



Kids Club Newsletter

Name The Club

Trinity House
Dental Practice

Volume 1, Issue 1

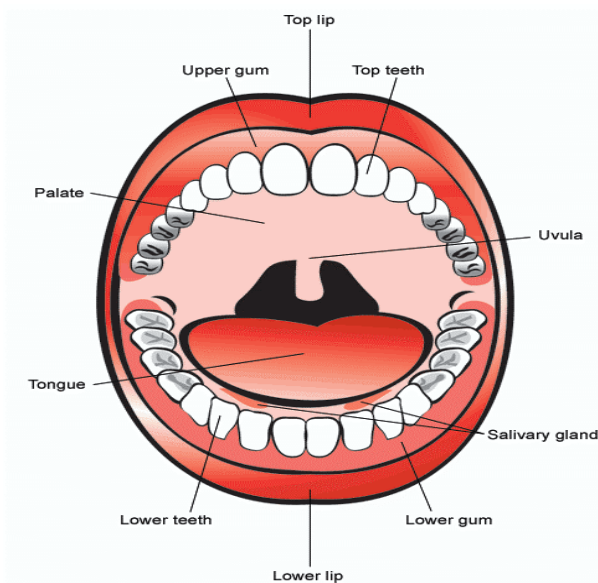
Newsletter Date

Hi, Welcome to our very first kids club newsletter for the Trinity House Dental Practice. As you probably will notice we haven't got a name for it yet, and this is where you come in. We want you to get your thinking caps on and come up with a really cool name. You can e-mail your ideas to vicgarratt@trinityhousedental.co.uk, or you can drop us a letter in the post. This is your club and we want you to get involved. We are going to run competitions with prizes to be won. The first one being a prize for the person whose name we choose for the kids club. So we are ready and waiting for your super ideas.

We are hoping to produce regular newsletters for you, which we hope will be both informative and fun, each newsletter will have a general topic, so what better way to start is at the beginning, so the first topic will be:-

YOUR MOUTH

Everyone's mouth consist of



Special points of interest:

- ☺ Naming the club
- ☺ Inside your mouth
- ☺ Trivia

Inside this issue:

Name The Club	1
Your Mouth	1
Inside Your Mouth	2
The Tongue	2
Some Tongue Twisters	2
Map Your Taste Buds	3
Tongue Facts	4

INSIDE YOUR MOUTH

The Inside of your mouth contains, your teeth which you use for chewing, your gums which surround and support the roots of your teeth, your salivary glands, your uvula (which is the "waggly bit flesh at the back of your mouth

The tongue

In this newsletter we are going to "talk" about our tongue, yes that is one of the functions our tongue helps us with, talking would be very difficult if we didn't have a tongue, we also need our tongue in chewing, swallowing and tasting our food.

Our tongues are made up of many groups of muscles. These muscles run in different directions to carry out all the tongue's different tasks.

The front part of your tongue is very flexible and can move around a lot to create different words. It is used in the letter sounds of "t" "d" "n" "S". Try this tongue twister and feel how your tongue works to make these sounds.

The muscles at the back of the tongue help you make certain sounds like the letter "K" and "G", try

The part of your tongue that helps to make these noises also helps you eat, by pushing the food you eat to your back teeth where it can be ground up.

