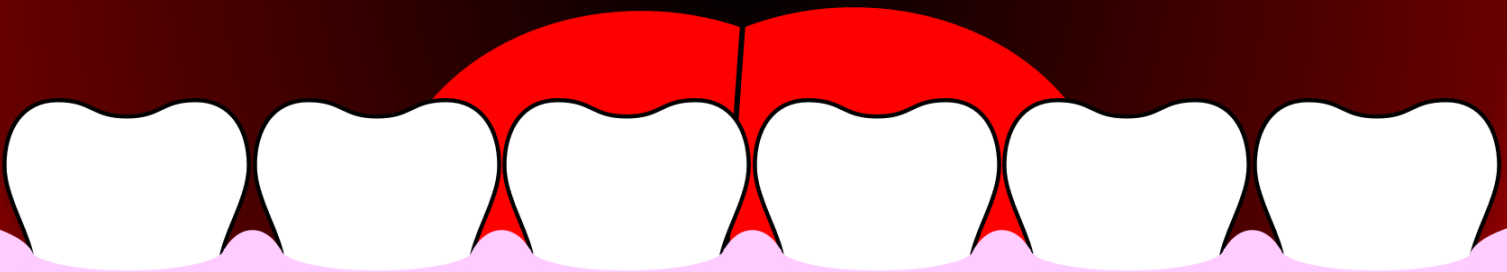
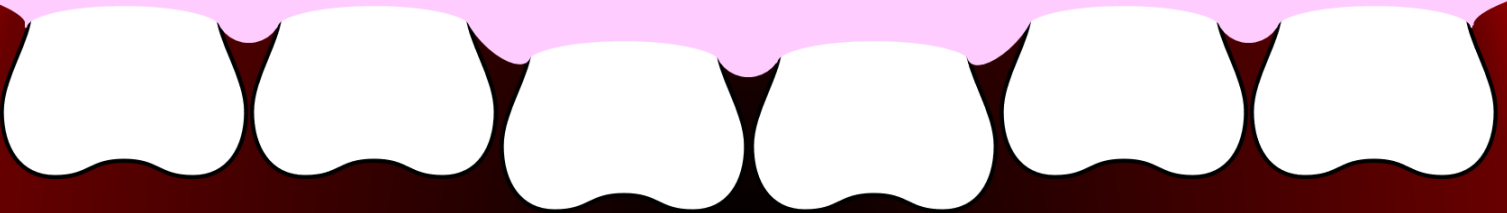


