

# Tooth-Friendly Kai

FOR TAMARIKI

**Tamariki read a book together and talk about how eating well (eating 'kapai kai') is important to keep our smiles looking bright, and look after our teeth.**

## **Kōrero What to do**

Read a chosen [book](#), game or activity about Tooth-friendly kai. We suggest ['Te Pukapuka Oranga Niho' in Te Reo Māori and/or 'The Happy Tooth book'](#) in English, particularly the section on 'Ngāi kai hei oranga mō āku niho'/ Healthy food for my teeth. This section covers tooth-friendly fresh fruit, tooth-friendly fresh vegetables, tooth-friendly nutritious breakfasts and snacks, and tooth-friendly water and milk.

Learn 'Mō ngāi kai tōtika' The Healthy Food Song on page 16.

How do we look after our teeth? Discuss what food keeps our teeth happy, and what food keeps our smiles bright? Make the link between tooth-friendly food (and drinks) and happy teeth.

## **Key resources**

- A selected book on Tooth-friendly kai
- The 'Te Pukapuka Oranga Niho' in Te Reo Māori and 'The Happy Tooth book' in English in ['Teeth Tools'](#)
- ['Ngā Kai Hauora' Healthy Foods](#) by Amanda Jackson
- ['Foods with Moods'](#) by Saxton Freymann and Joost Elffers



## Additional resources

- 5+ A Day games and activities for kaiako to help tamariki learn about tooth-friendly kai – Three Early Childhood Teaching Resources for kaiako – [1](#), [2](#), & [3](#)
- [Games and activities about tooth-friendly kai from Australia](#)
- Kapa kai recipes found in '[Nourishing Futures with Better Kai](#)', for parents with young children
- [Colourful pamphlet](#) on Easy steps to kapa lunches
- Recipes that whānau in the Hauraki rohe love that are quick, affordable, and easy to make
- [Te Reo Māori resource](#) for talking about kai
- [Nutrition tips for newsletters](#)
- [Mindful eating activities](#)
- [Resources for kaiako](#) including 'How to cook videos' that are culturally diverse, [activities](#), and Kids Snacks posters in Te Reo Māori, and English, vegetables names in Te Reo Māori and an '[Asian vegetables](#)' poster
- [Easy Lunchbox Swaps](#)
- [Ideas and recipes](#) for tooth-friendly kai for celebrations

## Key messages

- 🦷 Baby teeth matter – they help me smile, chew and talk
- 🦷 Choose healthy kai

