

# 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?

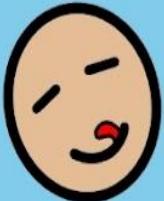


# Word List

<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



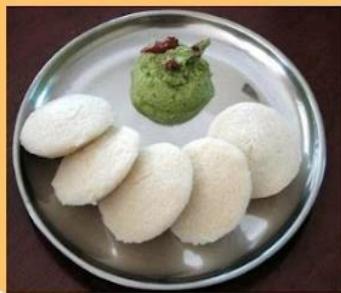
biscuit



rice



idli



murukku



sugary food



sweetfoods



healthy foods



chocolate



toffee

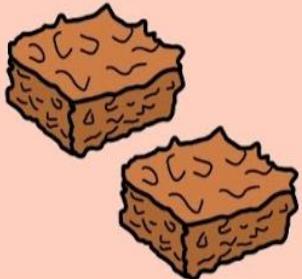


icecream



# Word List – With pictures - 2

brownie



kheer



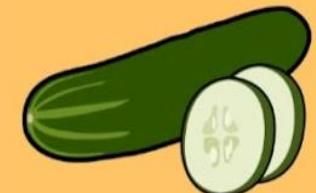
halwa



carrots



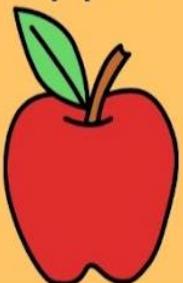
cucumber



muskmelon



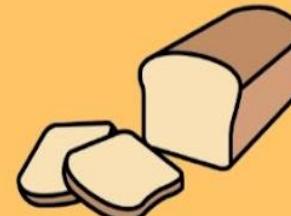
apple



watermelon



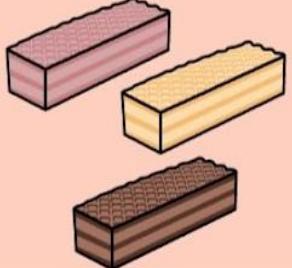
bread



spicy



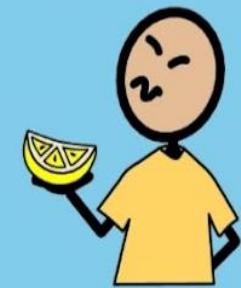
wafers



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.**

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***Facilitator***

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***Parent***