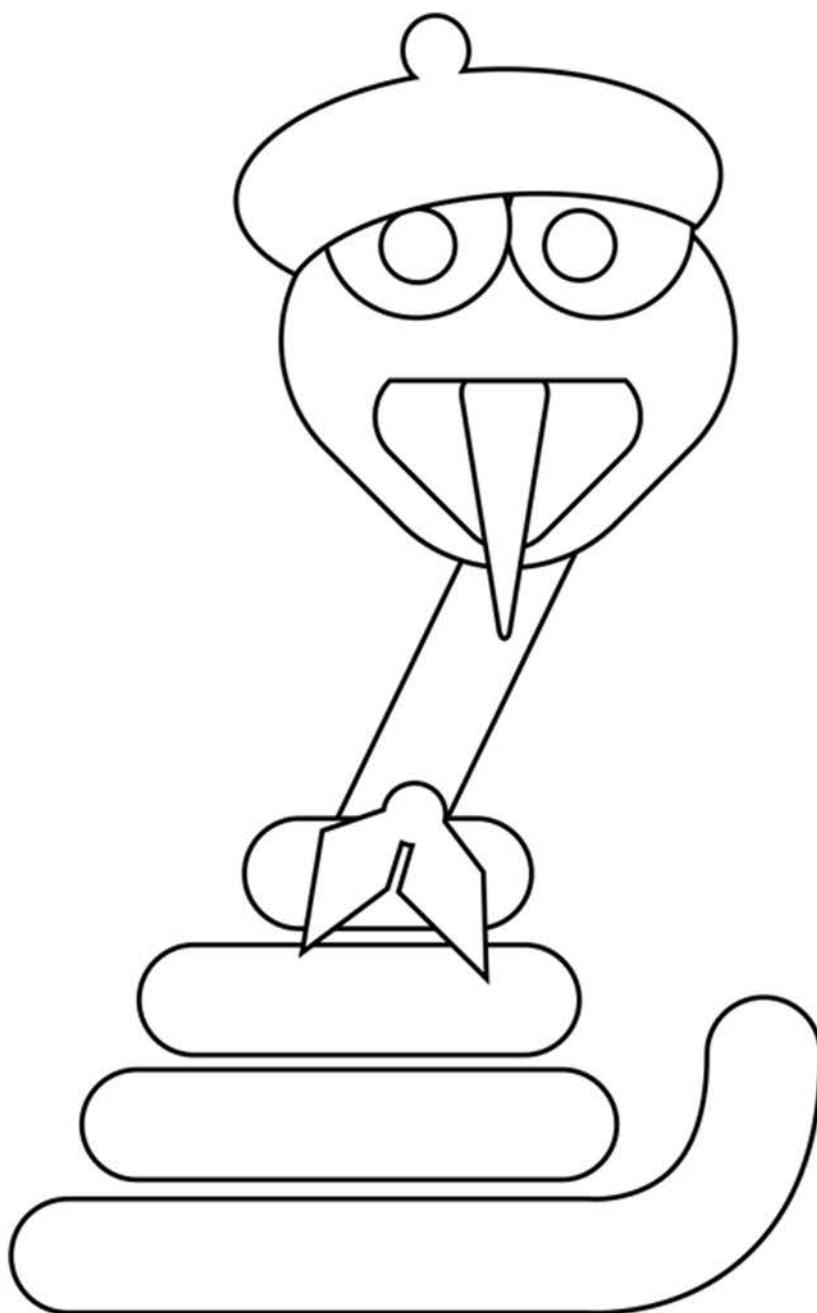
Crossword puzzle Clues

- 1 What does Harry the Horse say his are? G---T
- 2 This is the super ingredient in toothpaste F-----E
- 3 We use these teeth to bite into our food I-----R
- 4 Too much of this causes tooth decay S---R
- 5 What are the big teeth at the back of the mouth called? They help us to chew our food. m-----s
- 6 We should always brush before B-----E