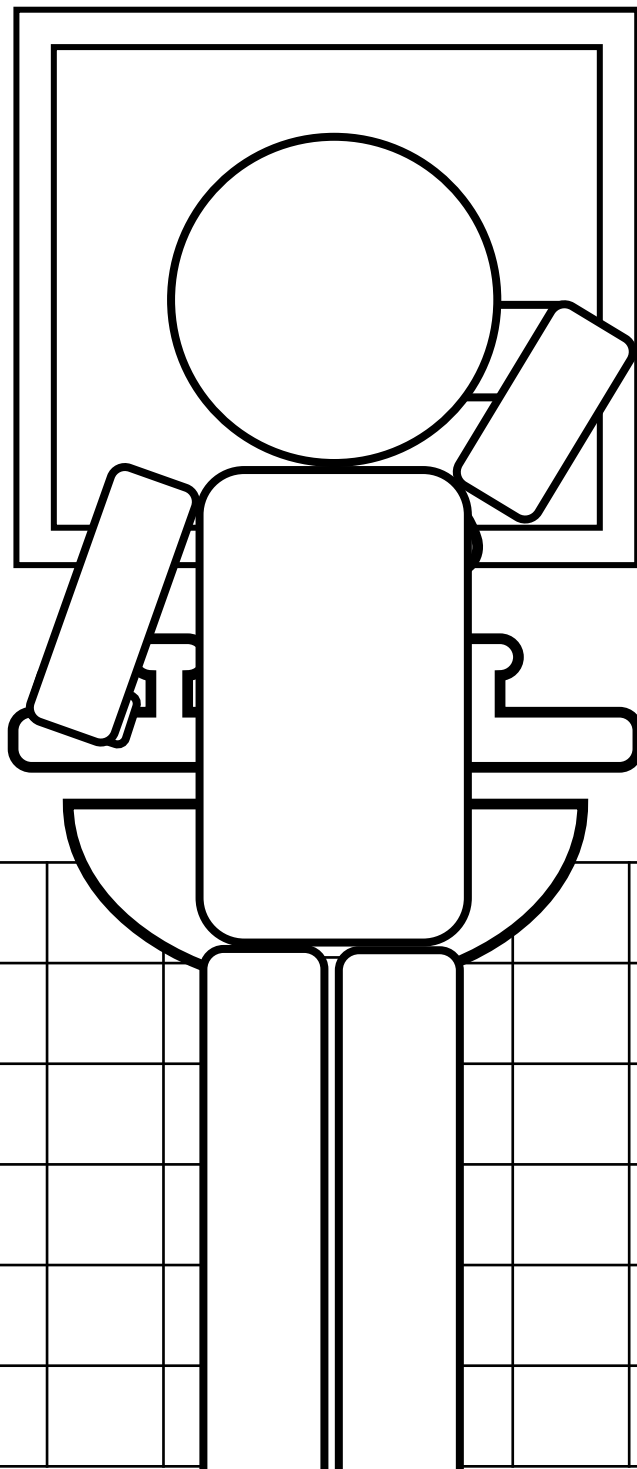
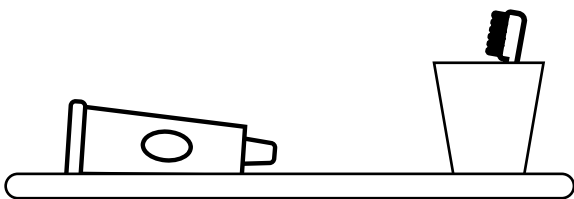
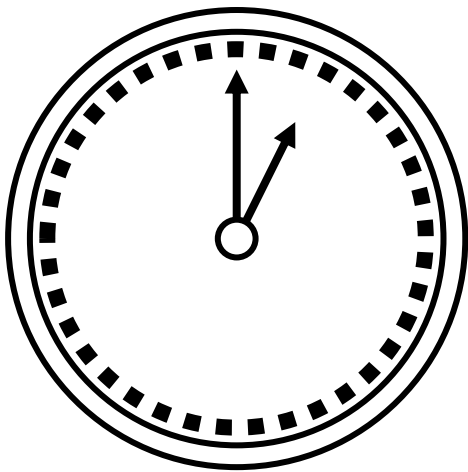
# Making Every Contact Count

across Gateshead





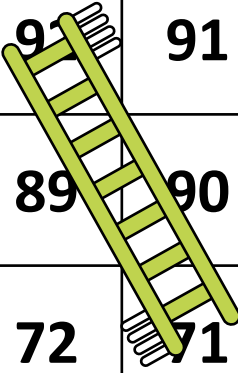
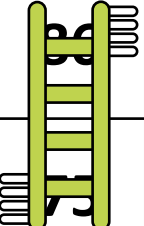
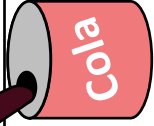
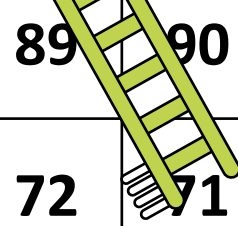



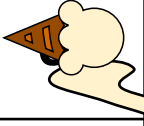
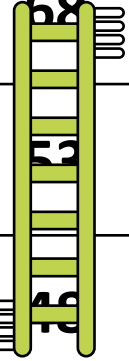
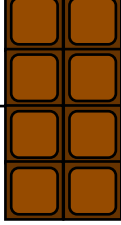
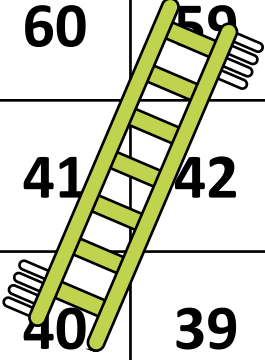






