

Tooth-Friendly Drinks

FOR TAMARIKI

Tamariki discover how much sugar is in various drinks by counting out teaspoons of sugar. Tamariki choose tooth-friendly drinks - water and plain milk.

Kōrero What to do

Order and use the free A2 poster 'How much sugar is in drinks?' which comes with small plastic bags. Or, download and use the 'How much sugar do you drink?' Te Reo poster. You will need 'sugar'; we suggest you use salt instead of sugar, in case tamariki want to dip their fingers into bags.

Encourage the children to count with you as you count how many teaspoons of 'sugar' are in various drinks. You could count out the 'sugar' teaspoons into small plastic bags (and attach them to the poster) or into cups.

Discuss which drinks are tooth-friendly. Talk about how we can keep our smiles looking bright by choosing tooth-friendly drinks – water and plain milk. Talk about water and the benefits of choosing water and plain milk.

When we do drink sugary drinks, brushing our teeth with fluoride toothpaste is more important than ever. So is having a dental therapist check our teeth every year. Display the poster on a wall to encourage whānau to engage with the topic.

Key resources

- 'How much sugar is in drinks?' [order the free poster](#)
- '[Pēhea te nui or te huka ka inumia e koe?](#)' poster
- Downloadable '[Benefits of drinking water](#)' poster



Additional resources

- [A sugar-counting story](#) from Kidditech Early Learning Centre
- [‘Five Cups of Water’](#) waiata
- Downloadable [‘How much sugar in that drink?’](#) infographic
- Various downloadable [‘Sugary drink’](#) infographics posters
- Downloadable [‘100 % water resources’](#)
- ‘The Happy Tooth’ book in the [‘Teeth Tools’](#)
- ‘Oranga Niho’ book in the [‘Teeth Tools’](#)
- [Ministry of Health guidelines on tooth-friendly food and drinks](#)
- [‘No sugary drinks’](#) logo

Key messages

- 🦷 Baby teeth matter- they help me smile, chew and talk
- 🦷 Brush teeth twice a day- morning and night - with fluoride toothpaste
- 🦷 Choose water and plain milk to drink
- 🦷 Have a dental check-up each year

