



Queens' Federation

Queen Edith
Primary School



ORAL HEALTH TAKEAWAY



SUMMER

How was Yours?



Are you good at foraging?

You don't need to have a garden
to pick fresh fruit :-)

Have you ever.....

foraged for blackberries?
it can be fun and delicious.



BLACKBERRIES!

What's in Blackberries?

Blackberries are juicy, sweet fruits that are really good for you!

In 100g of blackberries:

- Energy: 43 calories
- Fibre: 5.3g (great for your tummy!)
- Vitamin C: 21mg (helps your body fight germs)
- Potassium: 162mg (good for your heart)
- Folate (Vitamin B9): 25 micrograms (helps your body grow)

Plus a little iron, calcium, and magnesium.




Hello Autumn

Did you know?

“Baby teeth have the
same name as
Autumn leaves!”

Some trees keep their leaves all
year long (**evergreen**) but lots
of leaves turn brown in the
autumn and fall down
(**deciduous**).

Baby teeth also fall out and new
teeth grow in their place just like
autumn leaves and that's why
they are called **Deciduous teeth**.



for
puzzles
and
Fun Foraging
ideas

Vegetable Joke
Corner

What did the
blackberries
think
of the summer
holidays?



Jam
packed!

CLICK STAR FOR VIDEO





Puzzle Page



Top Teeth Tips Matching game

Can you find the reason why and join them up?

Use fluoride toothpaste...

Brush 2 times a day
for 2 minutes ...

Spit, Don't rinse!
after brushing...

Visit a Dentist regularly...

Eat less
sugary food & drink
less often...



... so fluoride stays on your teeth
and works for longer

... to get your teeth checked and
more top tips

... to rub off plaque (where bacteria
hide) from all sides of every tooth

... for less chance of tooth decay by
giving saliva time to repair damage

... to make the outside of your teeth
(enamel) even stronger



Fun Foraging ideas

Grab a box or bag and go on a
Blackberry Foraging
Adventure!

Fun, free, and fruity outdoor fun!

Facts About Blackberries

Blackberries grow on thorny bushes called
brambles.

Blackberries are full of vitamin C and fibre.

Animals like birds and foxes love blackberries too!

Safety Tips

Wear long sleeves to protect from
thorns and nettles.

Only pick berries that you know
are safe to eat – if not sure check
with a grown up.

Pick berries from above knee
height and make sure they are
fully ripe dark purple ones.

Wash berries well before eating.

[Mini Scavenger Hunt](#)

Can you find these things
while foraging?

- A ripe blackberry
- A bramble bush
- A bird nearby
- A leaf with jagged edges
- A safe path to walk on



Thank you to all the staff and parents at Queen Edith
Primary School for helping to share Healthy Smiles

Awesome Oral Health

Community Interest Company



Reaching out beyond the dental practice



Would you like to join
our **Smiling is Awesome Club?**

Click or scan QR, and scroll down page on
website for free smile resources