

Nutritious Foods

Cutting and sticking poster game!



Intent

To promote healthy eating, introduce a variety of foods and drinks, highlighting which are beneficial for healthy teeth and which may be harmful. This will support children in developing early awareness of how their food and drink choices can prevent tooth decay and improve general health.

Actively encourage children to discuss what they learn with their families at home, fostering strong home-learning links and reinforcing the importance of making healthy choices. This approach enables children to begin developing lifelong habits and knowledge about the importance of caring for their teeth and bodies.

Implementation

Using supermarket magazines, leaflets, and printed materials, encourage the children to cut out a range of food and drink items and sort them onto a 'healthy teeth' or 'unhealthy teeth' poster. The activity will be adapted according to the children's stage of development, for example, those not yet ready to use scissors can be given pre-cut items.

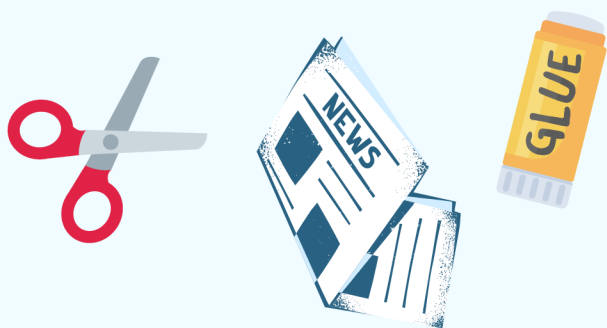
To deepen understanding, children could also take part in a sensory tasting session, exploring the taste and texture of foods that promote good oral health (e.g. crunchy fruits and vegetables, cheese) and discussing foods that are high in sugar or acid, which may damage teeth. Practitioners should use open-ended questioning and age-appropriate vocabulary to extend children's language and thinking throughout the activity.

Impact

Children will begin to make links between the food and drink they consume and the effects on their oral health. They will be able to distinguish between nutritious and less nutritious options and express this understanding through sorting, discussion, and tasting. The visual and hands-on nature of the activity will help embed this knowledge more meaningfully. Children will be encouraged to share what they've learned with their families, helping to reinforce positive oral health habits at home. Over time, this supports children in developing lifelong healthy eating behaviours and a greater awareness of how to look after their teeth.

Things you may need

- Magazines or catalogues with food pictures
- Supermarket flyers or leaflets
- Newspapers
- Scissors
- Glue
- Pens/pencils
- Paper



Links to EYFS

- Communication and Language
- Understanding the World
- Physical Development
- Expressive Art and Design

Characteristics of Effective Learning

- Creating and Thinking Critically
- Playing and Exploring
- Active Learning

Find out more about oral health
www.supervisedtoothbrushing.com



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