

Dental Health

Grade: 2

Time: 20-30 minutes

Materials:

- Toothbrushes for Students
- Giant Toothbrush and Teeth Model
- Post-it Notes
- Rope (floss demonstration)
- Teeth Poster

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?
- What can happen if we do not take care of our teeth?
 - Fall out, cavity, they may hurt, stinky breath, yellow teeth, etc.

Discussion Questions:

- When do we get our teeth? As a baby.
- How many sets of teeth do we get? 2 (Baby teeth and adult teeth)
- What happens to our baby teeth? Our baby teeth fall out and our adult teeth grow in.
- Do new teeth grow in if we lose our adult teeth? No, so it's important to always take care of our teeth.
- How many teeth do we get as an adult? 32
- What happens if we don't take good care of them? Cavities can form or we could get tooth decay.



- Who can tell me what cavities are? Small holes in your teeth, may look black.

Cavities:

- Cavities are caused by plaque.
 - Have students say plaque.
- Plaque is a layer of sticky bacteria and germs on our teeth that form throughout the day and night.
 - Have you ever waken up and thought there was a sticky layer on your teeth in the morning? That's plaque!
- And just like it's important to wash the germs off of our hands and bodies with soap and water, it's important to clean the plaque germs off of our teeth!
- When plaque mixes with sugar, from the foods we eat, it forms acid.
 - That acid makes a tiny hole in the tooth called a cavity.
- So, to help fight cavities we want to make sure that we are brushing 2x/day and for at least 2 minutes.
- We want to make sure we are using toothpaste with fluoride because it helps prevent tooth decay.
- Flossing helps remove plaque and food from in between our teeth. When we floss, we need to be sure to floss up and down, not side to side. Flossing side to side just spreads the germs.

Plaque Attack Demonstration:

- We will need 14 volunteers for this demonstration.
 - 4 Molars- Used for chewing and grinding
 - 2 Canines- Sharper used for tearing meat
 - 4 Incisors- Biting, keep food in our mouths
 - 2 Plaque Attackers (put post-its on "teeth")
 - 2 Flossers (2 teachers, or 2 students)
 - 1 student to show brushing
- During this section use the tooth poster to show where all of our teeth are located.
- Give the Plaque Attackers one minute to put as much plaque, post-its, on the 10 teeth as possible.
- Explain to students that they just had breakfast, and our mouths will become filled with plaque and germs. This will help demonstrate how fast plaque can build up on teeth.
- After one minute, the student will begin brushing the plaque, post-its, off of the students.



Conclusion:

- Why is it so important to brush between your teeth?
 - Plaque and food build up where toothbrush bristles can't reach.
- Should we just brush our front teeth?
 - No, we need to brush the front, back, top and bottom in tiny circular motions. Don't brush in hard strokes because that will wear on the enamel and you'll be more likely to miss spots.
- Is our mouth clean after we brush our teeth?
 - No, we still need to floss.
- Do you think we can always get all the plaque off our teeth?
 - NO!
- So who can we go to that helps clean our teeth?
 - The dentist can help us and we should go see the dentist 2 times a year.
- So how many times a day do we brush our teeth?
 - 2 times!
- How long do we brush our teeth?
 - 2 minutes!
- How many times do we need to go see the dentist each year?
 - 2 times!

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:

National Institutes of Health: Open Wide and Trek Inside. (2000). Colorado Springs, CO: BS

Smile Smarts: An Oral Health Curriculum for Preschool-Grade 8. (2005). Chicago, IL: American Dental Association.

