

Smile Smarts!

AN ORAL HEALTH CURRICULUM FOR PRESCHOOL - GRADE 8



- FLEXIBLE, MODULAR LESSON PLANS
 - SUPPORT MATERIALS
- HANDS-ON CLASSROOM DEMONSTRATIONS
 - STUDENT ACTIVITY SHEETS
- SUGGESTIONS FOR FURTHER ORAL HEALTH ACTIVITIES



American Dental Association
www.ada.org

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Shining Smiles!

Shining Smiles! helps children ages 4 through 7 develop good oral health habits that can last a lifetime! This program from the American Dental Association (ADA):

- Helps children ages 4 through 7 understand the importance of their teeth.
- Provides basic information, appropriate to their age and experience, about keeping teeth clean and healthy.
- Introduces the dentist as a friendly doctor who helps them take care of their teeth.

Shining Smiles! Gives you tools that can help you teach students the fundamentals of good oral health care:

- A flexible, modular lesson plan
- Support materials
- Hands-on classroom demonstrations
- Student activity sheets
- Suggestions for further dental health activities

Shining Smiles! is also a valuable teaching tool for teachers, dentists, hygienists, school nurses, physicians and other health care professionals.

Shining Smiles!

A classroom lesson in good oral health care, with special activities for children in preschool, kindergarten and 1st grade.

MESSAGE TO THE TEACHER OR CLASSROOM PRESENTER

Shining Smiles! is a flexible oral health education program that can be used as a stand-alone lesson or to supplement your existing health curriculum. It is a valuable teaching tool for teachers, dentists, hygienists, school nurses, physicians and other health care professionals.

Shining Smiles! is divided into three modules:

Module 1: "Tiny Teeth Do Big Jobs!" approximate time: 10 minutes

Module 2: "Keeping Teeth Bright and Healthy" approximate time: 10 minutes

Module 3: "A Visit to the Dentist" approximate time: 10 minutes

The lesson objectives, key messages, and discussion topics can be presented as three separate 10-15 minutes lessons, in one half-hour session, or supplemented with extra activities and discussions to serve as an on-going lesson on dental health. This allows you to choose the method that will work best with the students. The lesson plan is loosely scripted with discussion questions, explanations and activities that you can easily adapt to your own unique style of teaching.

HOW **SHINING SMILES!** WILL HELP YOUR STUDENTS

This program, developed by the American Dental Association (ADA), will:

- Help your young students understand the importance of their teeth.
- Provide basic information about keeping teeth clean and healthy that is appropriate to their age and experience.
- Introduce the dentist as a friendly doctor who helps them take care of their teeth.

SHINING SMILES! LESSON OBJECTIVES

There are three objectives for this program that can be easily reinforced throughout the school year. Students will learn that:

1. Teeth are an important part of our body.
2. Keeping our teeth clean helps keep them healthy.
3. Visiting the dentist is an important part of having healthy teeth.

BEFORE YOU START...

1. Read the lesson.
2. Photocopy *Count & Color*, *Visiting the Dentist* and *Finders Keepers* activity sheets for the students.
3. Collect the following materials: magazine photo of a smiling adult with a smiling baby; illustrations, pictures, or models of nutritious foods; several different styles and sizes of new toothbrushes; toothpaste.
4. Have the support materials for this unit handy: *How to Brush*; *Primary Tooth Development*; *Old and New Toothbrushes*; *Adult and Child-size Toothbrushes*; *Oral Care Calendar*.

Module 1: “Tiny Teeth Do Big Jobs!” 10-15 minutes

Key Message

Teeth are important for eating, talking and having a nice smile.

Student goals

Upon completing this module students will better understand:

- Why people have teeth.
- How we use our teeth.
- How many sets of teeth people get.

Module Topics (with discussion points and questions)

1. *Why we need teeth.* Who can name something that we do with our teeth? [Discuss children’s suggestions, which may include talking, eating or chewing, smiling, singing. Have children talk, chew, and smile and frown at each other.] Today we are going to talk about a very important part of our bodies — our teeth. Teeth help us do many things.
2. *How teeth help us do things better.* We have had some good suggestions. But how do our teeth help us do these things? How do our teeth help us eat? [We can chew our food into little pieces. This keeps us from choking or getting a stomach ache.]

ACTIVITY #1: What about talking? Is it easy to talk without using your teeth? Let’s try it. Say “thirty-three thirsty thieves” without letting your tongue touch your teeth... That was very hard to do! Our teeth have the important job of helping our lips and tongue make sounds properly. I have another question. Do you think you need your teeth to frown? Let’s test it out. Turn to your neighbor and give a great big smile... Good. Now, give your neighbor a very unhappy frown... H-m-m-m. I guess you don’t need teeth to frown! But since most of you laugh and smile a lot, your teeth are very important!

So now we know that:

**Our teeth are important because they help us talk properly,
chew our food and give us beautiful smiles!**

3. *Characteristics of teeth.* What are your teeth like? Are they soft or hard? Do they have sharp edges or are they round like a ball? Are they strong or do they break easily? [Discuss answers.] So, our teeth are hard, have some sharp or cutting edges, and are strong. What would happen if our teeth were soft and weak? [Couldn’t chew; they might break; it would be hard to talk.]

4. *The number and purpose of baby (primary) teeth.* When did you get your teeth? [When you were a baby.] Why do babies need teeth? [To learn how to talk and so that they can eat solid food.] Now I have a really hard question. How many baby teeth do children get? Any guesses?

ACTIVITY #2: Primary Tooth Development. Here is a picture that shows all the teeth in the top of your mouth and in the bottom. Let's count them together out loud... Twenty teeth! That's a lot. By the time children are three or four years old, they have 20 teeth.

Children get 20 teeth by the time they are 3 or 4 years old.

5. *Sets of teeth in a lifetime.* Will you have these 20 teeth your whole life? [No.] What happens to your teeth when you get to be 5, 6 or 7 years old? [Your teeth start to come out.] Yes, your baby teeth start to come out. Why do you lose your baby teeth? [As children get bigger they need bigger, stronger teeth.] (First grade teachers may want to discuss losing primary teeth and getting permanent teeth in more detail. Visit www.adacatalog.org for supplemental materials.)

ACTIVITY #3: Look at the size and number of teeth in the photo of the smiling adult and baby. Ask children to imagine all those big teeth in the baby's little mouth. (Use to illustrate why we need baby teeth.) Talk about things that babies cannot do because they don't have many teeth.

6. *Permanent teeth.* When you get older, your 20 baby teeth will be replaced by 32 permanent teeth. Your permanent teeth are bigger and stronger than your baby teeth. After all, they are made to last the rest of your life!

People get two sets of teeth during their life: baby teeth (or primary teeth) and adult teeth (or permanent teeth).

Summary: *Teeth are a special part of our body and do several very important jobs throughout our lives.*

Module 2: “Keeping Teeth Bright and Healthy” approximate time: 10 minutes

Key Message

Cleaning our teeth helps keep them strong and healthy.

Student goals

Upon completing this module students should know:

- That having clean teeth is an important part of having a clean body.
- Basic brushing techniques.
- What plaque is.
- What a cavity is.
- Why eating nutritious foods is important for our teeth.

Module Topics (with discussion points and questions)

1. *Keeping our bodies and teeth clean.* What are some of the things you do to keep yourself clean? [bathe, wash hair, wash clothes.] Why is it important to have clean hands, and to take a bath, and to wash our clothes? [So you don't get sick; so you look and smell nice.] How do you feel when you are clean? [Skin smells good, hands don't feel sticky, etc.] Can someone be really clean if their mouth and teeth are not clean? [No.] Why not? [Because a clean mouth feels nicer, your breath smells nice, etc.]

Clean teeth and mouth are parts of a clean body.

2. *Brushing teeth.* What can you do to keep your teeth clean and healthy? [Brush your teeth.] How many of you brush your teeth? Great! How often should you brush your teeth? [Twice a day.] What do you put on your toothbrush? Yes, toothpaste. Why do you use toothpaste? [Cleans better than just water, gets the food off your teeth, makes your teeth stronger, makes your mouth taste good.] Those are all good answers. Does anyone know how much toothpaste you should put on your toothbrush? [Listen to a few suggestions.] You might be surprised, but you only need a very little bit of toothpaste on your toothbrush — about the size of a little green pea. [Demonstrate putting a pea-sized amount of toothpaste on a toothbrush.] I have a very important question. When you are brushing your teeth, what do you do with the toothpaste in your mouth? Yes. Spit out all the toothpaste! Don't swallow it. Toothpaste is for cleaning your teeth, not your stomach!

**Brush twice a day with a fluoride toothpaste.
Always spit out all the toothpaste.**

3. *Brushing techniques.* Your mom, dad or another grown-up may help you brush your teeth, or maybe your dentist showed you how to brush. Move the brush back and forth gently in short strokes. Brush the top, front, and back sides of each tooth.

[NOTE: Ideally, an adult will brush and floss a child's teeth until he or she is at least 6 years old. By age 6 or 7, children should be able to brush their own teeth twice a day – with supervision until about age 10 or 11, to make sure they are doing a thorough job. Since adults at home do not always supervise tooth brushing, you might want to suggest to your class that they ask a grown-up to watch them brush, so they can show how well they do it. Flossing demands more manual dexterity than very young children have, and children are not usually able to floss well until they are age 10 or 11, and even then they should be supervised.]

ACTIVITY #4: Here is a picture of one good way to brush your teeth. It says...
(Show *How to Brush* and read instructions. Ask for questions and comments.)

**Move the brush back and forth gently in short strokes.
Brush the top, front and back sides of each tooth.**

4. *Toothbrushes.* What kind of toothbrush do you use? [Get several answers.] I'm going to ask you a question and give you four answers. You tell me which answer you think is the right one. [Pass around several different examples of new toothbrushes, or show *Adult and Child-size Toothbrushes*.] Here's the question:

What kind of toothbrush would be easiest for you to use?

- a) A very big one
- b) One with a fancy handle
- c) A small, child-size toothbrush that is easy to hold
- d) A purple one

You're so smart! You should use a small, child-size toothbrush that is easy to hold.

Use a child-size toothbrush that is easy to hold.

ACTIVITY #6: Show *Old and New Toothbrushes*. Have the children identify the one that looks new.

**Get a new toothbrush when the bristles
are bent and worn out.**

5. *What plaque is.* When you brush your teeth at night, they feel clean and your mouth tastes good, right? Well, if you don't brush your teeth before going to bed, how does your mouth feel when you wake up in the morning? [Tastes bad, smells bad, teeth feel sticky.] That is because there is something else that gets on your teeth besides the food you eat. It's called plaque. Can you say "plaque"? Although you can't see it, plaque is a sticky film that is forming on your teeth all the time.

Plaque is a sticky, clear film that forms on your teeth all the time.

6. *How plaque contributes to cavities.* Plaque is bad for your teeth because it contains germs. The germs in the plaque can hurt your teeth by helping to make a little hole called a cavity. What do you think happens if you take a nice strong tooth and put holes in it? [It isn't as strong any more.] Right. The tooth gets weaker. Plaque and cavities make our teeth weaker. That's why it is so important to brush all the plaque off of our teeth. How many times a day should you brush? Yes! Two times — in the morning and before going to bed at night are good times to brush.

7. *Good nutrition.* There is another way we can help keep our teeth clean and healthy. That is by eating and drinking healthy foods. The foods we eat are just as important for keeping our teeth healthy as they are for keeping our bodies healthy. Eating a mix of healthy foods for breakfast, lunch and dinner is the best way to keep your teeth and whole body in good shape. If you are hungry and need a snack, choose foods like fruit, low-fat cheese, low-fat yogurt, or raw vegetables. If you are thirsty, have a glass of water or low-fat milk. Don't drink too much sugary soda or eat too many sweets. If you have some sweets, try to eat them with your meals.

ACTIVITY #7: Show illustrations or plastic models of nutritious foods and beverages, or cut pictures of them from magazines. If your class is familiar with the Food Pyramid, or if you have taught about proper nutrition, you can use it to review good choices. (Visit www.mypyramid.gov for more information.)

**Eating healthy foods helps keep your teeth and body healthy.
Don't eat or drink too many sweets. If you want sweets,
eat or drink them with your meals.**

Now we know how important it is to keep our teeth clean. We should brush two times a day to keep our teeth clean and remove plaque, and eat healthy foods.

Summary: *Keeping our teeth clean and eating healthy foods helps teeth stay healthy.*

Module 3: “A Visit to the Dentist”

approximate time: 10 minutes

Key Message

Your dentist is a friendly doctor who will help your teeth stay healthy and strong.

Student goals

Upon completing this module students should have a basic understanding of a routine dental visit:

- The role of the dentist
- The roles of the dental helpers (receptionist, assistant and hygienist)

Module Topics (with discussion points and questions)

1. *Why it is important to visit your dentist.* What is a dentist? [A doctor who takes care of teeth and mouths.] How many of you have visited your dentist? Why is it important to visit the dentist? [To make sure your teeth stay healthy and strong.]
2. *The dentist’s office.* What interesting things did you see in your dentist’s office? [Discuss answers, which might include the exam chair, special light, special tools, dental mask and gloves, etc.] Your dentist has all sorts of interesting things in the office. [Distribute *Visiting the Dentist* coloring sheets.] The special chair moves up and down so that people of different sizes can sit in it, and the dentist can see easily into all their mouths. The light helps your dentist see into mouths, too. Your dentist also has some other special things in the office. The little mirror lets your dentist see your back teeth; the “feeler” tool helps the dentist count your teeth; the x-ray machine takes pictures of the insides of your teeth; the bib protects your clothing; and there is even a little hose to spray water into your mouth.
3. *The dental team.* What other people might you see at your dentist’s office? Who else works there? [Receptionist, dental assistant, dental hygienist.] The receptionist works at the desk and greets you when you come in. The dental assistant helps the dentist by getting the exam room ready. The dental hygienist also helps the dentist and may clean your teeth with special cleaners.
4. *The dental exam.* What is your dentist looking for when checking your teeth? [Get several answers.] Yes, your dentist looks for many things. Your dentist counts your teeth, sees if you are brushing properly, checks to make sure your teeth are growing the correct way, and looks for cavities. Your dentist also checks your tongue and the inside of your mouth to make sure they are healthy, too! If you have any questions about your teeth or how to take care of them, ask your dentist. Your dentist is a friendly doctor who wants you to have healthy, shining teeth.

Summary: *The dentist is our partner in caring for our teeth.*

ACTIVITY #8: Have students complete the activity sheets *Count & Color* and *Finders Keepers*.

