Divya Patel
Health
Grade: Third

Healthy Teeth

Objective: To teach students the importance of keeping their teeth clean and healthy by brushing and flossing daily.

OCC Requirements:
   Health:
   # 16 Topic: Dental Care
   Standard: Explains the function and location of different types of teeth as well as proper dental care.

Materials/Time required:
   - 1 hour in class
   - Egg carton
   - Floss
   - Toothbrush
   - Handouts

Background Information: The students are required to learn about keeping teeth healthy and what can happen when they don’t. This lesson helps them to understand how to brush and floss properly. The students should understand the importance of going to the dentist regularly. I got the idea for this lesson on a website that talked about keeping kids teeth clean. Handouts were given to the students to color and to understand the parts of the teeth.

Preparation: Before class, obtain the materials above. During class, hand out the worksheet that illustrates the different types of teeth.

Safety: Make sure when they use their scissors to cut out the worksheet about visiting the dentist, that their scissors aren’t too sharp to cut them. They should practice safety when using scissors. Make sure you watch after them during this activity.

Activity Outline/teacher procedures:
1. Begin the lesson by talking asking the students if they know how to keep their teeth clean.
2. Ask them if they go to the dentist regularly and if not, are they scared of the dentist?
3. Talk about the different types of teeth and what each type is used for.
4. Stress the importance of keeping teeth clean and healthy by brushing and flossing everyday.
5. Tell them about cavities and gingivitis, and other diseases that can form from not keeping teeth healthy.
6. Take out the egg carton, floss, and toothbrush.
7. I asked a couple of students to come up and show the proper way of brushing their teeth. Then I demonstrated the right way of brushing.
8. Using the back of the egg carton, show the kids the right way to brush their teeth. Take the floss and show them how to floss using the grooves of the egg carton as the grooves between your teeth.
9. Handout the worksheet about visiting the dentist. They should color and put the pictures in order. This worksheet stresses the importance of visiting the dentist on a regular basis.
10. After they are done, open up for any questions or comments they may have about the lesson.

Possible Questions:
1. What are the three ways of keeping our teeth healthy?
2. How many times should we visit the dentist each year?
3. What is the proper way of brushing and flossing?
4. What can too much sugar do to our teeth?
5. How does smoking hurt our teeth?
6. What happens after your primary teeth break?
7. How many secondary teeth does a grown adult have?

Assessment/Evaluation:
You should be able to observe the progression of the class by their questions and interaction. This should tell whether or not they understand the lesson being taught. Most of the kids already know a lot about the teeth and how to take care of them in third grade. This makes it easier for them and you as a teacher to understand what’s going on. I think the most important part of this lesson that most students don’t know before the lesson is taught is the function of the different types of teeth. After the lesson, they should be able to identify what each type of teeth is used for. They should also be able to tell you about the formation of cavities and what gingivitis is.
Teeth

canine (cuspid) — incisors

premolars (bicuspids)

molars

premolars (bicuspids)

canine (cuspid) — incisors

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http://www.edhelper.net/clipart/teachers/teethlabeled.gif 2/17/2005
A VISIT TO THE DENTIST

Dr. Bear is cleaning my teeth with little tools.

Dr. Bear tells me to climb into the chair.

Remember to have your teeth cleaned and checked twice a year.
After checking in with the receptionist, I wait to see Dr. Bear.

Remember to brush daily.

Then Dr. Bear says... "Open wide, please."

You may have X-rays taken.