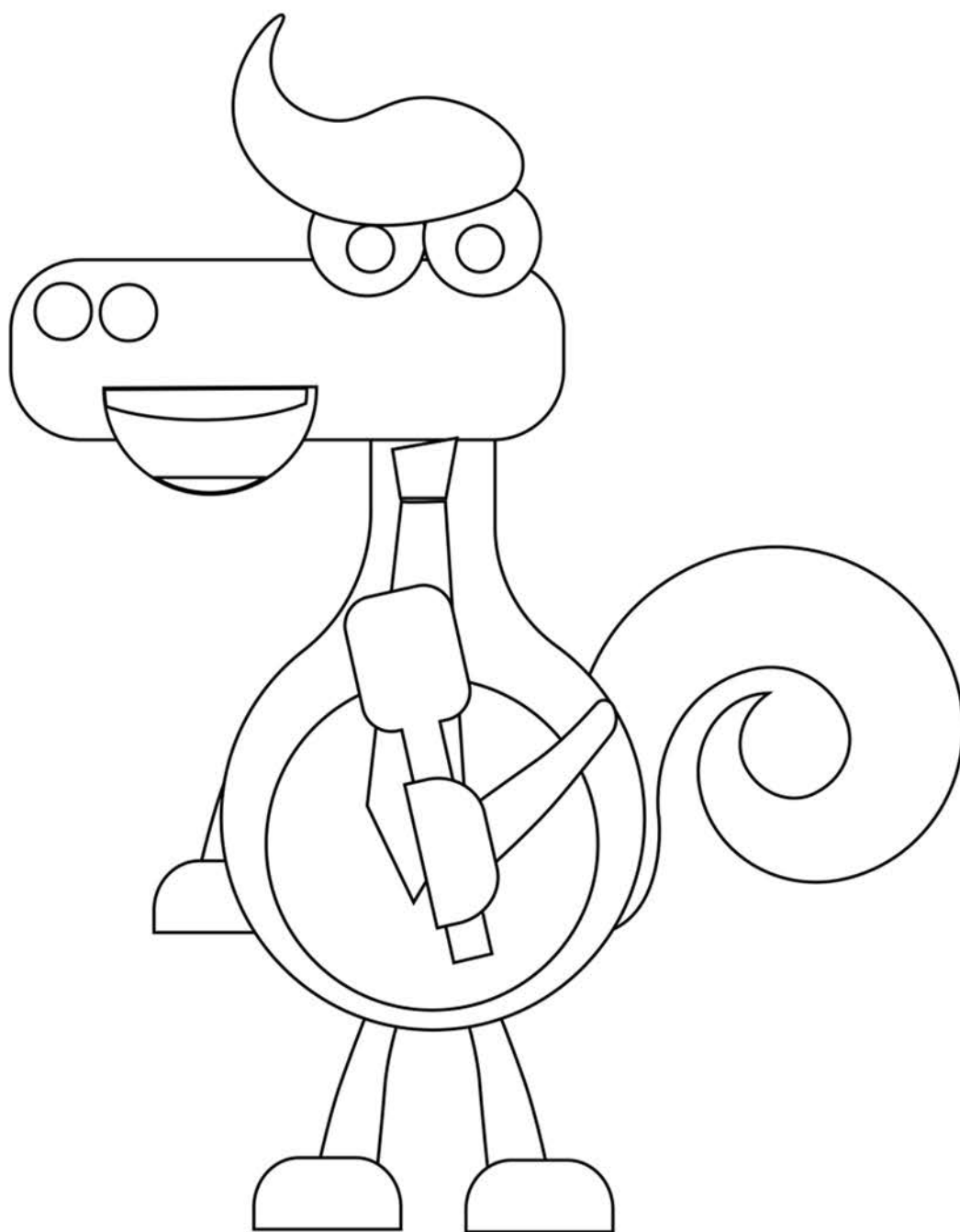


Crossword puzzle
Answers
1. Great
2. Fluoride
3. Incisor
4. Sugar
5. Molars
6. Bedtime

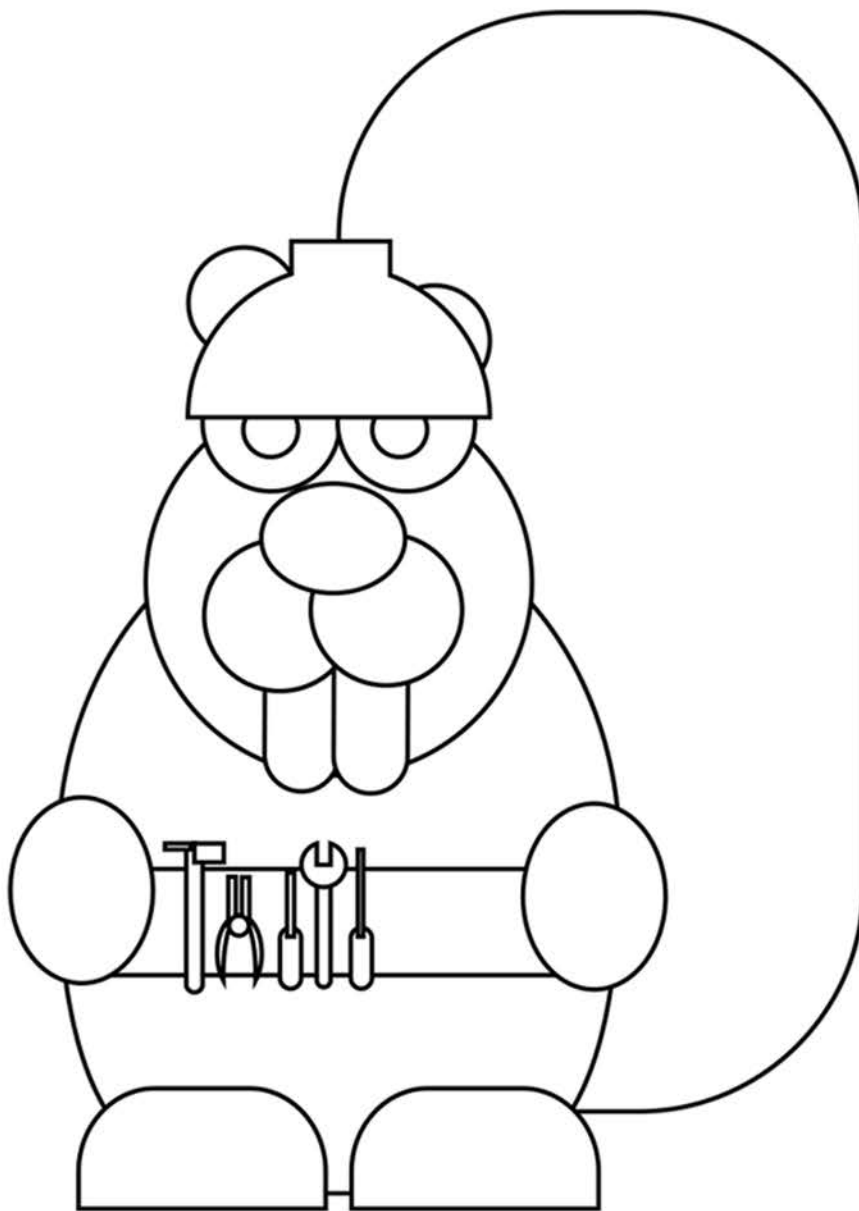
This is Stephanie
She loves going to the visit the dentist