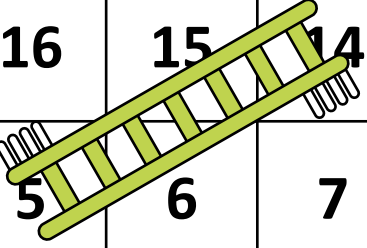


Oral health

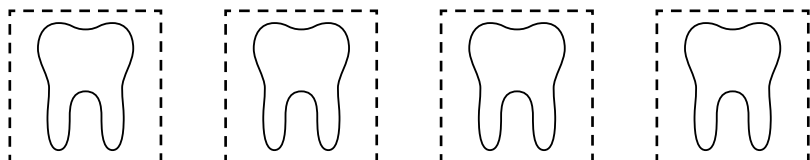
# Brush teeth for 2 minutes twice a day



# Snacks and ladders

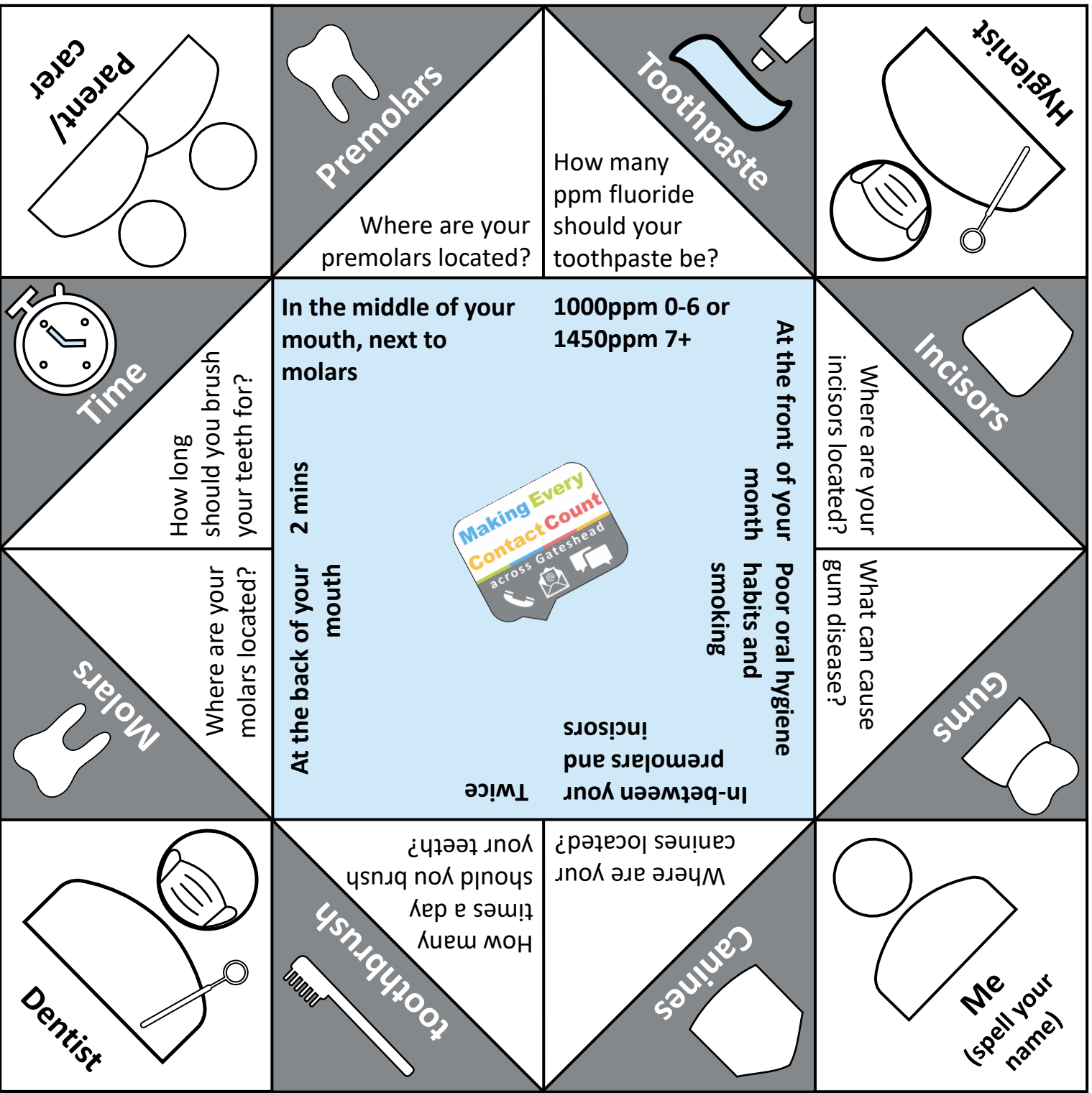
Climb up the toothbrush ladders while avoiding the sugary snacks to get back to the mouth. If you land on a toothbrush ladder move up but if you land on a sugary snack move back down.

