

Dental Health

Grade: 3

Time: 30 minutes

Materials:

- Toothbrushes for Students
- Teeth Poster
- Teeth Model and Toothbrush
- A Bad Day for Mr. Tooth and A Good Day for Mr. Tooth Activity

Objectives:

- Students will learn the importance of taking responsibility for their dental health.
- Students will learn to differentiate between healthy and harmful dental health practices.
- Students will develop dental health techniques and knowledge of products involved in maintaining dental health.

Introduction:

Discuss what makes something valuable. Write down the responses that relate to dental health (can't be replaced, pretty, lasts long time, etc.).

- What about your teeth? Are they valuable? Why?
- What do they help us do?
 - Smile, talk, chew/eat
- How many sets of teeth do we get in a lifetime?
 - 2 sets, baby/primary and adult/permanent.
 - We are born with 20 baby teeth which fall out and our permanent teeth grown in.
 - We need bigger and stronger teeth as we grow older.
 - Our permanent teeth can last a lifetime if taken care of properly.
- Did you know we have different types of teeth for different jobs?
 - Incisors (8, 4 top 4 bottom)-front and center; used to take bites out of food; usually first teeth to grow in
 - Canines (4)- next to develop; sharpest to rip and tear food apart
 - Premolars/bicuspid (8, 4 on either side of mouth, 2 top 2 bottom)-chewing and grinding food
 - Molars-chewing and grinding; Primary molars are also used for chewing and grinding food.



- These appear between 12 and 15 months of age.
- These molars, also known as deciduous molars, are replaced by the first and second permanent premolars (four upper and four lower).
- The permanent molars do not replace, but come in behind the primary teeth.
- The first molars erupt around 6 years of age (before the primary molars fall out) while the second molars come in between 11 and 13 years of age.
- Wisdom teeth/third molars-usually develop around 18-20 years of age; not everyone develops wisdom teeth
- What can happens if you don't take care of your teeth?
 - Cavities, decay, fall out, etc.
- What is a cavity?
 - A hole in your teeth, a black hole, rots your teeth
- What happens when something decays?
 - It rots, it gets smaller, turns black
- So can anyone tell me what causes cavities?
 - Allow time for students to answer.
 - Eating junk food, not brushing your teeth properly, not flossing, etc.
- There is one thing that plays a big role in causing decay and cavities in your teeth. It's called plaque. Tell me, how does your mouth and teeth feel right after brushing your teeth?
 - Right, they feel smooth and clean! Plus, our breath is really fresh!
- How do they feel when you wake up first thing in the morning?
 - Allow time to answer: tastes bad, smells bad, teeth feel sticky
- That's because plaque has been forming on your teeth while you were sleeping. Plaque is a sticky, clear film that is always forming on your teeth.
- Demonstrate proper teeth brushing with teeth model and giant toothbrush.

Activity 1: A Bad Day for Mr. Tooth and A Good Day for Mr. Tooth Activity

- Students will be split into two groups.
- One group will have cards for A Bad Day for Mr. Tooth and the other group with be given cards for A Good Day for Mr. Tooth.
- Students will be given 3 minutes to put the pictures in order.
- Discuss correct solutions with students once activity is complete.

Conclusion:

- What can we do to prevent tooth decay?
 - Brush teeth twice a day for 2 minutes.
 - Floss once a day.
 - Visit the dentist twice a year (6 months).



- What about the meals we eat? Does nutrition play a factor in the health of our teeth?
 - Yes, fruits and vegetables offer nutrients for our teeth and help clean plaque off of our teeth.
 - Sugar such as candy, soda, or desserts break down our teeth causing cavities.
- Do you do these things on a regular basis to keep your teeth healthy?
 - Allow time for students to answer.

National Health Education Standards:

1.5.1, 1.5.5, 3.5.1, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 5.5.5, 5.5.6, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2

Oklahoma Academic Standards – Health:

1.5.1, 1.5.5, 3.5.1, 5.5.1, 5.5.3, 5.5.4, 5.5.5, 5.5.6, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2

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.