SUPPLEMENTAL ACTIVITIES

1. Make a bulletin board display from magazine pictures showing things that people do using their teeth.
2. Have the children sing along with you to the tune “Row, Row, Row Your Boat”:

*Brush, brush, brush your teeth, brush them every day.
Keep them bright, make them shine, clean the plaque away.*

*Brush, brush, brush your teeth, brush them every day.
Front, back, take off the plaque, now we smile all day.*

3. Have the children draw pictures of themselves with big smiles. Display the pictures in your classroom.
4. Invite a dentist to your class. (Dental Organizations often provide a list of speakers. Visit the Dental Organizations section of ADA.org, to search for a State or Local Dental Organization nearest you. <http://www.ada.org/ada/organizations/index.asp>)
5. For more online classroom resources, visit the Students & Teachers section of ADA.org. <http://www.ada.org/public/education/index.asp>
6. Distribute *Oral Care Calendar* to students. Create an incentive program for students who bring in completed calendars.

SUPPORT MATERIALS: CHARTS AND DIAGRAMS

- *How to Brush*
- *Primary Tooth Development*
- *Old and New Toothbrushes*
- *Adult and Child-size Toothbrushes*
- *Oral Care Calendar*

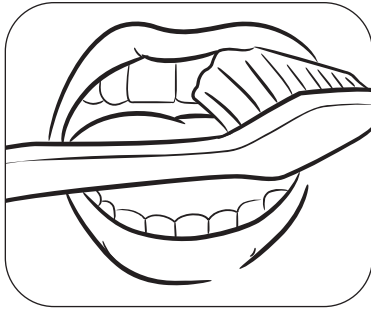
STUDENT ACTIVITY SHEETS

- *Count & Color*
- *Visiting the Dentist*
- *Finders Keepers*

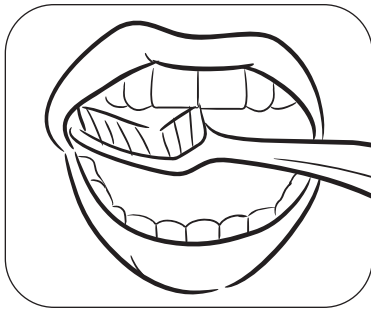
Additional educational materials are available for purchase by calling 1-800-947-4746 or by visiting www.adacatalog.org.

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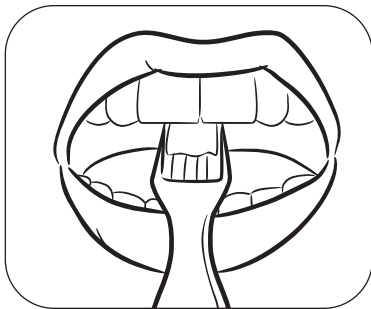
How to Brush



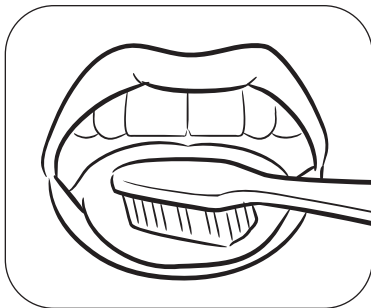
- Place the toothbrush at a 45-degree angle to the gums.



- Move the brush back and forth gently in short strokes.

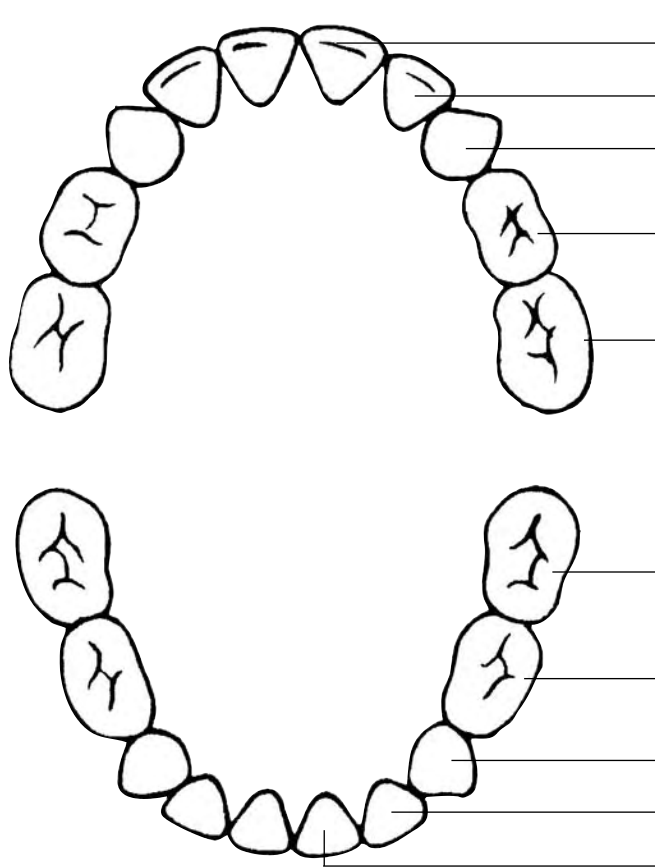


- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



- Brush your tongue to remove bacteria and keep your breath fresh.

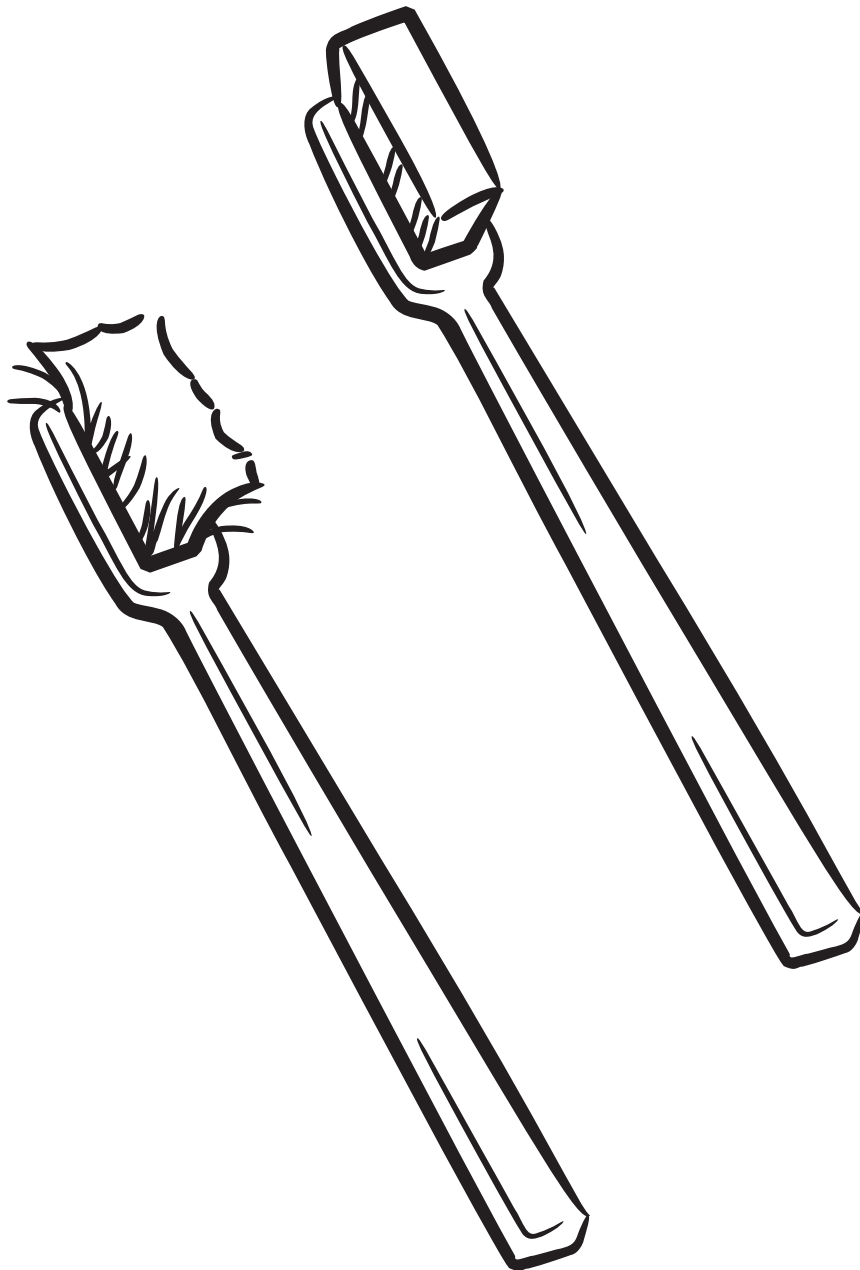
Primary Tooth Development



The diagram illustrates the primary teeth in both the upper and lower arches. Lines connect the teeth to their respective labels in the adjacent table. The upper teeth are labeled from top to bottom: Central incisor, Lateral incisor, Canine (cuspid), First molar, and Second molar. The lower teeth are labeled from bottom to top: Central incisor, Lateral incisor, Canine (cuspid), First molar, and Second molar.

Upper Teeth		Erupt	Shed
Central incisor		8-12 mos.	6-7 yrs.
Lateral incisor		9-13 mos.	7-8 yrs.
Canine (cuspid)		16-22 mos.	10-12 yrs.
First molar		13-19 mos.	9-11 yrs.
Second molar		25-33 mos.	10-12 yrs.
Lower Teeth		Erupt	Shed
Second molar		23-31 mos.	10-12 yrs.
First molar		14-18 mos.	9-11 yrs.
Canine (cuspid)		17-23 mos.	9-12 yrs.
Lateral incisor		10-16 mos.	7-8 yrs.
Central incisor		6-10 mos.	6-7 yrs.

Old & New Toothbrushes



Adult and Child-Size Toothbrushes

Which one would be easiest for him to use?





Oral Care Calendar

Put a happy face in the box when you brush twice each day.



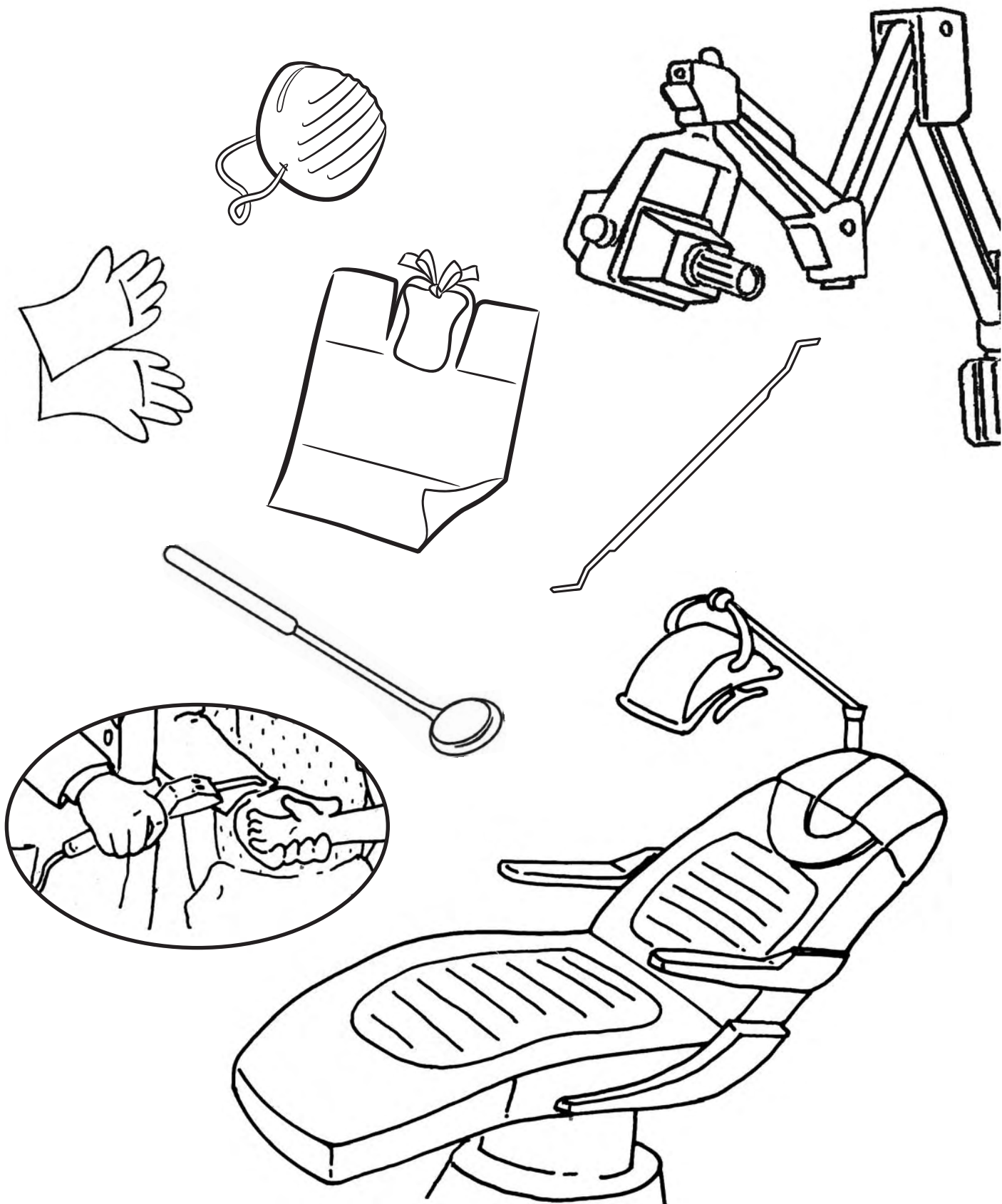
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Count and Color

Chris has been very busy drawing pictures of toothbrushes!
Count the toothbrushes. Draw a pea-sized ball of toothpaste on each toothbrush.
Color the toothbrushes bright, happy colors!



Visiting the Dentist



Finders Keepers

Color the things that help you keep your mouth healthy.



A Lifetime of Healthy Smiles!

An engaging classroom lesson in good oral health habits for 2nd and 3rd grade students

A Lifetime of Healthy Smiles! will help your students develop good oral hygiene habits that can last a lifetime! This program from the American Dental Association (ADA):

- Encourages students to think about and discuss the importance of their teeth.
- Provides information on good oral health appropriate to their age and experience.
- Reinforces dentists' instructions on properly caring for teeth.

A Lifetime of Healthy Smiles! gives you tools that can help you teach students the fundamentals of good oral health care:

- A flexible, modular lesson plan
- Support materials
- Hands-on classroom demonstrations
- Student activity sheets
- Suggestions for further dental health activities

A Lifetime of Healthy Smiles! is also a valuable teaching tool for teachers, dentists, hygienists, school nurses, physicians and other health care professionals.

A Lifetime of Healthy Smiles!

A classroom lesson in good oral health care, with special activities for 2nd and 3rd grade students.

MESSAGE TO THE TEACHER OR CLASSROOM PRESENTER

A Lifetime of Healthy Smiles! is a flexible oral health education program that can be used as a stand-alone lesson or to supplement your existing health curriculum. It is a valuable teaching tool for dentists, hygienists, school nurses, physicians and other health care professionals.