	99		97	96	95	94	93		91	
81	82	83	84	85		87			90	
80	79	78		76		74	73	72		
61		63	64	65	66	67		68		
60		59	58	57	56	55	54	53	52	
41	42	43	44	45	46	47		48	49	50
40	39	38	37	36	35	34	33	32	31	
21	22	23		25	26			28	29	
20	19		17	16	15		14		12	
1	2	3	4	5	6	7	8	9	10	



Decorate and cut out your counters. You will need your own dice to play.





**Instructions**

- 1) Cut out carefully. Ask a grown-up to help if struggling
- 2) Fold along each diagonal.
- 3) Open out with pictures facing down. Fold each corner into the centre
- 4) Turn the square over and fold all 4 corners into the centre
- 5) Fold the square in half both ways
- 6) Open out the flaps inserting fingers and thumbs into each compartment
- 7) **To play:** Choose one of the people who help you look after your teeth, Dentist, Me, Hygienist, parent/ carer, then snap in and out until you have spelt out the name/ title
- 8) Open the snapper and then pick a picture. Snap-in and out and spell the word
- 9) Pick one image and open that flap to read the question



# Wordsearch

Can you find the 16 words below relating to problems you may experience if you don't look after for teeth?

A	Q	U	C	T	C	N	I	A	P	P	R	A	H	S	S	W	A
B	B	E	H	Y	E	E	G	U	U	G	V	B	Y	P	E	O	I
R	A	V	O	T	H	O	N	M	E	B	L	E	E	D	I	N	G
E	D	E	Y	I	C	O	I	A	Q	A	A	I	V	L	V	L	N
V	B	T	B	V	A	T	T	R	C	W	P	E	L	O	H	V	S
I	R	D	E	A	H	H	L	K	S	O	G	I	E	A	I	I	E
T	E	B	E	C	T	C	S	I	C	L	Q	V	H	Q	T	Q	N
E	A	S	U	E	O	P	A	C	L	L	U	E	C	E	M	U	S
C	T	I	Q	T	O	A	D	A	B	E	S	B	T	U	U	E	I
A	H	N	V	T	T	V	F	P	L	A	Q	U	E	N	G	H	T
T	V	F	S	Q	B	A	C	T	E	R	I	A	E	O	S	E	I
F	I	E	E	V	N	I	E	S	M	N	W	L	V	V	S	A	V
E	T	C	N	I	G	T	I	B	U	H	L	D	S	E	E	T	E
C	W	T	O	T	I	D	E	A	H	O	B	C	D	E	C	A	Y
E	F	I	G	E	M	Y	T	C	W	E	E	A	U	F	S	C	E
E	O	O	M	U	D	H	D	S	G	F	O	B	Y	U	B	T	U
A	O	N	G	H	E	P	C	A	R	I	E	S	Y	W	A	I	M
W	T	P	Q	O	L	Q	U	E	S	G	U	V	I	T	E	O	N

