

Oral Health

To eat a nutritious diet, we need to look after our teeth so that we have a healthy mouth. We need to:

- Clean teeth at least twice a day using a fluoride toothpaste
- Spit out but don't rinse out the toothpaste after brushing (with water or mouthwash)
- Reduce the number of times we eat and drink foods and drinks containing sugar
- Avoid smoking and vaping
- Visit the dentist regularly

Be match ready by making sure you brush your teeth at least twice every day.



Please tick when you brush your teeth each day

Morning and night 	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Visiting the dentist: NHS dental treatment is free for young people under 18 or under 19 and in qualifying full-time education. For information about how to find a dentist, visit:

<https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/>