A Lifetime of Healthy Smiles! is divided into three modules:

Module 1: "Teeth are Terrific!" approximate time: 8 minutes

Module 2: "Plaque Attack!" approximate time: 7 minutes

Module 3: "YOU Have the Power!" approximate time: 15 minutes

The lesson objectives, key messages, and discussion topics can be presented in as little as half an hour, or can be supplemented with extra activities and discussions to serve as a full unit on dental care. This allows you to choose the method that will work best with the students. The lesson plan is loosely scripted with discussion questions, explanations and activities that you can easily adapt to your own unique style of teaching.

HOW ***A LIFETIME OF HEALTHY SMILES!*** WILL HELP YOUR STUDENTS

This program, developed by the American Dental Association (ADA), will:

- Encourage students to think about, and discuss, the importance of their teeth.
- Provide students with information on good oral health appropriate to their age and experience.
- Reinforce their dentists' instructions on properly caring for their teeth.

A LIFETIME OF HEALTHY SMILES! LESSON OBJECTIVES

There are three easy-to-remember objectives for this program. Students will learn:

1. Teeth are important.
2. Healthy teeth are part of a healthy body.
3. Taking good care of our teeth is something that each of us can do.

BEFORE YOU START...

1. Read over the lesson plan and choose any of the supplemental activities you wish to incorporate.
2. Photocopy the *A-MAZE-ing Message* and *Something's Missing* activity sheets for the students.
3. Collect the following materials for demonstrations and examples: 1 paper towel; black crayon or permanent marker; black water-based marker; a sponge; a small container of water; several new toothbrushes in adult and child sizes; dental floss; yarn.
4. Have the support materials for this unit handy: *How to Brush*; *How to Floss*; *Primary Tooth Development*; *Permanent Tooth Development*; *Old and New Toothbrushes*; *Adult and Child-size Toothbrushes*; *Oral Care Calendar*.

Module 1: "Teeth are Terrific!" 8 - 15 minutes

Key Message

Teeth are important for eating, talking and having a nice smile.

Student goals

Upon completing this module students will better understand:

- Why their teeth are important.
- Why they are losing baby (primary) teeth and getting adult (permanent) teeth.
- That adult teeth need good care to last a lifetime.

Module Topics (with discussion points and questions)

1. *Why we need teeth.* Today we are going to talk about teeth. We may not think about our teeth very much, but they help us do a lot of important things. Let's make a list of things we can do better with teeth. [Discuss children's suggestions, which may include talking, eating or chewing, smiling, singing, playing instruments.]

ACTIVITY #1: How about frowning? Do you need your teeth to frown? Let's test it out. Turn to your neighbor and give a great big smile...Good. Now, give your neighbor a very unhappy frown...H-m-m-m. I guess you don't need teeth to frown! But since most of you laugh and smile a lot, your teeth are very important!

So now we know that:

Our teeth are important because they help us talk, eat and give us beautiful smiles!

2. *Number of sets of teeth people get.* How many sets of teeth do people get in a lifetime? Does anyone know? [If no one knows, ask if anything unusual has been happening to their teeth in the past year or so, and help them work out the correct answer.] Yes. People get two sets of teeth during their lifetime. Do you know what the first set is called? [Baby teeth, or primary teeth.] Does anyone know what your new teeth are called? [Adult teeth, or permanent teeth.] (Show *Primary Tooth Development* and *Permanent Tooth Development*.)

A person gets two sets of teeth during their life: baby teeth (or primary teeth) and adult teeth (or permanent teeth).

3. *The number and purpose of baby (primary) teeth.* Here's an easy question: When did you get your baby teeth? [When you were a baby!] Why do babies need teeth? [To learn how to talk and so that they can eat solid food.] Now I have a really hard question. How many baby teeth do children get?

Children get 20 baby (primary) teeth.

4. *Why children lose their baby teeth.* So why are you losing your baby teeth? [As children get bigger they need bigger, stronger teeth.] How many of you already have some of your adult teeth? That's most of you! How are your new adult teeth different from your baby teeth? [They are bigger].

We lose our baby teeth to make room for our adult teeth because we need bigger, stronger teeth to last the rest of our lives.

5. *The number of adult (permanent) teeth.* Would anyone like to guess how many adult teeth people get? It's a lot more than the 20 baby teeth. [Thirty-two.] (Teachers may want to discuss losing primary teeth and getting permanent teeth in more detail. Visit www.adacatalog.org for additional resources.)

You will have 32 adult (permanent) teeth.

6. *How long adult teeth should last.* How many years will you have your adult teeth? [Discuss answers.] Many people live to be 80 years old, or older. If all of their teeth have grown in by the time they are 18, then that means that they will need their adult teeth for at least 62 more years! That's a very long time.

Your adult teeth are made to last for your whole adult life if you take good care of them.

Summary: *Teeth are a very important part of our bodies. They help us talk properly, chew our food and have a nice smile.*

Module 2: “Plaque Attack!” approximate time: 7 minutes

Key Message

Plaque can hurt teeth by making acids that cause cavities.

Student goals

Upon completing this module students should know:

- What plaque is.
- How plaque can harm teeth.
- What a cavity is.

Module Topics (with discussion points and questions)

1. *Healthy teeth.* Do everyone’s teeth always stay strong and healthy? [Solicit a few stories].
2. *Things that prevent teeth from staying healthy.* What can happen to teeth that keeps them from staying healthy? [They get cavities, they can get broken or knocked out.]
3. *What a cavity is.* Let’s talk about cavities and what causes them. What is a cavity? [A little hole in your tooth.]

A cavity is a small hole in a tooth.

4. *What plaque is.* Does anyone know what causes cavities? [You may get a variety of answers, but they may not include plaque.] Those are all interesting answers, but there is one thing that plays a big part in causing decay, or cavities, in your teeth. It is called “plaque.” [Write “plaque” on chalkboard.] Has anyone heard that word before? If you do not brush your teeth before you go to bed at night, how does your mouth feel when you wake up in the morning? [Tastes bad, smells bad, teeth feel sticky or “fuzzy.”] That is because plaque has been forming in your mouth all night. Plaque is a sticky, clear film that is forming on your teeth all the time.

Plaque is a sticky, clear film that is constantly forming on your teeth.

5. *How plaque contributes to decay.* Plaque is bad for your teeth because it contains germs. When a person eats or drinks sugary or starchy foods, the sugars and plaque mix together to make an acid. Does anyone know what acid does? [It makes holes in things.] The acids in your mouth attack your teeth and can make cavities.

The sugars and the germs in plaque mix together to make acid.
The acids in your mouth attack your teeth and
can make cavities.

6. *Repeated acid attacks make cavities grow.* Every time a person eats or drinks, plaque and sugar mix together to make acid. Each acid attack can last 20 minutes, and make a cavity get bigger and bigger. Let's do a demonstration to help us understand how a cavity grows.

Repeated acid attacks make cavities grow bigger.

ACTIVITY #2: How a Cavity Grows. Draw a large tooth on a paper towel with a crayon or permanent marker. Using a black watercolor marker, make a heavy dot on the tooth to represent a cavity. Add a drop of water to the cavity to represent another acid attack. After a few minutes look at the tooth and see how the "cavity" has spread.

7. *Repairing cavities.* What happens when someone gets a cavity? Does it heal itself like a scrape or cut on your knee? [No. You have to go to the dentist to get it fixed.] That's right; only your dentist can fix a cavity, by removing the decay and putting a special filling material in the hole.

Cavities cannot go away by themselves.
They must be fixed by a dentist.

Summary: *Plaque and acid can hurt your teeth, making holes that are called cavities.*

Module 3: “YOU have the Power!”

approximate time: 15 minutes

Key Message

A healthy mouth and teeth are important parts of a healthy body. There are many things that children can do to keep their teeth clean, strong and healthy.

Student goals

Upon completing this module students should be aware of four steps for good oral health:

- Brush with fluoride toothpaste twice each day. Spit out all the toothpaste!
- Floss once a day with a grown-up’s help.
- Eat and drink nutritious foods and beverages and limit snacks.
- Visit their dentist regularly.

Module Topics (with discussion points and questions)

1. *Feeling healthy.* How do you feel when you are healthy? [List things: feel strong, have lots of energy, feel happy, etc.] Can someone really be healthy if their mouth and teeth are not healthy? [No.] Why not? [Because a clean mouth feels nicer, your breath smells nice, etc.]

Healthy teeth and mouth are part of a healthy body.

2. *Keeping teeth healthy.* What can you do to fight plaque and help keep your teeth healthy? [List answers, which may include brushing, visiting the dentist, good food and drink choices and flossing.] Let’s talk about some of these.

3. *Proper brushing.* How many of you brush your teeth? Great! How often should you brush your teeth? [Twice a day.] What do you put on your toothbrush? Yes, toothpaste. Why do you use toothpaste? [Cleans better than water, gets the food and plaque off your teeth, makes your breath smell good, makes your mouth taste good.] Those are all good answers. There is also something very important in most toothpastes that helps strengthen your teeth. Does anyone know what it is called? It’s “fluoride.” [Write “fluoride” on chalkboard.] Fluoride prevents cavities by strengthening and protecting the teeth from acid. By the way, after you’ve brushed your teeth, spit out all the toothpaste! Don’t swallow it. Toothpaste is for cleaning your teeth, not your stomach!

**Brush twice a day with a fluoride toothpaste.
Fluoride prevents cavities by strengthening and
protecting tooth enamel.
Always spit out all the toothpaste!**

Did your dentist, or the hygienist in your dentist's office, show you how to brush your teeth? Move the brush back and forth gently in short strokes. Brush the top, front, and back sides of each tooth.

[NOTE: Ideally, an adult will brush and floss a child's teeth until he or she is at least 6 years old. By age 6 or 7, children should be able to brush their own teeth twice a day – with supervision until about age 10 or 11 — to make sure they are doing a thorough job. Since adults at home do not always supervise tooth brushing, you might want to suggest to your class that they ask a grown-up to watch them brush, so they can show how well they do it! Flossing demands more manual dexterity than very young children have, and children are not usually able to floss well until they are age 10 or 11, and even then they should be supervised.]

ACTIVITY #3: Here is a picture of one good way to brush your teeth. It says...
(Show *How to Brush* and read instructions. Ask for questions and comments.)

**Move the brush back and forth gently in short strokes.
Brush the top, front and back sides of each tooth.**

4. *Toothbrushes.* What kind of toothbrush do you use? [Get several answers.] I'm going to ask you a question and give you four answers. You tell me which answer you think is the right one. (Pass around a couple of toothbrushes in adult and child sizes, or show *Adult and Child-size Toothbrushes.*) Here's the question:

What kind of toothbrush would be easiest for you use?

- a) The biggest one you can find
- b) One with a fancy handle
- c) A child-size toothbrush that is easy to hold
- d) A purple one

You're so smart! You should use a child-size toothbrush that is easy to hold.

**Use a toothbrush that has soft bristles and is
comfortable to use.**

ACTIVITY #4: (Show *Old and New Toothbrushes* and discuss when to get a new toothbrush.) Here are two toothbrushes. Which one looks new? How can you tell if you need a new toothbrush? [If the bristles are bent or broken.] Yes, you should get a new toothbrush when the bristles are bent and worn out.

Replace your toothbrush when the bristles are bent and worn out.

5. *Flossing.* Is there anything else we can do to clean our teeth? [Use floss.] Who knows what dental floss is? [Looks like string or thread.] Dental floss is a special kind of string for cleaning between your teeth. How many of you floss your teeth? Cleaning between your teeth is just as important as brushing. Do you know WHY? [Flossing helps remove bits of food and plaque from between the teeth where your toothbrush can't reach. It helps keep your teeth and gums healthy.] Flossing is not as easy for children to do as brushing, so you should ask your parents or another grown-up to help you floss. You should floss your teeth very gently, once a day.

Floss your teeth very gently, once a day, with a grown-up's help.

ACTIVITY #5: Show floss and explain the technique used in *How to Floss*. Ask for a student volunteer, and demonstrate the following flossing technique using yarn: The child holds hands together with fingers straight up and tight against each other. These are the teeth. Use the yarn to floss between the student's fingers. Arrange students in pairs, give each pair a length of yarn, and allow them time to practice "flossing" each other's fingers. (One variation of this is to smear tempera paint between the fingers of the child representing the teeth, and then use the yarn to "floss." In this way, the children will actually see the "floss" cleaning between the teeth.)

5. *Good nutrition.* Brushing and flossing are very important ways to keep teeth clean and healthy, but there are a few more things that each of us can do. Any ideas? I'll give you two hints: It has to do with plaque and germs and ACID. It also has to do with keeping the rest of your body healthy. Yes. The foods we eat and the beverages we drink are very important for keeping our teeth healthy. So let's talk about food.

ACTIVITY #8: Nutritious Foods. Does anyone know (remember) the food groups? [List on board.] Eating a mix of foods from these groups for breakfast, lunch and dinner is the best way to keep your teeth and whole body in good shape. [Discuss healthy eating for a few minutes.] (Visit www.mypyramid.gov for resources.)

But what about snacks, soda pop, and sweets? [Get opinions.] Who remembers what happens in our mouths after we eat? Yes, plaque and sugar mix to form acid. Then the acid attacks our teeth. The more often we eat snacks and drink sugary liquids, the more acid attacks we have. But that doesn't mean that all snacks are bad for you. Sometimes growing children need to eat between meals. If you are hungry and need a snack, choose nutritious foods like fruit, low-fat cheese, low-fat yogurt or raw vegetables. Save the sweets to eat and drink with your meals. A full meal produces lots of saliva in your mouth that helps wash away the acids from your teeth.

**Eating a nutritious mix of foods from the food groups is the best way to keep your teeth and body healthy.
If you have sweets, eat or drink them with your meals.
If you snack, eat nutritious foods.**

What about chewing gum? [Get opinions.] Chewing gum immediately after a meal or snack is okay as long as the gum is sugarless. In fact, sugar-free gum makes your mouth produce more water, called saliva, which can help rinse the acid off your teeth. Of course, if your parents don't like you chewing gum, then you shouldn't, and we never chew gum in school. And — don't forget — throw your gum away in a trash can when you are finished!

Chewing sugarless gum increases saliva and helps wash out food and acid.

6. *Protect your teeth!* Another way to keep your teeth in good shape is NOT to chew on hard things — like ice cubes, pencils, or hard candy. Your teeth are strong, but it is possible to crack or chip them. It's a good habit to keep things out of your mouth that don't belong there!

Don't chew on hard objects like pencils, ice cubes or hard candy.

7. *Dental visits.* So now we know four important ways to take care of our teeth — brushing, flossing, eating nutritious foods and not chewing on hard objects. There is one more very important thing we should all do to keep our teeth healthy. Who can tell me what it is? Yes! Visit your dentist regularly. Your dentist will tell you when your next visit should be. What are some of the ways the dentist helps you take care of your teeth? [Checks your teeth to see if they are healthy. Tells you how to take good care of your teeth. Fixes cavities and repairs teeth.] Great! [If time allows, discuss the children's experiences at the dentist's office.]