Abscess

Bacteria

Bad breath

Black spots

Bleeding

Caries

Cavity

Decay

Gum Disease

Hole

Infection

Plaque

Sensitive

Sharp pain

Swollen

Toothache

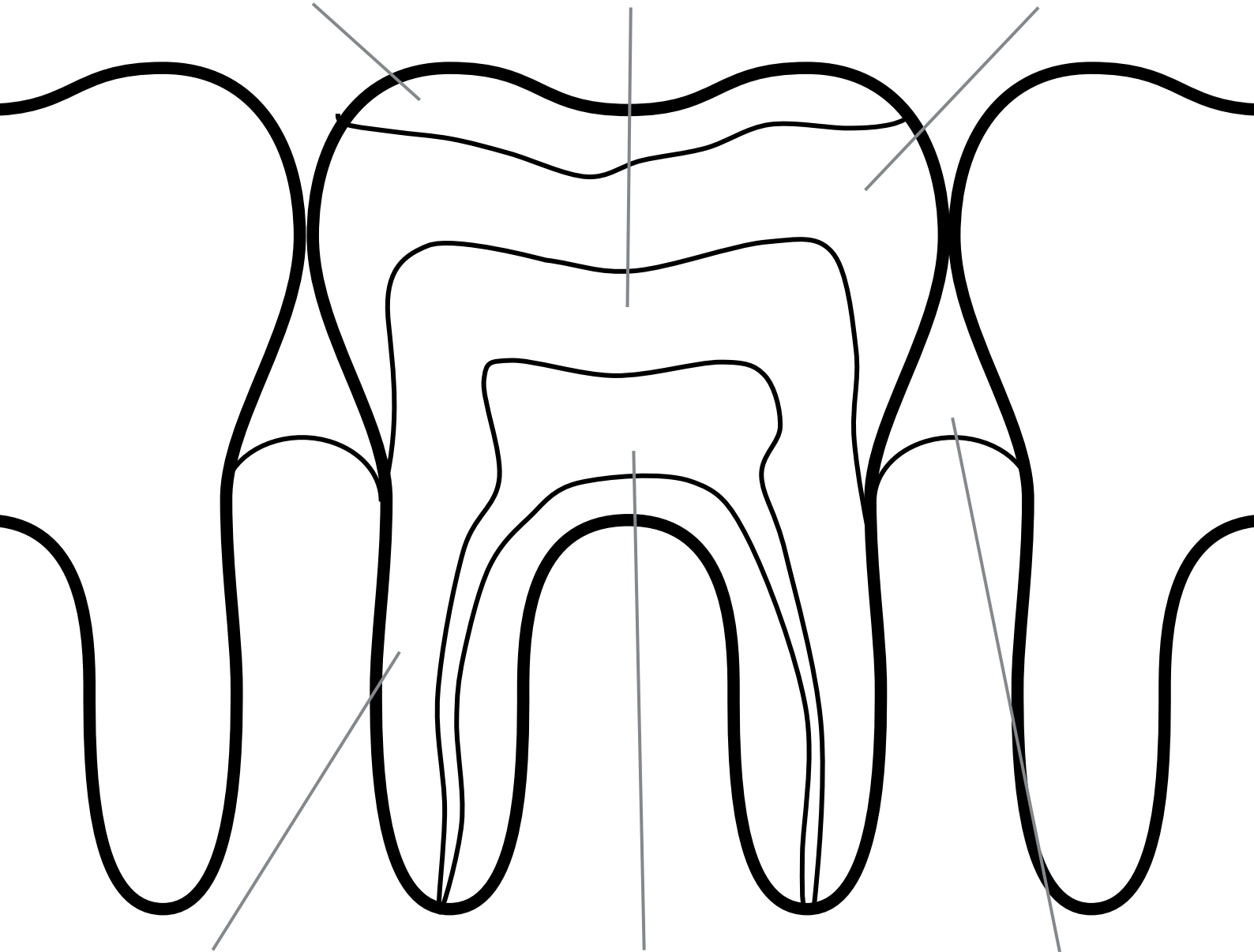
Prevent these things from happening by reducing the amount of sugar you eat/ drink, drink plain water or milk between meals, and brush your teeth for 2 minutes twice a day.



