

He Manu Hou

Vegetables and Fruit for Strong Teeth

Tamariki at He Manu Hou have been little scientists engaged in experiments, learning about the effects of sugars on teeth, healthy food choices and the importance of brushing our niho, I ngā ata, I muri o te parakuihi, I ngā pō, I mua I taku haerenga kit e moe. Now that we are part of the toothbrushing pilot programme they have another opportunity to brush their niho during their day here at He Manu Hou.

What happens to our teeth when we drink all these sugar filled drinks? We can't use our teeth so we are using eggs!
19.11.20

On Tuesday we placed the eggs in cups of different juice, vinegar & coffee.
Tamariki predictions & comments.
- I love this juice. My Dad drinks heaps of coke. - Oscar
- mmm the red juice is yummy!! Smeekki
- Sugar. - Māhina
- My Mum drinks coffee all the time. Josie

- juice makes your teeth rot. Hana
- when the coke will make the egg go brown. - Rydar
- will the egg 'rot' in the sugar drink? - Caira
- I know - we will get rainbow eggs. - Māhina
- Leave though nothing would happen to the lemonade. - I'll get no colour.
Tomorrow we will take the eggs out and see what has happened.

Scientists work together for a common cause. Maki Tohi

20.11.20
- We took the eggs out of the cups. Some had cracked, some had coloured and some had changed colour!!
Tamariki took photos of their eggs - with some success.
we then used tooth brushes and tooth paste - some of the eggs cleaned easily. Others were hard. Tamariki were focused and very careful.

"How Rita - your egg is changing. You're all sparkling clean again!"

Oscar is very focused - watching for changes

Look at my funny egg looks!

Well done! Not even a speck of brown. So good! - Maki Tohi

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We took our eggs out again. We could see where we cleaned them yesterday but we liked using the toothbrushes so we did it again.

- What did we learn?
- 1) The eggs with cracks let the coloured sugar drink in - just like teeth with holes let the germs in.
 - 2) The green egg was very stained but had no crack so the green stayed out.



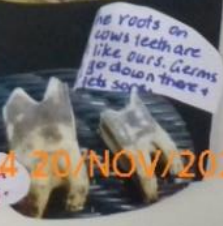
We like to practice with the big teeth.



On Friday we made smoothies. Milk, berries and bananas are all good for our teeth. The ice cream has lots of sugar so we had two small spoons! Yummy? Apparently not! Seems our tamarils are used to sweet smoothies. 😞 Sad for our teeth.



On the 16-11-20 we explored animal teeth from Nick's farm. Some teeth were big + some were little. They were very dirty. The old cows teeth were short - they had chewed lots of grass. How do animals look after their teeth? Dogs chew bones but cows and sheep don't!



The roots on cows teeth are like ours. Germs go down there + get some.

Look how clean we got the cow teeth but it has a crack! - must get rotten!

24/20/NOV/2020

Ka haere tonu ngā matapaki ki ngā tamariki o te rā, ia rā “Whaea, he kai pai, he kai kino?”

Whaea is this kai good, or bad?