Visit your dentist regularly.

We have learned a lot about our teeth today and how to take good care of them.

1. Our teeth are important.
2. Healthy teeth are part of a healthy body.
3. Taking good care of our teeth is something that each of us can do.

Summary: *Healthy teeth can last a lifetime if they are cared for properly.*

ACTIVITY #9: Have students work individually or in pairs to complete the activity sheets *A-MAZE-ing Message* and *Something's Missing*.

SUPPLEMENTAL ACTIVITIES

1. Ask the children to sing, or say a tongue-twister, without using their teeth. (For example: *She sells seashells by the seashore*, or *There are thirty-three thousand things to thoughtfully think through*.)
2. Ask for stories about what it is like to be missing a front top tooth.
3. Have several children act out a visit to the dentist as a lead-in to a discussion.
4. Invite a dentist to your class. (Dental Organizations often provide a list of speakers. Visit the Dental Organizations section of ADA.org, to search for a State or Local Dental Organization nearest you. <http://www.ada.org/goto/organizations/index.asp>)
5. For more online classroom resources, visit the Students & Teachers section of ADA.org. <http://www.ada.org/public/education/index.asp>
6. Distribute copies of the Oral Care Calendar to students. Create an incentive program for students who bring in a completed calendar.

SUPPORT MATERIALS: CHARTS AND DIAGRAMS

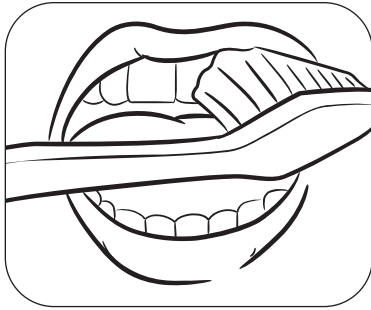
- *How to Brush*
- *How to Floss*
- *Primary Tooth Development*
- *Permanent Tooth Development*
- *Old and New Toothbrushes*
- *Adult and Child-size Toothbrushes*
- *Oral Care Calendar*

STUDENT ACTIVITY SHEET(S)

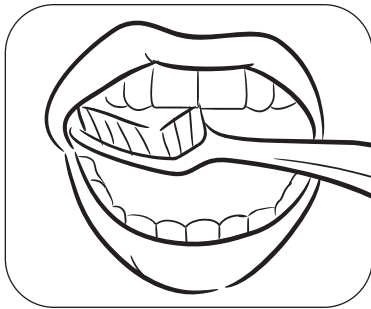
- *A-Maze-ing Message*
- *Something's Missing*

Additional educational materials are available for purchase by calling 1-800-947-4746 or by visiting www.adacatalog.org.

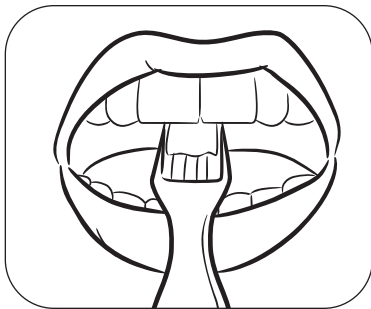
How to Brush



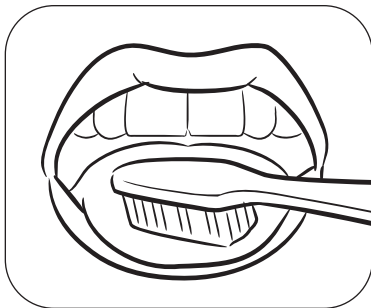
- Place the toothbrush at a 45-degree angle to the gums.



- Move the brush back and forth gently in short strokes.

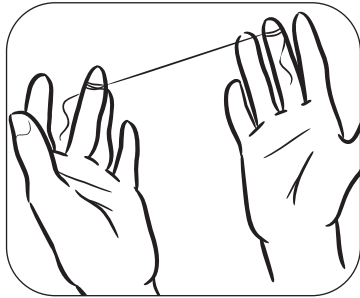


- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

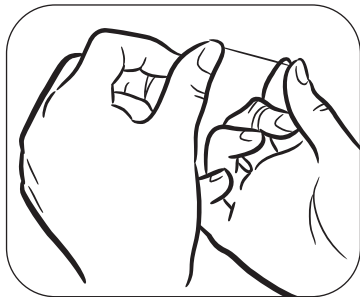


- Brush your tongue to remove bacteria and keep your breath fresh.

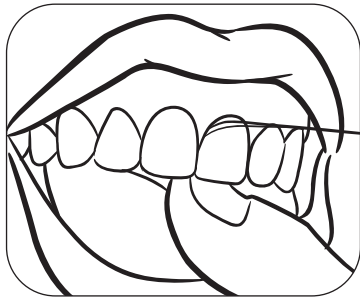
How to Floss



- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.

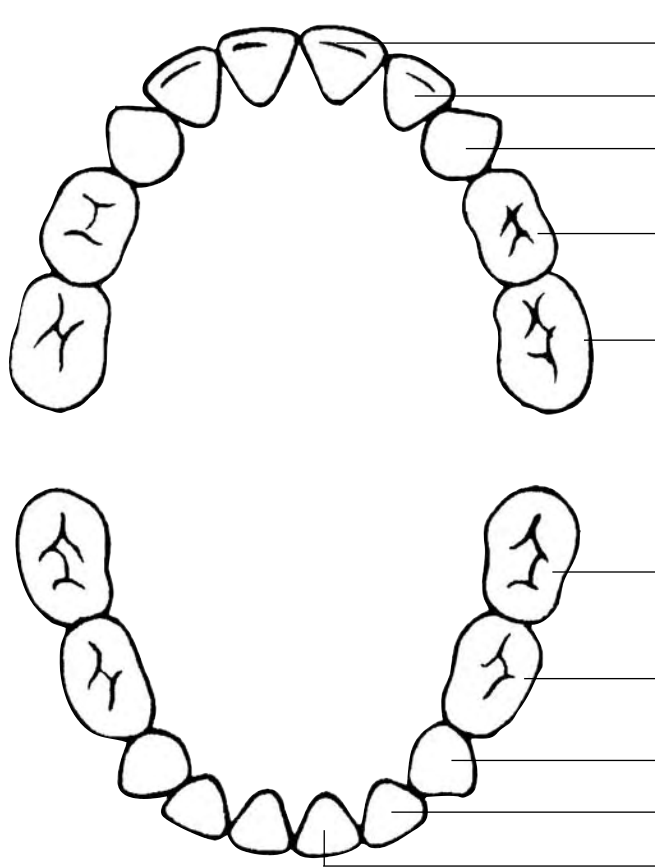


- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



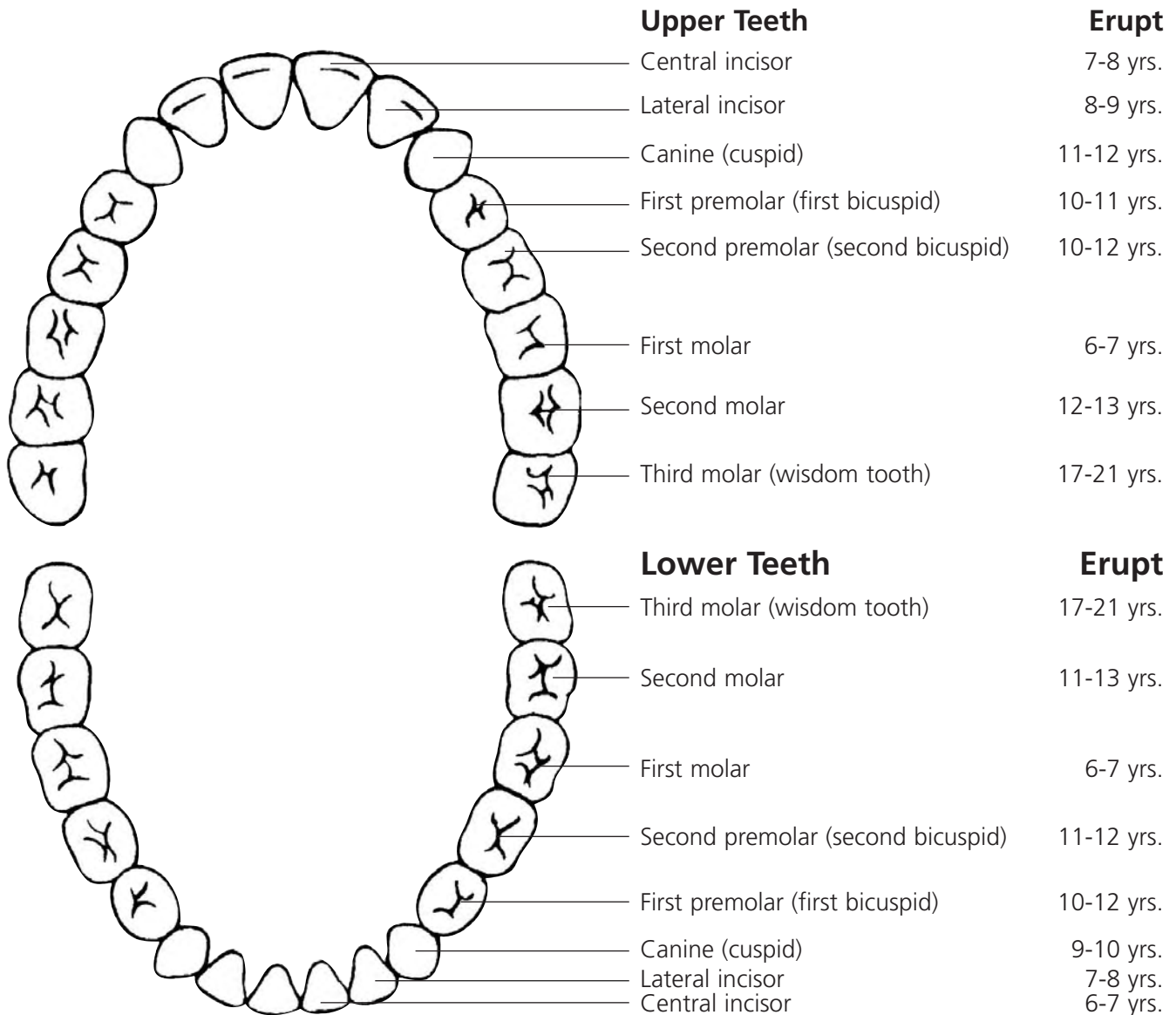
- Floss all your teeth. Don't forget to floss behind your back teeth.

Primary Tooth Development

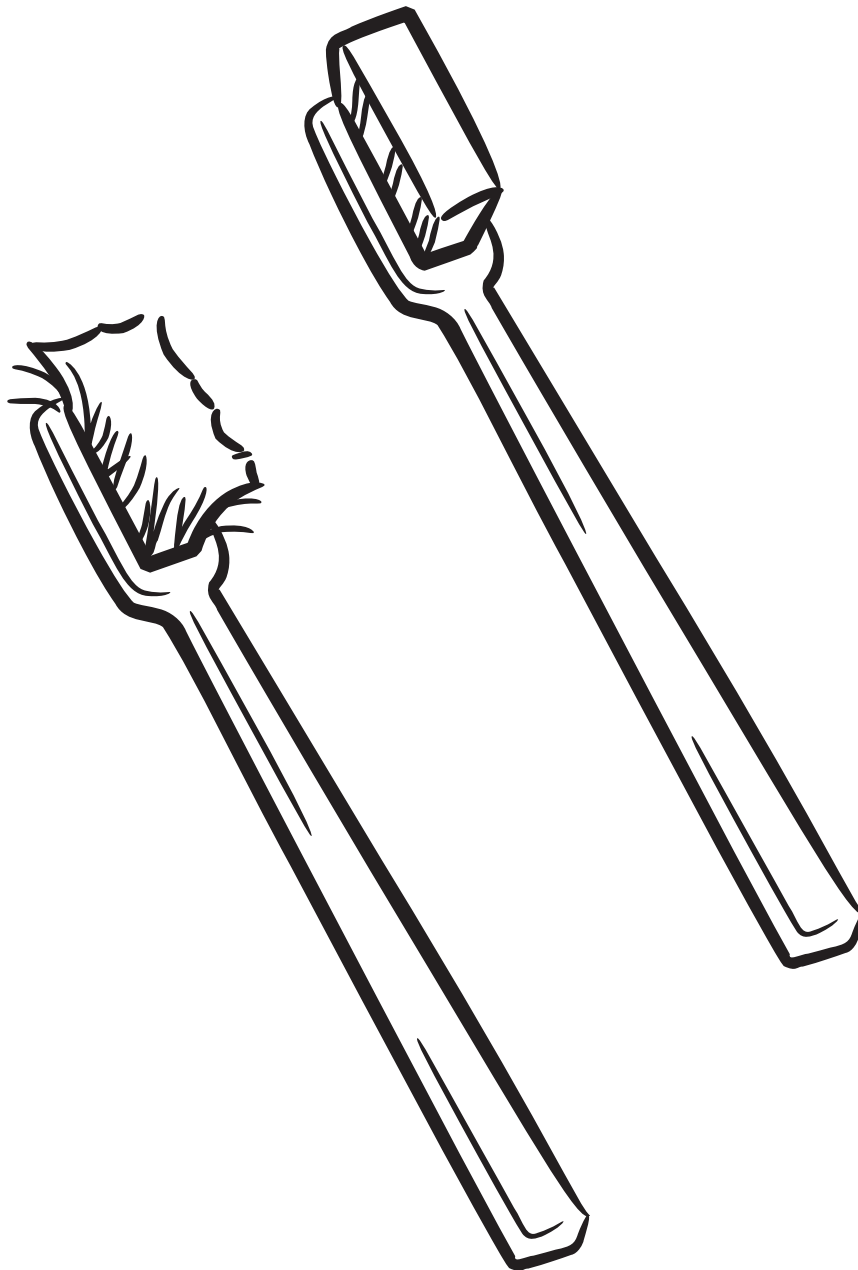


Upper Teeth		Erupt	Shed
Central incisor		8-12 mos.	6-7 yrs.
Lateral incisor		9-13 mos.	7-8 yrs.
Canine (cuspid)		16-22 mos.	10-12 yrs.
First molar		13-19 mos.	9-11 yrs.
Second molar		25-33 mos.	10-12 yrs.
Lower Teeth		Erupt	Shed
Second molar		23-31 mos.	10-12 yrs.
First molar		14-18 mos.	9-11 yrs.
Canine (cuspid)		17-23 mos.	9-12 yrs.
Lateral incisor		10-16 mos.	7-8 yrs.
Central incisor		6-10 mos.	6-7 yrs.

Permanent Tooth Development



Old & New Toothbrushes



Adult and Child-Size Toothbrushes

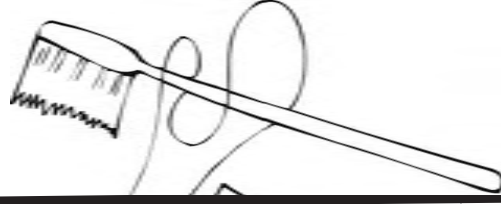
Which one would be easiest for him to use?