# Parts of a tooth

Use the words below to identify the different parts of a tooth



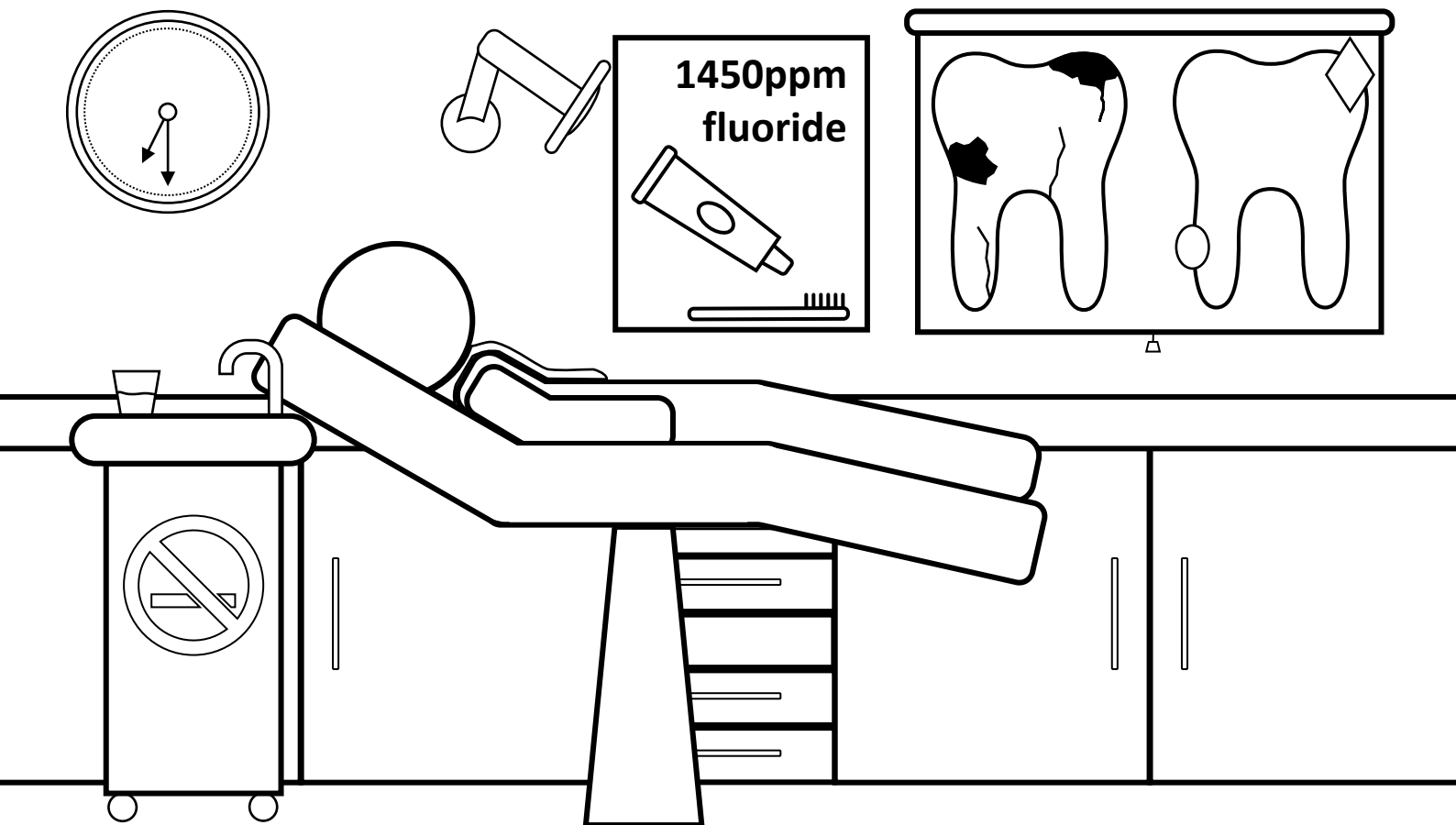
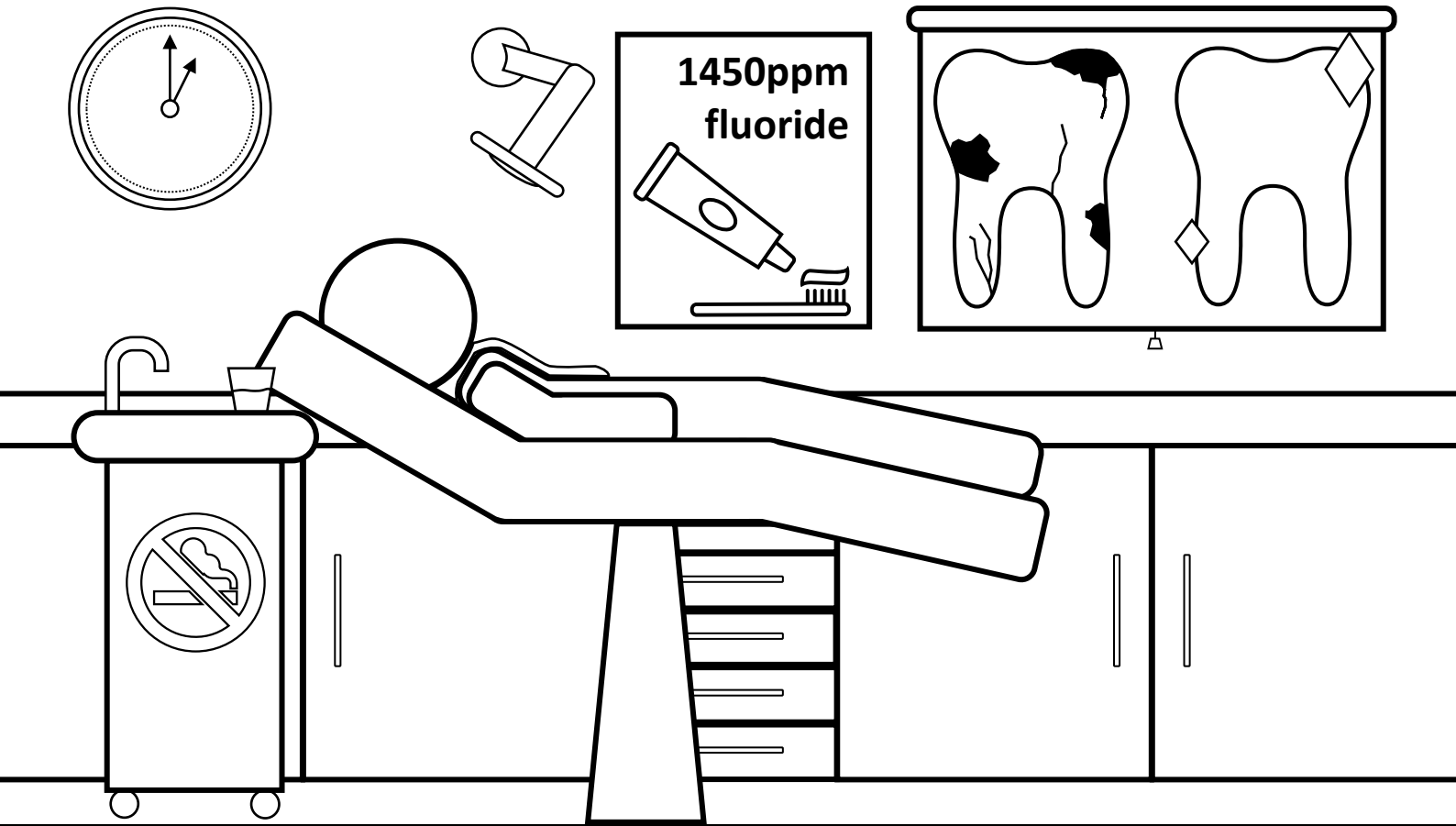





