

# Key Stage 4 (14 - 16 Years) Ideas For Activities Sheet

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## English

### *Speaking and Listening*

Set up a debate to argue that “Sugar should be banned.”

Ask pupils to script their own drama about a boy whose teeth are ruined by eating sweets.

### *Reading*

Discuss how language is used to convey messages to different audiences in different media. Use a range of Health Education, magazine, advertising and promotional materials linked to Dental Health and diet.

### *Writing*

Ask the pupils to design and write their own Healthy School Award advertisement, feature or campaign. Support this with campaign materials produced by the Art or IT departments. Run it in the School Magazine and in the School corridor or Canteen for an extended period.

## Mathematics

### *Using and Applying*

Use data about the national incidence of tooth decay to explore statistics.

### *Number*

Conduct an audit of how much toothpaste each pupil uses each day, week and year. Calculate the volume the whole class would use in a year.

Conduct a survey of popular breakfast cereals. See who is eating the ones with the highest percentage sugar. Interpret the data and draw graphs.

### *Shape, space and measures*

Test various types of toothbrush to see which cleans the best. Check using food colouring to see how much plaque still remains on the teeth afterwards. Interpret the data and draw graphs.

### *Handling Data*

Interpret the data collected in the above experiments and explore different ways of presenting the results.

## Key Stage 4 (continued)

Design a questionnaire to do with Good Oral Health, or Healthy Eating. Present the results graphically.

### Science

*Life Processes and Living Things*

What is plaque ?

Dental Anatomy and Tooth Decay, including prevention.

Starches and Sugars. How the body can make it's own sugars by using enzymes to break down starch. Hence the concept of Safe and Unsafe Snacks.

*Materials and Their Properties*

Examine different materials to see if they are suitable for the construction of toothbrushes. Metal, wood, bone, plastics. Also bristles. Animal, plant or nylon.

*Physical Properties*

The reasons why sugar is added to food. Sweetener, crystallizing agent, preservative, bulking agent.

### PSHE

Body image. Use magazines and the internet to show how important a smile is to celebrities. If possible, find before and after pictures of famous people who have had Cosmetic Dentistry.

Examine Fact and Fantasy as used in advertisements for unhealthy products. Especially those for sweets, confectionery, alcohol or tobacco.

Examine how Industry and the government use health information so that we can make health choices.

Who do you believe, and why?

Explore the tension between individual responsibility for health and external influences, like peer pressure and advertising.

### Geography

Develop a map of the world to show which countries receive fluoridated water and which do not. The information can be found via the Internet.

## Key Stage 4 (continued)

### Technology

Design the perfect toothbrush, toothpaste dispenser, or toothbrush rack for the bathroom.

### IT

Link with Geography department to find the fluoridation data above.

Use Art and DTP packages to produce the Dental Health Campaign Materials mentioned above.