

Dental Health

Grade: 1

Time: 20-30 minutes

Materials:

- Toothbrushes for Students
- Giant Toothbrush and Teeth Model
- About Good Dental Health Booklet

Objectives:

- Students will learn the importance of our teeth and keeping them clean.
- Students will be able to identify and establish daily practices that promote dental health.
- Students will learn the correct tooth brushing and flossing techniques.

Introduction:

Today we are going to talk about our teeth.

- Where are our teeth?
- Who can name something that we do with our teeth?
 - Eating, smiling, talking, etc.
- What do we do to keep our teeth healthy and strong?
 - Brush, floss, see dentist.
- Who thinks our teeth are important?
- How many sets of teeth do people get?
- What can happen if we do not take care of our teeth?
 - Fall out, cavity, they may hurt, stinky breath, yellow teeth, etc.

Activity 1:

Pass out a booklet to each student. Read the booklet aloud to class and have them follow along.

What Does Good Dental Health Mean? Pg 2

- Our teeth help us: Chew, Speak, and Smile! (Point out each picture)
- Do you think it would be hard to talk without teeth? Let's try it!
 - Have students say, "Thirty-three thirsty thieves" without letting their tongue touch their teeth. Repeat a few times if necessary.
- Our teeth have another important job, they help us talk! They help our lips and tongue make sounds the right way.



What is a Cavity? Pg. 3

- Can someone tell me what a cavity is?
 - A hole in a tooth, a black hole, rots your teeth
- Everyone has a plaque inside their mouth and on their teeth, which is a sticky film of germs. The plaque mixes with sugar and makes acid. The acid makes a hole in your tooth called a cavity.
- To help fight cavities we brush our teeth 2x a day for 2 minutes.
 - Use the giant teeth model and toothbrush to demonstrate how to brush.
- We also floss our teeth 1x a day.
- We see a dentist 2x a year.

Why is it important that we floss? Pg. 5

- Get rid of any plaque or food in between your teeth.

What are some examples of good snacks? Pg. 7

- Cheese, nuts, apples, milk, carrots, celery

What are some examples of bad snacks? Pg. 7

- Candy, cookies, cakes, soda

Conclusion:

What should we do for a healthy, happy smile? Pg. 8

- Brush twice a day with toothbrush and fluoride toothpaste
- Floss every day, once a day
- Eat right
- See your dentist twice a year

National Health Education Standards:

1.2.1, 1.2.5, 3.2.1, 5.2.1, 7.2.1, 7.2.2, 8.2.1, 8.2.2

Oklahoma Academic Standards – Health:

1.2.1, 1.2.5, 3.2.1, 5.2.1, 7.2.1, 7.2.2, 8.2.1, 8.2.2

Resources:

About Good Dental Health. (2015). South Deerfield, MA: Channing L. Bete.