Crown	Dentin	Enamel	Gumline	Pulp	Root
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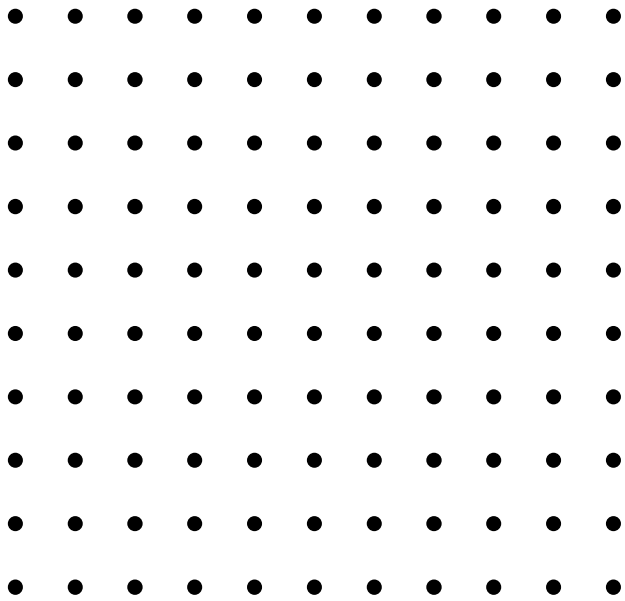