Oral Care Calendar

Put a happy face in the box when you brush twice each day.



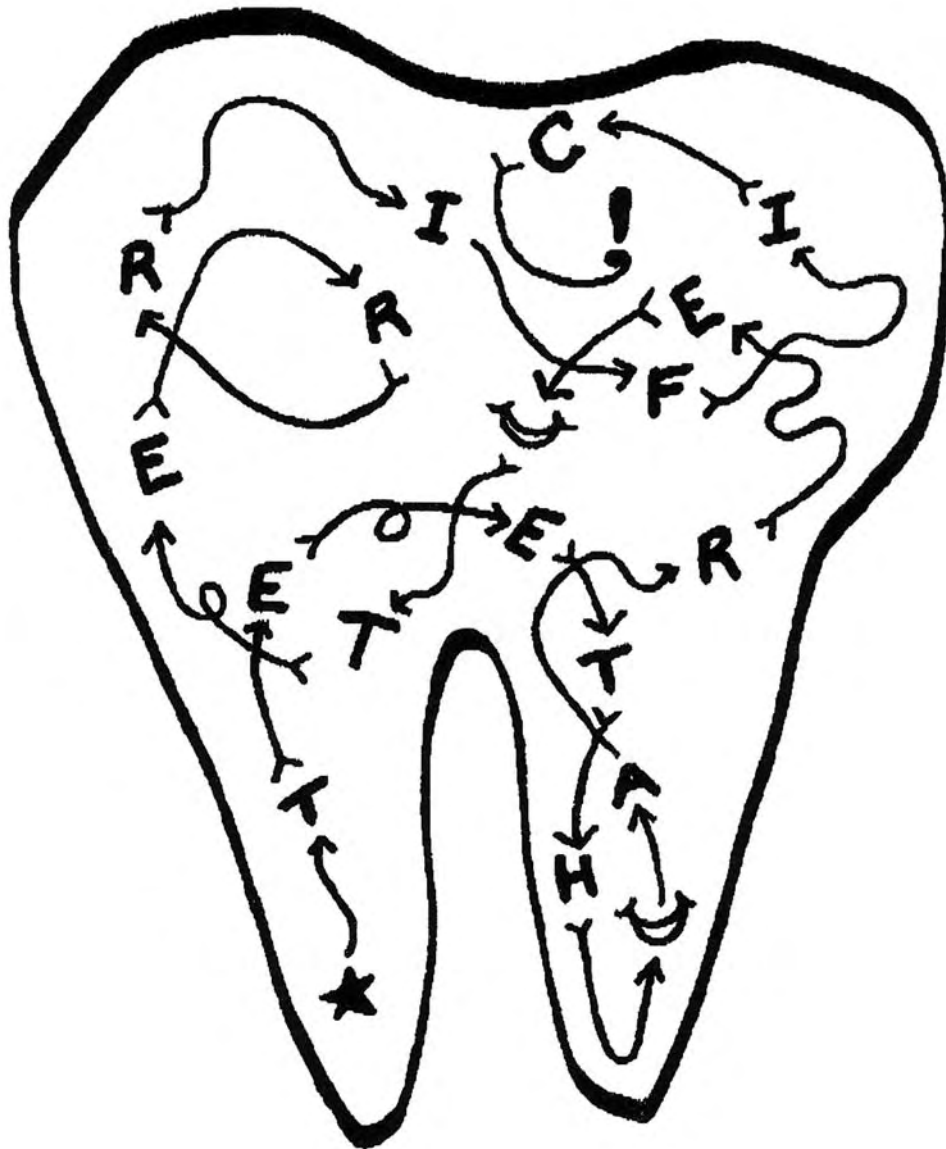
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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A-MAZE-ing Message

There is a message hidden in the tooth. Start at the star and follow the arrows.

Write down the letters on the spaces below as you come to them.

A smile means the end of a word. The next letter starts a new word.



----- !

Something's Missing

All the vowels (a, e, i, o, u) are missing from these dental words.

How many can you complete in two minutes?

(The answers are at the bottom of the page.)



br _ s h

j _ w s

c _ v _ t y

m _ _ t h

ch _ w

m _ _ t h g _ _ r d

cl _ _ n

n _ t r _ t _ _ n

d _ c _ y

pl _ q _ _

d _ n t _ s t

t _ _ t h b r _ s h

fl _ s s

s m _ l _

fl _ _ r _ d _

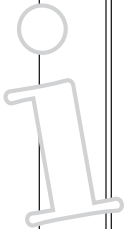
t _ _ t h

f _ _ d

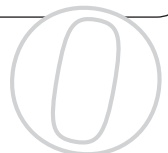
t _ _ t h p _ s t _

g _ m s

X - r _ y



Answers: brush, cavity, chew, clean, decay, dentist, floss, fluoride, food, gums, jaws, mouth, mouthguard, nutrition, plaque, toothbrush, smile, tooth, toothpaste, X-ray



Teeth to Treasure!

A lively classroom lesson for 4th through 6th grade students showing how taking good care of our teeth is something each of us can do.

Teeth to Treasure! reinforces good oral hygiene habits and focuses on special activities and conditions that require extra “tooth attention.”

This program from the American Dental Association (ADA):

- Helps instill in students a sense of competence and responsibility for keeping their teeth clean and healthy.
- Provides information on good oral health and tooth protection appropriate to their age and lifestyle.
- Reinforces dentists’ instructions on properly caring for teeth.

Teeth to Treasure! Gives you tools that can help you teach students the fundamentals of good oral health care:

- A flexible, modular lesson plan
- Support materials
- Hands-on classroom demonstrations
- Student activity sheets
- Suggestions for further dental health activities

Teeth to Treasure! is a valuable teaching tool for teachers, dentists, hygienists, school nurses, physicians and other health care professionals.

Teeth to Treasure!

A classroom lesson in good oral health care and tooth protection,
with special activities for 4th through 6th grade students.

MESSAGE TO THE TEACHER OR CLASSROOM PRESENTER

Teeth to Treasure! is a flexible oral health education program which can be used as a stand-alone lesson or to supplement an existing health curriculum. It is also a valuable teaching tool for dentists, hygienists, school nurses, physicians and other health care professionals.

Teeth to Treasure! is divided into two modules:

Module 1: "Protect Your Prized Possession!" approximate time: 20 minutes

Module 2: "Extra Protection for Terrific Teeth" approximate time: 10 minutes

The lesson objectives, key messages, and discussion topics can be presented in as little as half an hour, or can be supplemented with extra activities and discussions to serve as a full unit on dental care. This allows you to choose the method that will work best with the students. The lesson plan is loosely scripted with discussion questions, explanations and activities that you can easily adapt to your own unique style of teaching.

HOW **TEETH TO TREASURE!** WILL HELP YOUR STUDENTS

This program, developed by the American Dental Association (ADA), will:

- Provide information on good oral health and tooth protection appropriate to students' age and lifestyle.
- Instill in students a sense of competence and responsibility for keeping their teeth clean and healthy.
- Reinforce their dentists' instructions on properly caring for their teeth.

TEETH TO TREASURE! LESSON OBJECTIVES

The three lesson objectives are easy to remember and reinforce:

1. Taking good care of our teeth is something that each of us can do.
2. Adult (permanent) teeth are meant to last the rest of your life.
3. Special activities and conditions require extra "tooth attention."

BEFORE YOU START...

1. Read over the lesson plan and choose any of the supplemental activities you wish to incorporate.
2. Photocopy the *Teeth to Treasure! Word Search* and/or *Teeth to Treasure! Word Search Challenge* activity sheets for the students.
3. Collect the following materials for demonstrations: calculator; 4 Tums® antacid tablets; vinegar; 4 small paper cups; water; plastic wrap; transparent tape; dental floss.
4. Have the support materials for this unit handy: *How to Brush*; *How to Floss*; *Permanent Tooth Development*; *Old and New Toothbrushes*; *Mouthguard*; *Sealant Application*.

Module 1: “Protect Your Prized Possession!”

20 - 40 minutes

Key Message

Healthy teeth and mouth are important parts of a healthy body. Taking proper care of teeth now helps them last a lifetime.

Student goals

Upon completing this module students should be aware of the three basic steps to good oral health:

- Brush with fluoride toothpaste twice each day, and floss once each day.
- Eat nutritious foods and limit snacks.
- Visit your dentist regularly.

Module Topics (with discussion points and questions)

1. *Value*. Discuss what makes something valuable. [Write down all answers that apply to teeth: can't be replaced, good quality, lasts a long time, looks nice.] What about your teeth? Are they valuable? [Get opinions.] What do your teeth help you do?

Our teeth help us talk, eat and give us beautiful smiles!

2. *Primary and permanent teeth*. How many sets of teeth do people get in a lifetime? [Two.] What were your first teeth called? [Baby or primary teeth.] When you were little you got 20 baby teeth. Why did they fall out? [As children grow they need bigger, stronger teeth.] That's right, as you get older you need bigger, stronger teeth. By the time people are about 18 they have all 32 adult, or permanent teeth. (Show *Permanent Tooth Development*.) How long do permanent teeth last? [Your whole lifetime — more than 60 years with proper care.] If you lose a permanent tooth, will another one grow in? [No.]

We lose our 20 baby teeth and grow adult teeth because we need bigger, stronger teeth to last the rest of our lives. People get 32 permanent teeth, which can last a lifetime with proper care.

ACTIVITY #1: *Challenge Question: Are teeth a good quality product? (Give the calculator to a volunteer.) Here's the question: If you have your adult teeth for 60 years, and you eat three meals a day, how many times in your life will you use your teeth to chew food? [60 years x 365 days a year x 3 times a day = 65,700.] 65,700 chewing workouts — and that's if you don't eat snacks between meals! Now, just for fun, let's say that it takes ten minutes to eat a meal, and that you chew your food fifty times a minute. Can you figure out how many times your teeth would chew during those 65,700 workouts? [10 minutes x 50 chews/minute x 65,700 meals = 32,850,000 chews.] 32,850,000 chews! That's almost 33 million times for each tooth! Do you think your teeth are a good quality product? You bet!*

Permanent teeth can last more than 60 years!

3. *What happens if we don't take care of our teeth?* So taking care of your teeth sounds like a smart idea. What happens to your teeth if you don't take care of them? [Wait until someone mentions "cavities."]
4. *What a cavity is.* Let's talk about cavities and what causes them. What is a cavity? [A little hole in your tooth.] Right. A cavity is another name for tooth decay. What happens when something decays? [Gets rotten, falls apart, loses strength.] It's no different with your teeth. When your teeth decay, they lose their strength. The decay can also spread throughout your tooth.

A cavity is a small hole in a tooth, also known as tooth decay.

5. *What plaque is.* Does anyone know what causes cavities? [You may get a variety of answers, but they may not include plaque.] Those are all interesting answers, but there is one thing that plays a big part in causing decay, or cavities, in your teeth. It is called "plaque." [Write "plaque" on chalkboard.] Sound familiar? If you don't brush your teeth before you go to bed at night, how does your mouth feel when you wake up in the morning? [Tastes bad, smells bad, teeth feel sticky.] That is because plaque has been forming in your mouth all night. Plaque is a sticky, clear film that is forming on your teeth all the time.

Plaque is a sticky, clear film that is constantly forming on your teeth.

6. *How plaque contributes to decay.* Plaque is bad for your teeth because it contains germs. When you eat or drink sugary or starchy foods, the sugars and plaque mix together to make an acid. The acids in your mouth attack your tooth enamel — the hard outer layer of each tooth — and can cause decay. Each acid attack can last 20 minutes, making cavities bigger and bigger. Let's do a demonstration to help us understand how acid works on teeth.

ACTIVITY #2: Acid Attack. Place a Tums® tablet in each of two paper cups. Cover one tablet with vinegar; cover the other with water. Wait five minutes and empty the liquid out of the cups. What has happened to the tablets? The one in the vinegar has dissolved much faster than the one in plain water because vinegar is an acid. Both the Tums® tablet and a tooth contain calcium, and calcium dissolves more readily in acid than in water. [You may need to divide the class into 2 groups so that all the children can see. If possible, recruit another adult to assist with the demonstrations.]

**The sugars and germs in plaque mix together to make acid.
The acids in your mouth attack your teeth and can make cavities.
Repeated acid attacks make cavities grow bigger.**

7. *Repairing cavities.* What happens when someone gets a cavity in their tooth? Does it heal itself? [No. You have to go to the dentist to get it fixed.] That's right. Only your dentist can fix a cavity, by removing the decay and putting a special filling material in the hole.

**Cavities cannot go away by themselves.
They must be repaired by a dentist.**

8. *Keeping teeth and gums healthy.* So what can we do to get rid of the acid? How can you fight plaque and acid and keep those valuable permanent teeth healthy? [List answers which may include brushing, flossing, visiting the dentist, good food and beverage choices.] Let's talk about some of these.
9. *Proper brushing.* Let's list all the good things that happen when we brush our teeth. [Brushing cleans food and plaque off your teeth, fights acid, makes your breath smell good, makes your mouth taste good.] Good answers. How often should you brush your teeth? [Twice a day.] There is a very important ingredient in most toothpastes that helps your teeth. Does anyone know what it is? [Fluoride.] Who knows what fluoride does? [Fluoride prevents cavities by strengthening and protecting the tooth enamel from acid.]

**Brush twice a day with a fluoride toothpaste.
Fluoride toothpaste helps prevent cavities by strengthening
and protecting tooth enamel.**

Move the brush back and forth gently in short strokes. Brush the top, front, and back sides of each tooth. You should also brush your tongue — *very gently!* Really! Your tongue has lots of germs on it that can cause your breath to smell bad.

ACTIVITY #3: Here is a picture of one good way to brush your teeth. It says...
(Show *How to Brush* and read instructions. Ask for questions and comments.)

**Move the brush back and forth gently in short strokes.
Brush the top, front and back sides of each tooth.
Brush your tongue gently, too.**

10. *Toothbrushes.* What kind of toothbrush is best for your teeth? Should it be large or small? [Get several answers.] You're right! You should use a toothbrush is easy to hold and helps you reach all your teeth.

**Use a toothbrush that is easy to hold and
helps you reach all your teeth.**

ACTIVITY #4: (Show *Old and New Toothbrushes* and discuss when to get a new toothbrush.) Here are two toothbrushes. How can you tell if you need a new toothbrush? [If the bristles are bent or broken.] Yes, you should get a new toothbrush when the bristles are bent and worn out. A worn out toothbrush can't clean the plaque off your teeth very well.

11. *Flossing.* Who remembers what dental floss is? [A special kind of string for cleaning between your teeth.] How many of you floss? How many of you floss once a day? Cleaning between your teeth with floss is just as important as brushing. Do you know why? [Flossing cleans between the teeth, where your toothbrush can't reach.] Flossing helps keep your teeth AND gums healthy! Flossing is not as easy to do as brushing, so you might have to ask your dentist, parents or another adult to show you how to do it properly. You should floss your teeth very gently, once a day.