This is Harry.
His teeth are great!



This is Brian.
He always brushes his teeth before bedtime



This is Daisy.
She is a dentist. She looks forward
to seeing you regularly.



Activity page 6

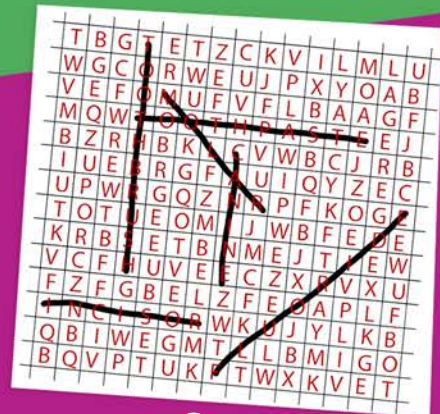
Molars and pre molars help us to: chew

Canines help us to: tear our food

Incisors help us to: bite



Activity page 7



Activity page 8

It's important to brush your teeth for 2 minutes. Always brush your teeth before bedtime. Use a pea sized amount of fluoride toothpaste. Don't have too many sugary foods and drinks as they can cause tooth decay.

Activity page 9

Brush before bedtime

Reduce the amount of sugary food and drink

Brush for 2 minutes

Brush twice a day

Visit a dentist on a regular basis

Use fluoride toothpaste

Eat fruit and vegetables

Don't rinse your mouth after brushing

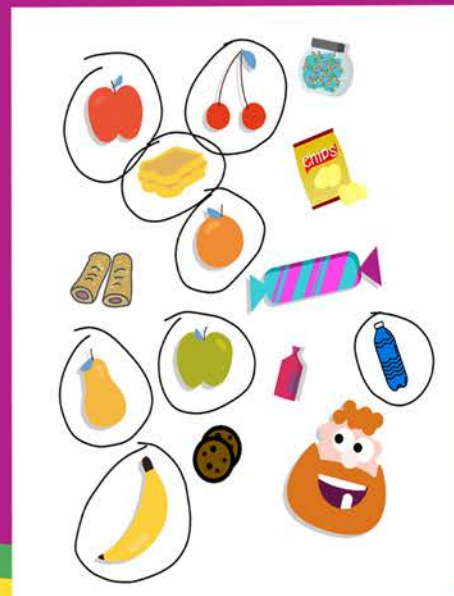


Activity page 10

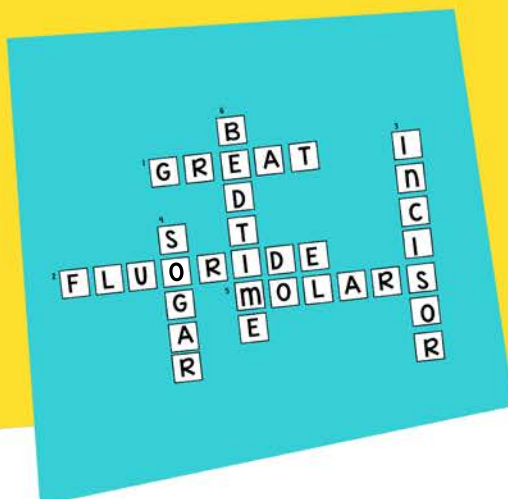
Sad
Distressed
Sore
Hurt
Worried
Miserable
Unhappy
In pain
Scared



Activity page 11



Activity page 13



OPEN WIDE
AND
STEP INSIDE