# Spot the difference

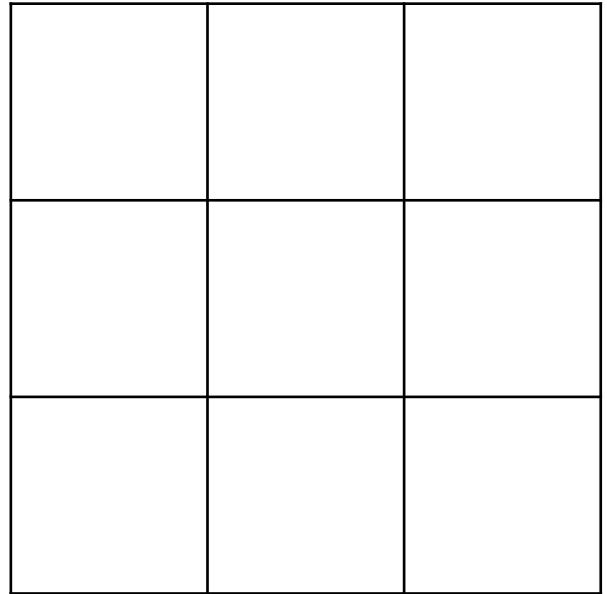


Can you spot the 9 differences in the picture?

## Dots and boxes



## Xs and Os



# Local support

### One You Gateshead

Facebook: [www.facebook.com/BetterHealthGateshead](http://www.facebook.com/BetterHealthGateshead)

Twitter: <https://twitter.com/BHGateshead>

### Our Gateshead

[www.ourgateshead.org/](http://www.ourgateshead.org/)

### Growing Healthy 0 -19 service

Facebook: [www.facebook.com/GrowingHealthyGateshead](http://www.facebook.com/GrowingHealthyGateshead)

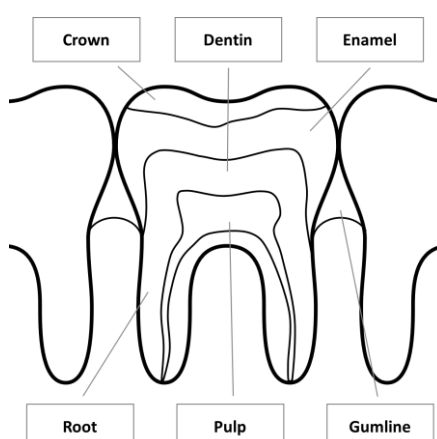


# Answer sheet

### Page 7

A	Q	U	C	T	C	N	I	A	P	P	R	A	H	S	S	W	A	
B	B	E	H	Y	E	E	G	U	U	G	V	B	Y	P	E	O	I	
R	A	V	O	T	H	O	N	M	E	B	L	E	E	D	I	N	G	
E	D	E	T	I	C	O	I	A	Q	A	A	I	V	L	V	L	N	
V	B	T	B	V	A	T	T	R	C	W	P	E	L	O	H	V	S	
I	R	D	E	A	H	H	L	K	S	O	G	I	E	A	I	I	E	
T	E	B	E	C	T	C	S	I	C	L	Q	V	H	Q	T	Q	N	
E	A	S	U	E	O	P	A	C	L	L	U	E	C	E	M	U	S	
C	T	I	Q	T	O	A	D	A	B	E	S	B	T	U	U	E	I	
A	H	N	V	T	T	V	F	P	L	A	Q	U	E	N	G	H	T	
T	V	F	S	Q	T	B	A	C	T	E	R	I	A	E	O	S	E	I
F	I	E	E	V	N	I	E	S	M	N	W	L	V	S	A	V		
E	T	C	N	I	G	T	I	B	U	H	L	D	S	E	E	T	E	
C	W	T	O	T	I	D	E	A	H	O	B	C	D	E	C	A	Y	
E	F	I	G	E	M	Y	T	C	W	E	A	U	F	S	C	E		
E	O	O	M	U	D	H	D	S	G	F	O	B	Y	U	B	T	U	
A	O	N	G	H	E	P	C	A	R	I	E	S	Y	W	A	I	M	
W	T	P	Q	O	L	Q	U	E	S	G	U	V	I	T	E	O	N	

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