

# Oral Hygiene



**This is about our teeth.  
When we have healthy  
teeth and a healthy  
mouth, we can eat  
anything.**



**It feels good to chew on  
crunchy things like chips  
and enjoy a cake and an  
ice-cream.**



**To be able to enjoy all  
the different foods, we  
need good oral hygiene**



**Our teeth stay healthy  
when we eat foods  
that do not have too  
much sugar.**

**We cannot eat sweet  
things all the time.  
They damage our  
teeth.**



**After eating, if the food is still stuck to the teeth, germs come and attack our teeth.**



**After every meal,  
whether it's a snack or a  
main meal (breakfast,  
lunch, dinner), one must  
gargle and clean the  
mouth.**



**All the things that we do to take care of our mouth and teeth are called Oral hygiene.**

**When we follow good oral hygiene practices, our teeth stay healthy !!**



# Activities



# Activity 1

**Read the complete book together with the child.**

**You can use the following questions to discuss either during or after reading the book. Keep the Yes/No cards ready if the child is likely to need them. A list of words, with and without pictures is also provided to aid the discussion. The words can be printed and cut out, written on a board, or added to an AAC like Avaz.**

- 1. Do you like to eat ice cream?**
- 2. How does it taste?**
- 3. Do you like crunchy things?**
- 4. Name some crunchy things.**
- 5. How do you chew crunchy crispy things?**
- 6. Do we need teeth?**
- 7. How do we take care of them?**  
**(Open relevant page and show. The children can even point to the answers)**
- 8. How many teeth do you have?**
- 9. How do our teeth look? (All of them can take turns, look in the mirror).**  
**Then the adult can draw one tooth on the board and explain the parts.**
- 10. How do germs attack our teeth?**
- 11. Will germs attack if you gargle after eating?**
- 12. Will they attack if you keep eating sweet and sugary food?**
- 13. What would you do so that germs do not attack?**
- 14. Which food is not good for our teeth?**
- 15. What should we do when we eat sugary foods?**



# Word List

<b>Yummy</b>	<b>Tasty</b>	<b>Sweet</b>	<b>Salty</b>
<b>Chips</b>	<b>Biscuit</b>	<b>Rice</b>	<b>Idli</b>
<b>Murukku</b>	<b>Sugary foods</b>	<b>Sweet foods</b>	<b>Healthy foods</b>
<b>Chocolate</b>	<b>Toffee</b>	<b>Ice-cream</b>	<b>Brownie</b>
<b>Kheer</b>	<b>Halwa</b>	<b>Carrots</b>	<b>Cucumber</b>
<b>Muskmelon</b>	<b>Apple</b>	<b>Watermelon</b>	<b>Bread</b>
<b>Spicy</b>	<b>Wafers</b>	<b>Rasmalai</b>	<b>Sour</b>
<b>Roti</b>	<b>Not sweet</b>	<b>Waffles</b>	<b>jelly</b>
<b>Gargle</b>	<b>Wash my mouth</b>	<b>cake</b>	<b>Dosa</b>
<b>Yes</b>	<b>No</b>	<b>Palak</b>	<b>Eggs</b>

# Word List – With pictures - 1

Yummy



tasty



sweet



salty



chips



biscuit



rice



idli



murukku



sugary food



sweetfoods



healthy foods



chocolate



toffee

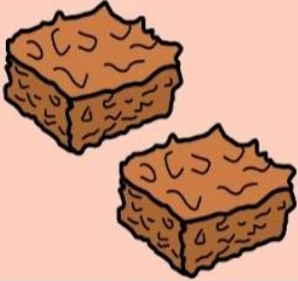


icecream



# Word List – With pictures - 2

brownie



kheer



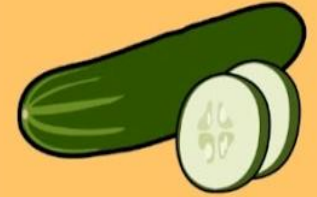
halwa



carrots



cucumber



muskmelon



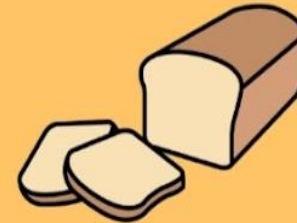
apple



watermelon



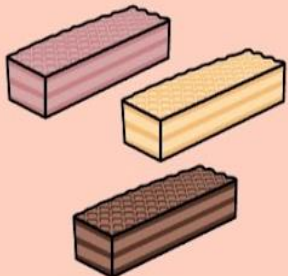
bread



spicy



wafers



rasmalai



sour



roti



not sweet



# Activity 2

**Sort foods into Sugary and non sugary items. These could be pictures or word strips. The pictures or words provided for Activity 1 can be used for this.**

**Ask questions while sorting.**

**Where does it go? (Let the children keep the word/picture in the correct pile)**

**Why? (Because it is .....sugary/non sugary -provide avaz or word card so that they can respond either verbally or by pointing)**

**Let the children articulate their reasoning. For them to respond, keep the visuals ready.**

**Once sorting is done, consolidate the information by asking questions such as**

**Which food is a not a friend to our teeth?**

**Do you like sugary foods?**

**What can you do when you eat sweets?**



## Oral Hygiene **Certificate**

**This is to certify that Mr./Ms. \_\_\_\_\_ has  
mastered the art and science of Oral Hygiene and is an  
accomplished practitioner of the same.**

\_\_\_\_\_

***Facilitator***

\_\_\_\_\_

***Parent***