



As part of our PSHE curriculum Year Three and Four had a visit from the dentist to learn how to brush effectively and how to choose tooth-friendly snacks. They used disclosing tablets to show up where the bacteria were found on our teeth, and then were given new toothbrushes and fluoride toothpaste to get them properly clean. They looked at the amount of sugar in the snacks and drinks they like; it was horrifying! They know that they need to avoid fizzy drinks in particular, especially 'energy' drinks, but were amazed how much sugar is in unexpected things like crisps and tomato ketchup.