Floss your teeth gently, once a day.

ACTIVITY #5: Show floss and explain the technique used in *How to Floss*.

12. *Good nutrition.* How does what we eat or drink affect our teeth? [Get a few comments.] What we eat can affect how much acid is made by the plaque in our mouths. Who remembers the food groups? [Make list on board.] Eating a mix of foods from these groups for breakfast, lunch and dinner is the best way to keep your teeth and whole body in good shape. (Visit www.mypyramid.gov for more information.) Let's see how good you are at making up some healthy meals.

ACTIVITY #6 (if time allows): Divide the class into teams of four students. See which group can make a menu of three balanced meals first. Discuss the choices, and how nutritious foods benefit your teeth as well as your total health.

Eating a nutritious mix of foods is the best way to keep your teeth and body healthy.

Good job! But what about snacks, sweets and soda pop? [Get opinions.] Eating sweets all day or drinking lots of soda pop is not good for our bodies, and it can cause cavities, too. Who remembers what happens in our mouths after we eat? Yes, plaque and sugar mix to form acid. Then the acid attacks our teeth. The more often we eat snacks, the more acid attacks we have. But that doesn't mean that all snacks are bad for you. Sometimes growing children and teens need to eat between meals. If you are hungry and need a snack, choose nutritious foods like fruit, low-fat cheese, low-fat yogurt or raw vegetables. If you are thirsty, have a glass of water or low-fat milk. Save the sweets to eat and drink with your meals. A full meal produces lots of saliva in your mouth that helps wash away the acids from your teeth.

**If you have sweets, eat or drink them with your meals.
If you need a snack, choose nutritious foods.**

What about chewing gum? [Get opinions.] Chewing gum for about 20 minutes immediately after a meal or snack is okay as long as the gum is sugarless. In fact, sugar-free gum makes your mouth produce more saliva that can help rinse the acid off your teeth. When you are finished chewing, be sure to throw it away in a trash can.

Chewing sugarless gum increases saliva and helps wash out food and acid.

13. *Dental visits.* So far we have talked about three important ways you can care for your teeth — brushing, flossing and eating nutritious foods. There is one more very important thing we should all do to keep our teeth and gums healthy. Who can tell me what it is? Yes! Visit your dentist regularly. What does your dentist do? [Examines your teeth and mouth to see if they are healthy. Tells you how to take good care of your teeth. Fixes cavities and repairs teeth.] What else happens when you go to the dentist? [Get your teeth cleaned, have X-rays to see the insides of teeth to check for cavities and other problems, may get fluoride treatments.] Your dentist will tell you when your next visit should be.

Visit your dentist regularly.

Let's review what we know:

Summary: Kids in 4th, 5th and 6th grades can do a lot to help keep their teeth and gums in great shape! Brush twice a day with fluoride toothpaste, floss once a day, eat nutritious foods and limit snacks and visit your dentist regularly.

Module 2: “Extra Protection for Terrific Teeth”

approximate time: 10 minutes

Key Message

In addition to good oral hygiene and regular dental visits, sealants, mouthguards and good health habits can help teeth last a lifetime.

Student goals

Upon completing this module students should be aware of additional ways that teeth can be protected and kept healthy:

- What dental sealants are, and how they protect teeth from cavities.
- Why wearing mouthguards during active sports is important.
- Recognizing and eliminating behaviors that can harm their teeth.

Module Topics (with discussion points and questions)

1. *Dental sealants.* In addition to keeping your teeth clean, eating nutritious foods and visiting your dentist regularly, there are several other ways you can help your teeth last a lifetime. Does anyone know what dental sealants are? [Some children may have already had sealants applied to their teeth and may be able to explain the process to the class.] After your permanent molars have come in — the large adult teeth toward the back of your mouth — your dentist can coat them with a special dental plastic that seals out decay. Applying sealants is quick, easy and painless. Sealants can last for several years. How many of you have had sealants applied to your permanent teeth? Sealants are additional protection from decay that many of your parents didn't have. When your parents were children, getting cavities was much more common than it is today. This doesn't mean that you can stop caring for your teeth. You still need to brush and floss every day! Sealants are added protection.

ACTIVITY #7: Sealant Application. Here is a picture of a dental sealant being applied to a tooth. [If time permits, discuss students' experiences with sealants.]

Dental sealants are a special plastic coating that protect teeth from decay.

ACTIVITY #8: Let's do another experiment, this time to see if a plastic coating can protect our pretend tooth from the acid in vinegar. (Repeat Tums® acid test, this time to show the effectiveness of sealants. Wrap one Tums® in plastic wrap and seal with transparent tape, leaving the other unwrapped. Place each in the bottom of a paper cup. Cover both with vinegar. Wait five minutes and pour off the liquid. Unwrap the plastic from the Tums® tablet. The plastic has protected the "tooth" from the acid.) [You may need to divide your class into 2 groups so that all the children can see. If possible, recruit another adult to assist with the demonstrations.]

2. *Mouthguards.* There is something else you can do to protect your teeth, but this is used to help protect your teeth from getting broken or knocked out. Does anyone know what I'm thinking of? I'll give you a hint. You use it for active sports. [Mouthguard.] That's right! A mouthguard. How many of you have ever worn a mouthguard? A mouthguard is a piece of soft, molded plastic that covers your upper teeth. Your dentist can make one that fits your teeth exactly, or you can buy an unshaped mouthguard at the store that can be softened in boiling water and then shaped to fit over your teeth.

ACTIVITY #9: Mouthguard. Here is a picture of a mouthguard. Can someone explain to the class how it fits on the teeth?

Why is it so important to use a mouthguard? [Because if you lose your permanent teeth, new ones will not grow in to replace them.] Do you know anyone who has had teeth knocked out during sports? Will those teeth ever grow back? Wearing a mouthguard is smart even if you don't really want to wear it.

Let's list all the sports and activities that we can think of where your teeth and mouth might be injured. (Remember to include non-team sports such as skateboarding, gymnastics, and rollerblading.)

Mouthguards protect teeth from injury and should be used during all active sports.

Your dentist can make a custom mouthguard, or a self-fitted mouthguard can be purchased at a store.

3. *Behaviors that can hurt teeth.* Is there anything else you can do to protect those priceless treasures in your mouth? Sometimes NOT doing certain things is just as important as the positive things you do. Avoiding bad habits and unhealthy activities is important too. Can anyone name something you might do that would injure your teeth or the health of your mouth? [Write suggestions on chalkboard.]

4. *Chewing on hard objects.* What about chewing on hard objects? Chewing on ice cubes, pencils and pens, or even hard candy can chip or crack your teeth. Even though your teeth are made to last a lifetime, they are made for chewing food only!

Don't chew on hard objects like pencils, ice cubes or hard candy.

5. *Tobacco.* There is another bad habit that is very dangerous, not only for your teeth, but for your mouth and entire body: using tobacco products. Tobacco is bad for your total health. All tobacco — not just cigarettes and cigars. Smokeless tobacco, also called chew, can cause mouth, tongue and lip cancer, and is sometimes more addictive than cigarettes. Tobacco products also stain your teeth and cause gum disease and tooth loss. AND – tobacco products cost a lot of money! Bottom line: There is nothing good to say about tobacco products. Never starting is your best defense against all the health problems related to tobacco.

Tobacco products can cause gum disease, tooth loss and cancer. BE SMART; DON'T START! AND SAVE MONEY, TOO!

We have learned a lot about our teeth today and how to take good care of them.

1. Taking good care of our teeth is something that each of us can do.
2. Your permanent teeth are meant to last a lifetime.
3. Special activities and conditions require extra “tooth attention.”

Summary: *Kids, parents and their dentist can work together to provide extra protection for precious teeth.*

ACTIVITY #10: Have students work individually or in pairs to complete the activity sheet *Teeth to Treasure! Word Search* or *Teeth to Treasure! Word Search Challenge* (based on students' ability levels or time allowed). [You may wish to have copies of *Permanent Tooth Development* and *Tooth Anatomy* available as a reference.]

SUPPLEMENTAL ACTIVITIES

1. Bring a store-bought mouthguard to class and talk about how it helps protect teeth. (You may be able to get one from your school's physical education department.) Also, remind students that their dentist can make a mouthguard that is custom-fitted to their mouth.
2. Have students work in pairs or small groups and make up recipes or snacks that are nutritious.
3. Have students develop a "Dental Health Quiz" which awards points for good oral health habits.
4. Invite a dentist to your class. (Dental Organizations often provide a list of speakers. Visit the Dental Organizations section of ADA.org, to search for a State or Local Dental Organization nearest you. <http://www.ada.org/goto/organizations/index.asp>)
5. For more online classroom resources, visit the Students & Teachers section of ADA.org. <http://www.ada.org/public/education/index.asp>

SUPPORT MATERIALS: CHARTS AND DIAGRAMS

- *How to Brush*
- *How to Floss*
- *Permanent Tooth Development*
- *Old and New Toothbrushes*
- *Mouthguard*
- *Sealant Application*

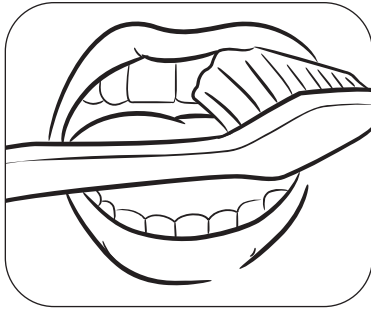
STUDENT ACTIVITY SHEETS

- *Teeth to Treasure! Word Search*
- *Teeth to Treasure! Word Search Challenge*

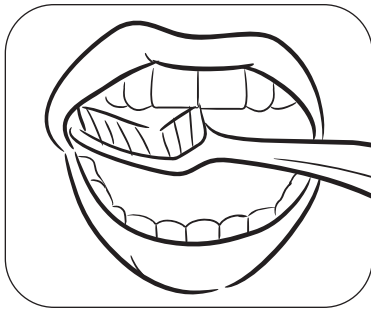
Additional educational materials are available for purchase by calling 1-800-947-4746 or by visiting www.adacatalog.org.

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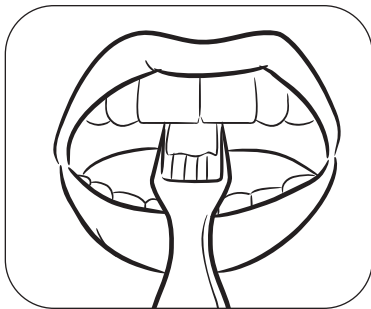
How to Brush



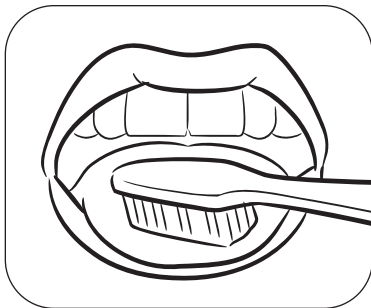
- Place the toothbrush at a 45-degree angle to the gums.



- Move the brush back and forth gently in short strokes.

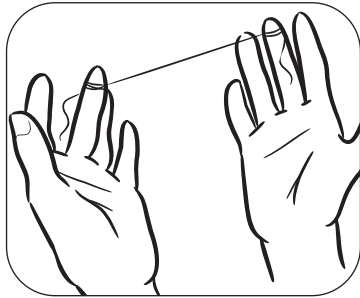


- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

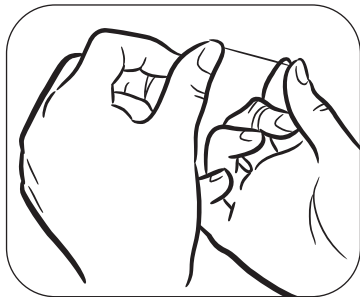


- Brush your tongue to remove bacteria and keep your breath fresh.

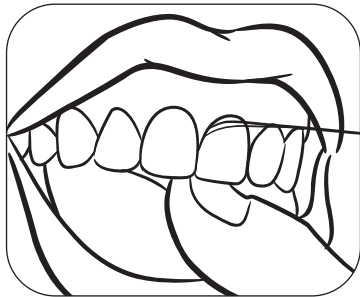
How to Floss



- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.

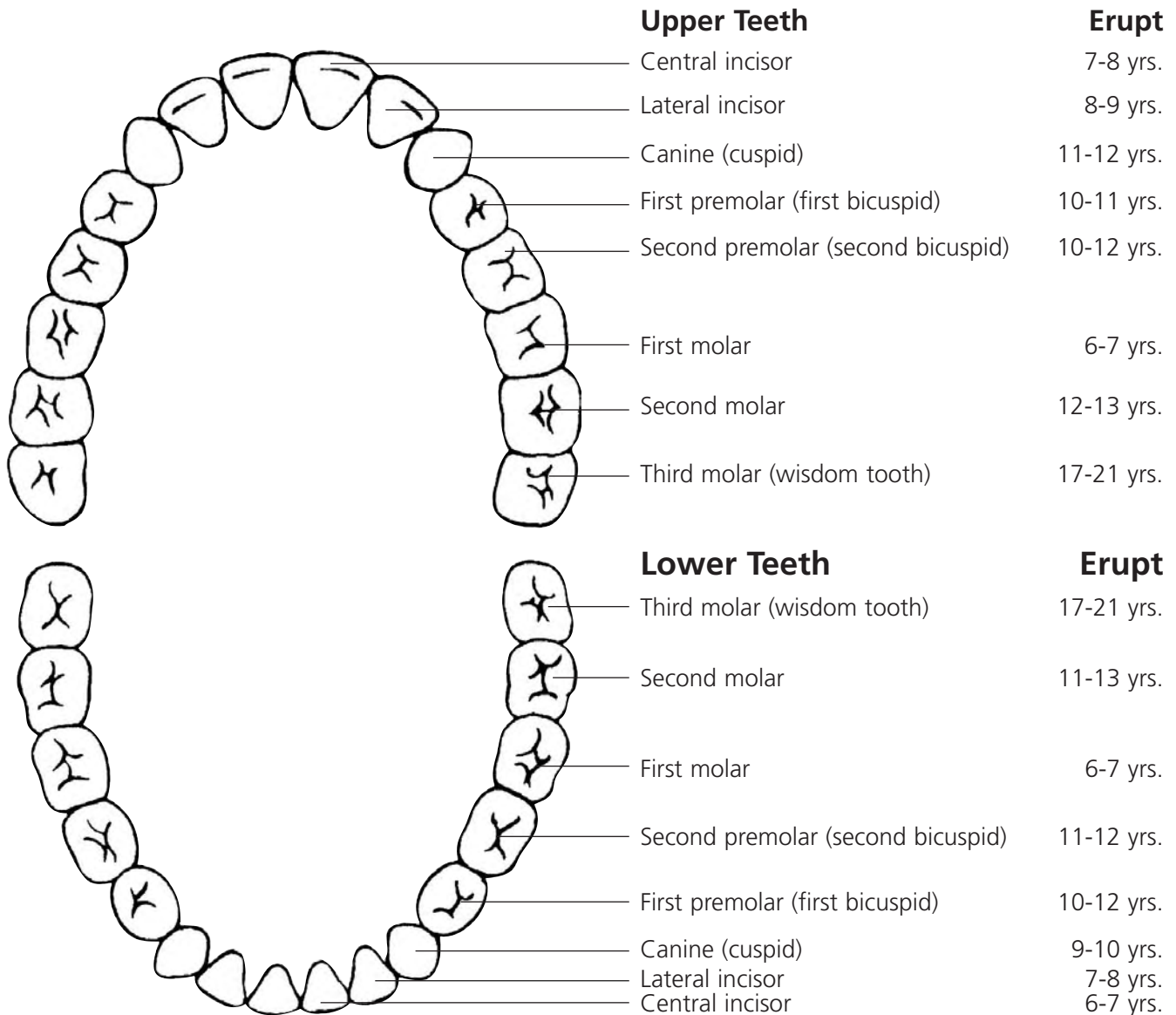


- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.

