

## Dental Health

**Grade:** 5

**Time:** 30 minutes

**Materials:**

- Toothbrushes for Students
- Scientific Method Poster
- 2 Clear Cups
- Vinegar
- Water
- Tums

**Objectives:**

- Students will learn the importance of taking responsibility for their dental health.
- Students will learn how often to brush and floss teeth.

**Activity 1: TUMS Plaque Attack**

- Hang the scientific method poster on the board. Go through each step of the method and how it will apply to our science experiment.
  1. State the purpose
  2. List materials- cups, tums, vinegar, water
  3. State hypothesis. Make an educated guess.
  4. Experiment
  5. Results
  6. Conclusion

Explain activity and then ask students to hypothesize what they think will happen.

- Place a TUMS tablet in each of the two plastic clear cups. Pour vinegar into one cup and water into the other cup.
- Explain that TUMS represent our teeth because they contain calcium, like our teeth.

**Introduction:**

Now that we have started our science experiment, let's talk more about how to keep our teeth healthy.



- Ask the class to list some things that they know to do that keep their teeth healthy.
  - Brush 2x day, floss, use mouthwash, see dentist 2x year, limit sugar.
- Does anyone know what the ingredient is that helps keep the enamel on our teeth strong? Fluoride
  - Fluoride is found in toothpaste, some mouthwash, and in city drinking water.
- Why are our teeth so important to us?
  - Without our teeth we couldn't eat certain foods, talk very well, and have a beautiful smile.
- How many sets of teeth do we get in a lifetime?
  - 2 sets, baby/primary and adult/permanent.
  - Our permanent teeth can last a lifetime if taken care of properly.
- Permanent teeth can last more than 80 years with proper care, but what happens if you don't take care of them?
  - 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
- What causes cavities?
  - Sugar, not brushing
- Does anyone know what the white slimy substance is that forms in our mouth and on our teeth? Plaque
- Why is plaque bad for our teeth?
  - Plaque contains germs. When we eat and drink foods with a lot of sugar and starch, the sugars and plaque mix together to form acid.
    - Write, "plaque + sugar = acid attack" on board.
- The acid attacks and breaks down our tooth enamel, which is the protective hard layer on the outside of our teeth. The acid attack can last up to 20 minutes, and can make cavities bigger and BIGGER!

### **Check in on TUMS**

- Look to see which cup dissolved the Tums faster.
- Vinegar dissolved the Tums faster.
- Ask students why they think vinegar dissolved faster- vinegar is acidic.

### **Conclusion:**

- What should we do to maintain a healthy, happy smile?



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

**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:**

Chewing tobacco, boys and baseball. (2010, June) *Delta Dental*. Retrieved from [http://www.deltadentalins.com/oral\\_health/chewingtobacco.html](http://www.deltadentalins.com/oral_health/chewingtobacco.html).

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

Tobacco use and oral health. Retrieved from [http://www.deltadentalins.com/oral\\_health/chewingtobacco.html](http://www.deltadentalins.com/oral_health/chewingtobacco.html).

Winfrey, J. S., Amason, R., Boykin, L., Tuck, T., Potter, S., Gunn, S., & Collier, K. (2010). *Dental Health Educators Program Manual*. Oklahoma City, OK: Oklahoma State Department of Health.

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