**A tree toad loved a she-toad,
That lived up in a tree.
She was a three-toed tree toad,
But a two-toed toad was he.**



**A good cook could cook as
much cookies as a good cook
who could cook cookies**

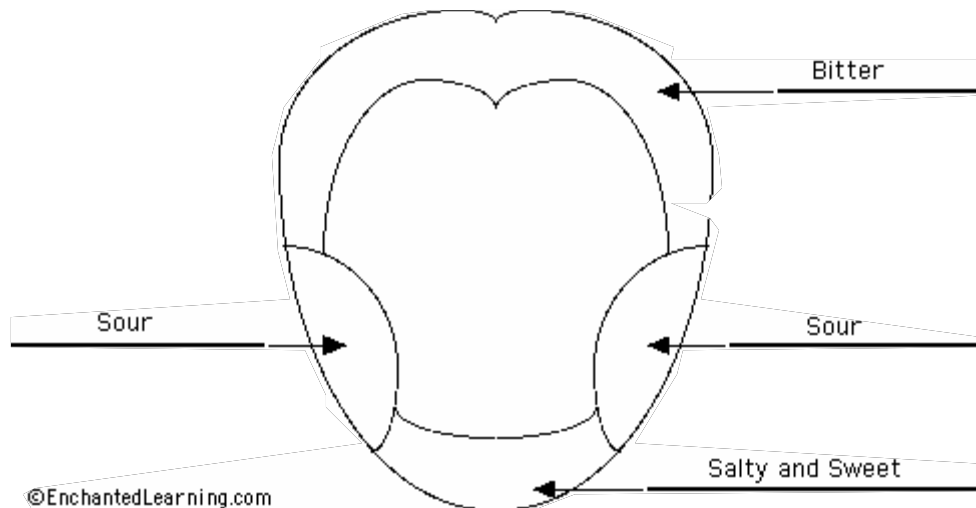


saying these letters slowly, and you will feel how your tongue moves against the top of your mouth to make these sounds.

If you look at your tongue in a mirror, you will notice how the top of it is rough and bumpy, not like the underside, which is

How do we taste our food ?

smooth. This is because the top of your tongue is covered in a layer of bumps called **papillae** (say: puh-pih-luh) these papillae help grip the food, and they also contain **Taste buds**, to help you taste your food. People are born with about 10,000 taste buds, but as a person gets older some of their Taste buds die, (an old person may only have 5,000 Taste buds!). Taste buds can detect sweet, sour, bitter and salty flavours.



Map your Taste Buds

Try the following experiment to see where the different taste buds are located!

Remember !! Get your parents permission

Materials

5 Small cups, masking tape,, pen or pencil several toothpicks, sugar ,salt vinegar, unsweetened grapefruit juice, (or very strong unsweetended tea.

Procedures:

1. Draw a tongue shaped diagram on a piece of paper
2. Use your pencil and tape to label the five cups, SWEET, SOUR, BITTER SALTY WATER
3. Measure 1/4 teaspoon of each of the ingredients into separate cups, add 1 tablespoon of water each, and fill the fifth cup with plain water.
- 4.. Dip a toothpick in the sweet solution and touch it to various areas of your tongue, when you taste the sweetness draw a small X on your diagram.
5. Rinse your mouth out and repeat the steps with the other mixtures.

Trinity House Dental Practice

17 Peter Street
Yeovil
Somerset
BA20 1PN

01935 415605
lizgee@trinityhousedental.co.uk

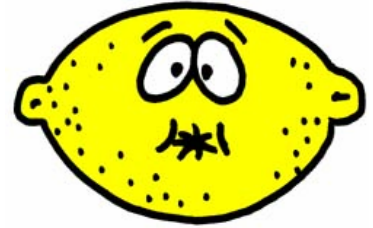
We go the extra smile



Try holding an onion under your nose while eating an apple. What do you taste?

Some things can make your Taste buds less sensitive, like cold food or drinks , or an ice lolly won't taste as strong as fruit juice.

If you suck an ice cube before eating something you don't like, it won't taste so strong..



The tongue also has help tasting from your nose, did you notice the last time you had a cold and your nose was all stuffed up, your food did not taste so strong. That's because your nose helps you taste by smelling it before it goes in your mouth.

The tongue is a tough worker, with all that talking, mixing food swallowing and tasting does your tongue ever get a rest?

No! Even when you are sleeping, your tongue is busy pushing saliva into your throat to be swallowed. It's a good thing too or we would be drooling all over our pillows.

So, keep you tongue in tip top shape, give it a good brush when you brush your teeth, and avoid super hot foods, as a burned tongue is no fun.

The worlds
longest
Tongue 7
Centimetres
Long!!!!



Tongue Twisters

Now try these Christmas Tongue Twisters, You have to say them three times really fast!!!

"Seven Santa's Sang Silly Songs"

"Santa's Sleigh Slides on Slick Snow"

You can find more on the Internet on www.night/christmas/f-twisters1.html

And Finally.....did you know.

A Giraffe can clean our his ears with his 21 inch tongue!!!!

Have a great Christmas!!!