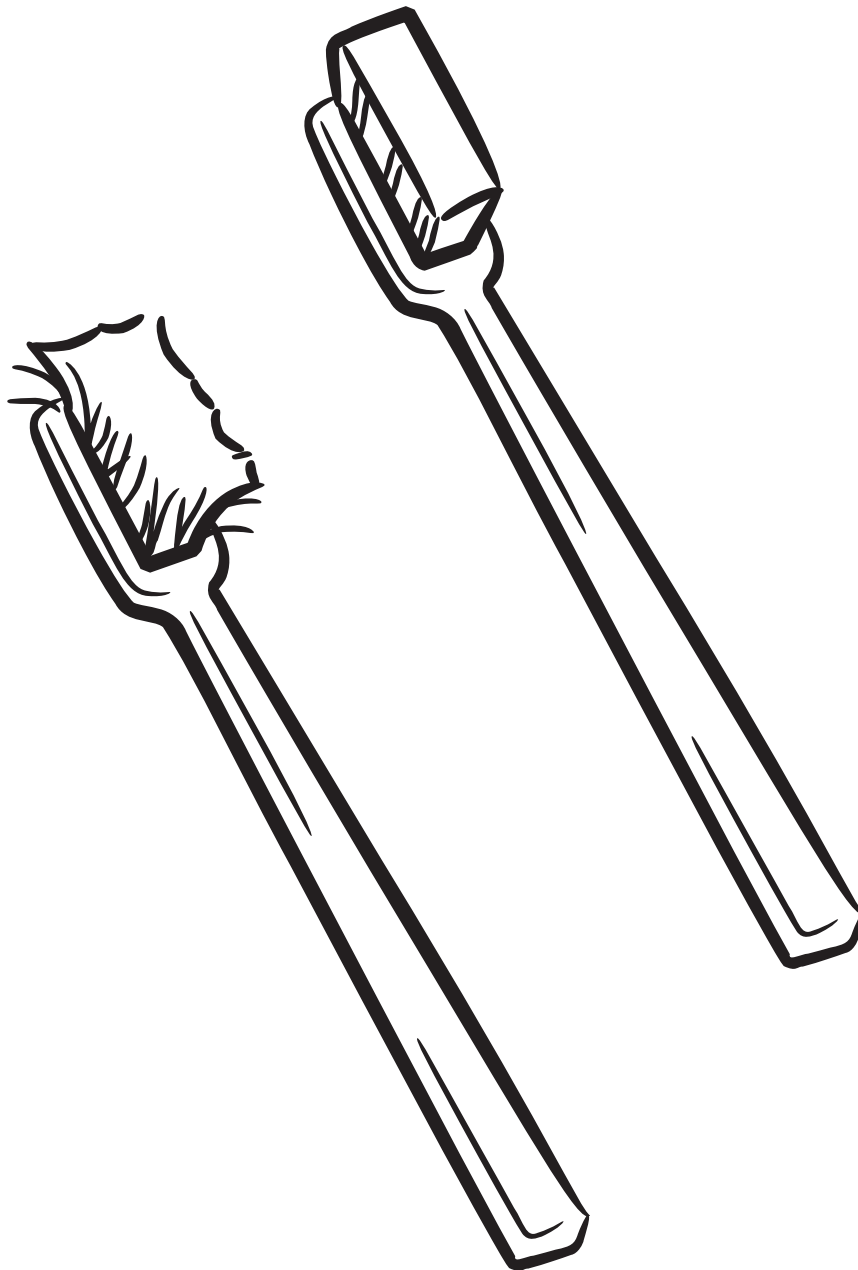


- Floss all your teeth. Don't forget to floss behind your back teeth.

Permanent Tooth Development



Old & New Toothbrushes



Mouthguard



Sealant Application



Teeth to Treasure!

Word Search

See how many words you can find in 20 minutes!

Words go across, up, down, and diagonal.

D C V M S S R J E G S D K F S
C S X O S M R Y T F V L R S T
Q B T O N G U E S G I U E O E
H R C X I P L G A M I L B U S
R S P T A J I I P T B A Q L L
F L U O R I D E H A C A S O M
T P F R G D G F T C L A E Y S
L H Q T B K E E O P Y X A F T
K E C H T H G N O K W S L L A
K W M J X E T H T O O T A O E
E D H A V I T O Z I D C N S M
B J X D N P U S O X S A T S E
S G M C M E S G N T W T I R E
D R A U G H T U O M L I Y L T
Y T I V A C U H F S Z X E O Y

CAVITY

FLOSS

GUMS

PLAQUE

TOOTH

DAILY

FLUORIDE

MEAT

SEALANT

TOOTHBRUSH

DENTIST

FRUIT

MILK

TOBACCO

TOOTHPASTE

ENAMEL

GRAINS

MOUTHGUARD

TONGUE

VEGETABLES

Teeth to Treasure!

Word Search Challenge

See how many words you can find in 20 minutes!

Words go across, up, down, and diagonal.

K E F Q J S P M O D K R D G C Q T M T E
 M Z K L D W E B O T P O H R K S E O C U
 X D G M O F C L S U C O B T I W O R E Q
 D A I L Y S W N B A T T D T J T S L D A
 A S G L E B S O V A J H N B H W P P I L
 H C E K I L C I F S T E G B E N I R R P
 E T S A P H T O O T D E R U J J L E O G
 P J U V L Y M F C S L U G A A N N V U J
 T D L E M A N E U Z S E O E Y R E E L U
 O E O O X B N G O H Y V F R V M D N F F
 B F V Q A E A T K X V L J T A P K T A U
 A S U N U R Y P X P K L A D F L E I K P
 C L N G W Q H T O O T E H N R Q T O V H
 C S N I H V L G K Z M W A J U B P N A X
 O O M I A N X G I X A N A F I X P Z R H
 T F I U A R V U C Z K H Z U T Z B A L D
 U I U Y G C G C P P B V X K P J Y S R Z
 P R I M A R Y Z A T E K Y L V P I R F J
 I I U J M I L K I K M O G N T L Z I L B
 B Q L X O I W D L A E H V L E U Z L I E

CAVITY
 DAILY
 DENTIST
 ENAMEL
 FLOSS
 FLUORIDE

FRUIT
 GRAINS
 GUMS
 JAW
 LIPS
 MEAT

MILK
 MOUTHGUARD
 ORAL
 PLAQUE
 PREVENTION
 PRIMARY

ROOT
 SEALANT
 SUGAR
 TOBACCO
 TONGUE
 TOOTH

TOOTHBRUSH
 TOOTHPASTE
 VEGETABLES
 XRAY

Watch Your Mouth!

A dynamic and thought-provoking classroom lesson for 7th and 8th grade students. *Watch Your Mouth!* shows how informed teens can make smart choices to protect their teeth and health.

Watch Your Mouth! reinforces good oral hygiene habits and focuses on special activities and conditions that require extra “tooth attention.” This program from the American Dental Association (ADA):

- Helps instill in students a sense of competence and responsibility for caring for their teeth and mouth.
- Provides accurate and timely information on behaviors that can cause dental health problems, such as mouth piercing and tobacco use.
- Reinforces dentists’ instructions on properly caring for teeth.

Watch Your Mouth! provides tools that can help you teach students essential dental health care practices:

- A flexible, modular lesson plan
- Support materials
- Hands-on classroom demonstrations
- Student activity sheets
- Suggestions for further dental health activities

Watch Your Mouth! is a valuable teaching tool for teachers, dentists, hygienists, school nurses, physicians and other health care professionals.

Watch Your Mouth!

A classroom lesson in good oral health care, with an emphasis on how informed teens can make smart choices to protect their teeth and health. Includes special activities designed for 7th and 8th grade students.

MESSAGE TO THE TEACHER OR CLASSROOM PRESENTER

Watch Your Mouth! is a flexible oral health education program which can be used as a stand-alone lesson or to supplement your existing health curriculum. It is a valuable teaching tool for teachers, dentists, hygienists, school nurses, physicians and other health care professionals.

Watch Your Mouth! is divided into two modules:

Module 1: "Be Smart about Your Smile!" approximate time: 15 minutes

Module 2: "Going the Extra Mile for Tooth Protection" approximate time: 15 minutes

The lesson objectives, key messages, and discussion topics can be presented in as little as half an hour, or can be supplemented with extra activities and discussions to serve as a full unit on dental care. This allows you to choose the method that will work best with the students. The lesson plan is loosely scripted with discussion questions, explanations and activities that you can easily adapt to your own unique style of teaching.

WATCH YOUR MOUTH! WILL HELP YOUR STUDENTS

This program, developed by the American Dental Association (ADA), will:

- Help instill in students a sense of competence and responsibility for caring for their teeth.
- Provide accurate and timely information on behaviors that can cause dental health problems, such as mouth piercing and tobacco use.
- Reinforce their dentists' instructions on properly caring for their teeth.

WATCH YOUR MOUTH! LESSON OBJECTIVES

The three lesson objectives are targeted to the concerns and interests of the young teen. Students will learn that:

1. Taking good care of our teeth enhances our health and appearance.
2. Special activities and conditions require extra "tooth attention."
3. Avoiding certain activities can protect dental and total health.

BEFORE YOU START...

1. Read over the lesson plan and choose any of the supplemental activities you wish to incorporate.
2. Photocopy the activity sheet *Watch Your Mouth! Crossword Puzzle* for the students.
3. Collect the following materials: new toothbrush, toothpaste; poster board and markers.
4. Have the support materials for this unit handy: *How to Brush; How to Floss; Permanent Tooth Development; Tooth Anatomy; Old and New Toothbrushes; Mouthguard.*

Module 1: “Be Smart about Your Smile!”

15 -30 minutes

Key Message

Taking proper care of your teeth enhances your total health and gives you a more attractive appearance.

Student goals

Upon completing this module students should be aware that good oral health habits:

- Help keep their whole body healthy and fit.
- Can help them do their best at school and in sports (because they will feel better, both physically and psychologically).
- Have cosmetic benefits, including a nicer looking smile, fresh breath, and social confidence.

Module Topics (with discussion points and questions)

1. *Personal appearance.* Let's make a list of things that help a person be more attractive. I don't mean good looking or popular; I'm looking for ideas about what makes people of any age attractive. [List on chalkboard: Personality attributes like friendliness, intelligence, confidence; Physical attributes like their smile, cleanliness, being physically fit, having good health.]
2. *The benefits of a nice smile.* Since we are going to be talking about teeth and good oral health in a few minutes, let's talk a little more about having an attractive smile. What does it take to get and keep a nice smile? [Keep teeth clean by brushing and flossing, visit your dentist, eat nutritious foods, don't smoke.] Yes, all those things affect your smile, your teeth, your health and your appearance.

Good oral health habits play a big part in having a nice smile, speaking well, being able to eat properly and having confidence.

3. *What happens if teeth are not cared for?* So taking care of your teeth sounds like a smart idea. What happens to your teeth if you don't take care of them? [Bad breath, stains, cavities, swollen gums, maybe tooth loss.]
4. *What a cavity is.* None of those things sound very appealing. Let's talk about cavities and what causes them. What is a cavity? [A little hole in your tooth.] Right. A cavity is another name for tooth decay. What happens when something decays? [Gets rotten, falls apart, loses strength.] It's no different with your teeth. When your teeth decay, they lose their strength. The decay can spread throughout your tooth.

**A cavity is a small hole in a tooth,
also known as tooth decay.**

5. *What plaque is.* Does anyone remember what causes cavities? [You may get a variety of answers, but they may not include plaque.] Those are all interesting answers, but there is one thing that plays a big part in causing decay, or cavities, in your teeth. It is called “plaque.” Sound familiar? If you don’t brush your teeth before going to bed at night, how does your mouth feel when you wake up in the morning? [Tastes bad, smells bad, teeth feel sticky.] That is because plaque has been forming in your mouth all night. Plaque is a sticky, clear film that is forming on your teeth 24 hours a day.

**Plaque is a sticky, clear film that is constantly
forming on your teeth.**

6. *How plaque contributes to decay.* When you eat or drink foods containing sugars and starches, the bacteria (germs) in plaque produce acids that attack tooth enamel. The stickiness of the plaque keeps the harmful acids against the teeth. After many such attacks, the tooth enamel — the hard outer layer of each tooth — breaks down and a cavity forms. Each acid attack can last as long as 20 minutes, making cavities bigger and bigger. So, do any of you think you have plaque on your teeth right now?
7. *Plaque and gum disease.* If the plaque is not removed effectively with daily brushing and cleaning between teeth with floss, it eventually hardens into *calculus* or *tartar*. Tartar must be removed, because it makes your teeth more difficult to clean. If tartar is not removed, it can lead to gingivitis, an early form of gum disease in which your gums become irritated and can bleed easily. [*Gingiva* = gums; *-itis* = inflammation] That’s why it is important to brush your teeth twice a day, floss daily and have your teeth professionally cleaned at the dental office.

**The sugars in food and germs in plaque mix together
to make acid. The acids in your mouth attack your teeth
and can make cavities. Repeated acid attacks make
cavities grow bigger.**

**Twice-daily brushing and once-daily flossing help remove
bits of food and plaque from the mouth and are *essential*
in preventing both tooth decay and gum disease.**

7. *Repairing cavities.* What happens when someone gets a cavity in their tooth? Does it heal itself? [No. You have to go to the dentist to get it repaired.] That’s right. Only your dentist can repair a cavity, by removing the decay and putting a special filling material in the hole.

**Cavities cannot go away by themselves.
They must be treated by a dentist.**

8. *Three ways to keep teeth their best.* Let's talk about the three main ways we can keep those "pearly whites" in smiling condition: proper brushing and flossing, eating nutritious foods, and regular dental visits.
9. *Proper brushing.* Let's start with brushing, and list all the good things that happen when we brush our teeth. [Brushing cleans food and plaque off teeth, fights acid, makes your breath smell good, makes your mouth taste good.] Good answers. How often should you brush your teeth? [Twice a day.] There is an important ingredient in most toothpaste that helps your teeth. Does anyone know what it is? [Fluoride.] What does fluoride do? [Fluoride prevents cavities by strengthening and protecting the tooth enamel from acid.]

