

Activity Sheet 2a

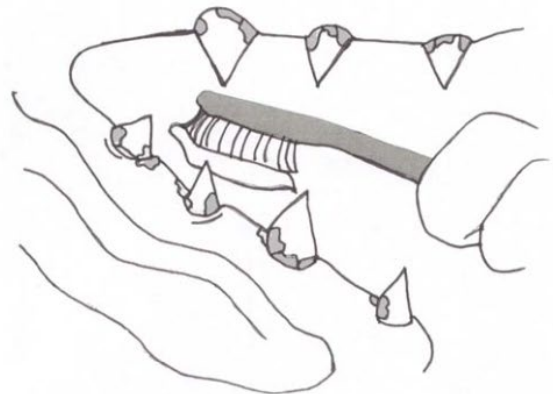


How does brushing our teeth help to keep them healthy?

Tick the statements you agree with.



I think the toothpaste kills all the germs in our mouths.



I think the toothpaste helps to scrape off the plaque from tiny nooks and crannies.

I think brushing our teeth cleans the sugar off our teeth.



I think the toothpaste makes our teeth stronger.

Activity Sheet 2b



I think the toothpaste scrapes off the plaque from our teeth when we brush them.



I think toothpaste kills the germs on our teeth.



I think toothpaste gets rid of stains on our teeth.



I think the toothpaste makes our mouth taste fresh and clean!

Activity Sheet 2c: Toothpaste observations and results



Toothpaste Brand Name	Colour Tick the box if you like it.	Smell ☺ = nice smell ☹ = nasty smell	Cleaning time (Scratchiness) (seconds)	Shake time (seconds)

Conclusion

Circle the toothpaste that has the best:

- colour
- smell
- scratchiness
- thickness

The best overall toothpaste was _____

Activity Sheet 2d: The ingredients of toothpaste



Type of ingredient	Function
Fluoride	
Scratchy ingredient (abrasive)	
Stain remover	
Something to make the toothpaste thicker	
Flavouring	

Cut out these statements and fit them into the correct box.

To make a paste that stays on the toothbrush and spreads on our teeth.

To scrape off plaque from parts of our teeth that a toothbrush cannot reach.

To make our teeth stronger against decay.

To help to make our teeth whiter.

To make our mouths feel fresh and clean and hide the taste of other ingredients.