

Learning objectives

- Understand that there are lots of different ways to stay healthy, including eating a balanced diet
- Understand that it is very important to keep our teeth healthy and visit the dentist regularly
- Recognise that humans have different types of teeth
- Gain an appreciation of how our bodies need different foods for different jobs
- Understand that different parts of the digestive system have different jobs
- Understand that food gives us energy

Workshop content - students will:

- Explore the journey of food through the human body
- Learn more about keeping their teeth healthy by making their own toothpaste
- Investigate the digestive system through an up-close demonstration

National Curriculum links

Sc1 Scientific enquiry

Sc2 Life processes and living things

2) Humans and other animals

- a. about the functions and care of teeth
- b. about the need for food for activity and growth, and about the importance of an adequate and varied diet for health

Picture gallery



The role of a balanced diet in keeping healthy



Learn more about the teeth