**Brush twice a day with a fluoride toothpaste.
Fluoride toothpaste helps prevent cavities by
protecting tooth enamel.**

Move the brush back and forth gently in short strokes. Brush the top, front, and back sides of each tooth. If you are wearing braces, you should ask your general dentist or orthodontist about the best way to brush and keep your teeth clean.

You should also *gently* brush your tongue. Really! Your tongue has lots of germs on it that can cause your breath to smell bad. And by the way, toothbrushes don't last forever. If your toothbrush looks like this (hold up *Old and New Toothbrushes*), with bent or broken bristles, it's time to toss it and get a new one! You should use a toothbrush that is comfortable to hold and easily reaches all tooth surfaces.

ACTIVITY #1: Here is a picture of one way to brush your teeth. It says...
(Show *How to Brush* and read instructions. Ask for questions and comments.)

**Move the brush back and forth gently in short strokes.
Brush the top, front and back sides of each tooth.
Brush your tongue gently, too.**

**Use a toothbrush that easily reaches all tooth surfaces
and is comfortable to hold.**

10. *Flossing.* How many of you floss your teeth each day? Flossing cleans between your teeth, which is just as important as brushing them. There are lots of types of floss you can choose from — waxed, unwaxed, flavored, string or flat tape. Flossing is not as easy to do as brushing, so if you don't remember how, ask your dentist, then practice.

You should floss once a day. Why is flossing important? [Helps remove bits of food and plaque from between teeth, where your toothbrush can't reach. Helps keep your gums healthy.] Your permanent teeth are much closer together than your baby teeth were, and flossing those choppers is essential for healthy teeth and gums — and fresh breath, too! But floss gently. It doesn't take a lot of muscle to remove the plaque and debris from between your teeth — just determination.

Floss your teeth gently, once a day.

ACTIVITY #2: Show floss and explain the technique used in *How to Floss*.

11. *Good nutrition.* How does what we eat and drink affect our teeth? [Get a few comments.] What we eat and drink, and how often, affect how much acid is made by the plaque in our mouths.

What we eat and drink, and how often, affect how much acid is produced in our mouths.

Who remembers the food groups? [List on board.] Eating a mix of foods from these groups for breakfast, lunch and dinner is the best way to keep your teeth and whole body in good shape. You know how important it is to eat right when you are in sports or dance. Well, your teeth are just as affected by what you put in your mouth. Did you know that Olympic athletes have their own dentist? That's because athletes cannot reach peak performance if their mouths are sore or if their teeth ache. Eating a nutritious mix of foods also helps you stay at your proper weight, helps keep your skin clear and makes your hair shiny! (Visit www.mypyramid.gov for more information.) So let's see how good you are at making up some healthy meals.

ACTIVITY #3: Divide the class into teams of four students. See which can be the first group to make up a menu of three balanced meals and two healthy snacks. Discuss the choices, and how nutritious foods benefit your teeth as well as your total health.

Eating a nutritious mix of foods from the food groups is the best way to keep your teeth and body healthy.

Those are very creative meal ideas! But what about sweets? Do you have to give up ALL sweets to have a healthy body and teeth? [Get opinions.] Munching on snacks all day and drinking lots of soda pop is not good for your body. It can cause an unhealthy

weight gain and cavities, too! Who remembers what happens in our mouths after we eat? Yes, plaque and sugar mix to form acid. Then the acid attacks our teeth. The more often we eat snacks, the more acid attacks we have. Don't eat too many sweets or drink a lot of soda pop. But if you have sweets, eat or drink them with your meals, because your saliva helps wash the acid off your teeth. If you need a snack between meals, choose nutritious foods like fruit, low-fat cheese, low-fat yogurt, or raw vegetables. If you are thirsty, have a glass of water or low-fat milk.

**If you want sweets, eat or drink them with your meals.
If you snack, eat nutritious foods.**

What about chewing gum? [Get opinions.] Chewing gum for about 20 minutes immediately after a meal or snack is okay as long as the gum is sugarless. In fact, sugar-free gum makes your mouth produce more saliva, which helps rinse the acid off your teeth to prevent tooth decay.

**Chewing sugarless gum increases saliva and
helps wash out food and acid.**

12. *Dental visits.* So far we have talked about three important ways you can care for your teeth — brushing, flossing and eating nutritious foods. There is one more very important thing we should all do to keep our teeth healthy — visit our dentist regularly. What does your dentist do? Let's list some of the things that can happen during a routine dental visit. [Examines your teeth, gums and the rest of your mouth to see if they are healthy; tells you how to take good care of your teeth; fixes cavities and repairs teeth; checks your mouth for sores and signs of cancer; sometimes takes X-rays to see the insides of teeth and jawbone; gives you a fluoride treatment.]

What else? [You have your teeth professionally cleaned.] Why is that important? [Even when you brush well, some plaque stays on your teeth and, over time, hardens into tartar. Tartar can only be removed by a professional cleaning.] Who remembers what we said earlier about why tartar must be removed from teeth? [Tartar must be removed because it makes your teeth more difficult to clean. If tartar is not removed, it can lead to *gingivitis*, an early form of gum disease in which your gums become irritated and can bleed easily.]

Ask your dentist when your next visit should be!

**Visit your dentist regularly.
A routine dental visit includes an examination of your teeth
and mouth, professional cleaning, and may include X-rays,
repair of damaged teeth and a fluoride treatment.**

Summary: *Good oral health care provides many benefits that go beyond cavity prevention.*

- *It helps keep your whole body healthy and fit.*
- *It can help you do your best at school and in sports, because you will feel better, both physically and mentally.*
- *It has cosmetic benefits, including a nicer looking smile, fresh breath, and social confidence.*

Module 2: “Going the Extra Mile for Tooth Protection” approximate time: 15 minutes

Key Message

In addition to daily dental health care, there are many ways that teens can protect their smiles.

Student goals

Upon completing this module students should be aware of additional ways that teeth can be protected and kept healthy:

- Recognizing and eliminating behaviors that can harm teeth, such as mouth piercing and tobacco use.
- Wearing mouthguards during active sports is important to protect teeth, mouth and face.

Module Topics (with discussion points and questions)

1. *Popular behaviors and bad habits that can damage teeth and health.* One of the toughest parts about being a teen is that you have to make choices that can affect your health, your appearance and your future. Some are just little things, like how you wear your hair, but some are decisions that can have a lasting effect on your life. We are going to talk about a few that are directly related to the health of your teeth and mouth.
2. *Trends and peer pressure.* Why is it so hard sometimes to make smart choices? [Comments may include: developing bad habits; the difficulty of going against trends or peer pressure; not knowing what the smart choice is; sometimes bad choices are more fun than good choices.] What are some choices that you may have to make — either now or as you get older — that can affect your teeth and mouth? [mouth piercing/mouth jewelry; smoking; chewing tobacco; eating too much junk food and drinking too much soda pop; not visiting the dentist; not using a mouthguard]
3. *Bad habits.* Let’s talk first about getting rid of a bad habit that many of us have — chewing on hard objects. Do you ever find yourself chewing on ice cubes, pencils and pens? Chewing on hard objects — even hard candy — can chip or crack your teeth. Your teeth are made to last a lifetime, but they are made for chewing food only! How can you break a bad habit like chewing on hard objects? [Put notes reminding yourself not to chew on things around your house and desk; ask friends to remind you if they see you chewing on stuff; chew more sugarless gum.] It’s hard to break bad habits, but you can do it! Recognizing that you have a bad habit is the first step.

**Don’t chew on hard objects like pencils,
ice cubes or hard candy.
Ask friends and family to help you break bad habits.**

4. *Tobacco.* There is another bad habit that is very dangerous, not only for your teeth, but for your mouth and entire body: using tobacco products. ALL tobacco is bad for your health, not just cigarettes and cigars. Smokeless tobacco, also called chew, snuff, dip or spitting tobacco, has become a very serious health problem for teens and young adults today. You know that smoking cigarettes can eventually kill you. You may not know that smokeless tobacco can cause mouth, tongue and lip cancer, and can be more addictive than cigarettes. Tobacco products also stain your teeth and cause gum disease and tooth loss. That certainly won't help your appearance any! Listen to these statistics: 1.) Approximately 28,000 people were diagnosed as having oral (mouth) cancer last year. Many of them probably thought they were safe because they used smokeless tobacco. Wrong! 2.) About 7,200 people will die from mouth cancer this year. AND – tobacco products cost a lot of money! Bottom line: There is nothing good to say about tobacco products. Never starting is your best defense against all the health problems related to tobacco.

Tobacco products are expensive and cause gum disease, tooth loss and cancer. BE SMART; DON'T START! AND SAVE MONEY, TOO!

ACTIVITY #4: Working in pairs, have the students write anti-tobacco-use slogans. Choose a class favorite and write it on a large piece of poster board to hang in your classroom.

5. *Mouth jewelry.* Let's talk about mouth jewelry. You might think pierced lips and tongues are attractive, or you might not, but you probably don't know just how dangerous these piercings can be. What do you think can happen to your teeth and mouth from piercings? [List on chalkboard: mouth sores and infections; chipped or cracked teeth; you can choke.] That's a good start, but it gets worse! Your mouth contains millions of bacteria, and infection and pain often occur with mouth piercing. Your mouth and tongue can swell up large enough to close off your airway. Piercing can also cause nerve damage and uncontrollable bleeding. You can choke on parts that come off in your mouth, and you can crack your teeth if you bite down on the jewelry. Mouth piercing is a decision that goes way past looking fashionable — it can have a big effect on your health!

Mouth piercing can result in infection, swelling, pain, choking, uncontrolled bleeding and cracked or chipped teeth.

6. *Mouthguards.* There is a good habit you can get into that will help protect your teeth from getting broken or knocked out. Does anyone know what I'm thinking of? I'll give you a hint. You use it for active sports. [Mouthguard.] That's right! A mouthguard. How many of you have ever worn a mouthguard? A mouthguard is a piece of soft, molded plastic that covers your upper teeth. Your dentist can make one that fits your teeth exactly, or you can buy an unshaped mouthguard that can be softened in boiling water and then shaped to fit over your teeth.

ACTIVITY #5: Mouthguard. Here is a picture of a mouthguard. Can someone explain to the class how it fits on the teeth?

Why is it so important to use a mouthguard? [Because if you lose your permanent teeth, new ones will not grow in to replace them.] Do you know anyone who has had teeth knocked out during sports? Will those teeth ever grow back? Mouthguards also help prevent injuries to your lips, face and jaw. Wearing a mouthguard is very smart even if you don't think it's a great fashion statement!

ACTIVITY #6: Let's make a list of all the sports and activities that we can think of in which your teeth and mouth might be injured. (Remember to include non-team sports such as skateboarding, gymnastics and rollerblading.)

Mouthguards protect teeth from injury and should be used during all active sports.

Your dentist can make a custom mouthguard, or a self-fitted mouthguard can be purchased at a store.

Summary: *In addition to the basics of good oral hygiene, smart teens avoid behaviors that can damage their health and appearance, and protect their teeth during active sports by wearing mouthguards.*

ACTIVITY #7: Have students work individually or in pairs to complete the activity sheet *Watch Your Mouth! Crossword Puzzle*. [You may wish to have copies of *Permanent Tooth Development* and *Tooth Anatomy* available as a reference.]

SUPPLEMENTAL ACTIVITIES

1. Pass out copies of ADA brochure “Think Before You Chew.” Discuss “Sean’s Story” and real life experiences with tobacco use and consequences. Copies of this brochure are available for purchase from the ADA by calling 1-800-947-4746.
2. Bring a store-bought mouthguard to class and talk about how it helps protect teeth. (You may be able to get one from your school’s physical education department.) Also, remind students that their dentist can make a mouthguard custom-fitted to their mouth.
3. Have students make a bulletin board display of fads or popular behaviors which occurred in the 50s, 60s 70s, 80s, 90s and today. Discuss any that had long-term health or appearance consequences.
4. Have a poster contest: “Smart Kids Don’t Smoke (or Chew Tobacco)!”
5. Have students develop a “Dental Health Quiz” which awards points for good oral health habits.
6. Invite a dentist to your class. (Dental Organizations often provide a list of speakers. Visit the Dental Organizations section of ADA.org, to search for a State or Local Dental Organization nearest you. <http://www.ada.org/goto/organizations/index.asp>)
7. For more online classroom resources, visit the Students & Teachers section of ADA.org. <http://www.ada.org/public/education/index.asp>

SUPPORT MATERIALS: CHARTS AND DIAGRAMS

- *How to Brush*
- *How to Floss*
- *Permanent Tooth Development*
- *Tooth Anatomy*
- *Old and New Toothbrushes*
- *Mouthguard*

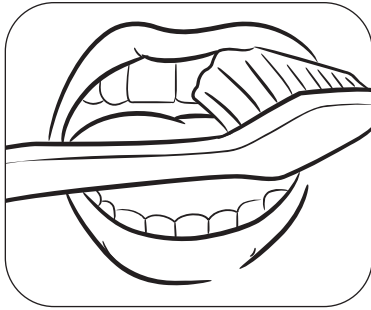
STUDENT ACTIVITY SHEET(S)

- *Watch Your Mouth! Crossword Puzzle*

Additional educational materials are available for purchase by calling 1-800-947-4746 or by visiting www.adacatalog.org.

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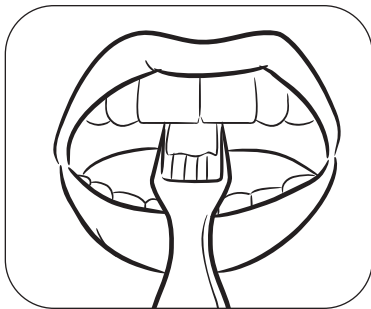
How to Brush



- Place the toothbrush at a 45-degree angle to the gums.

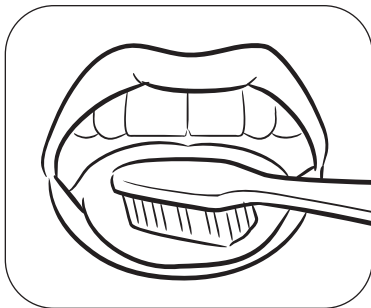


- Move the brush back and forth gently in short strokes.



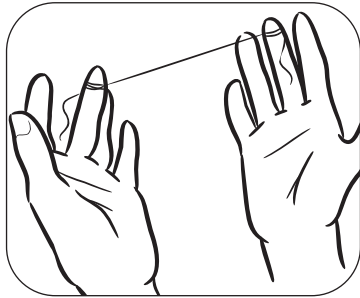
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.

- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

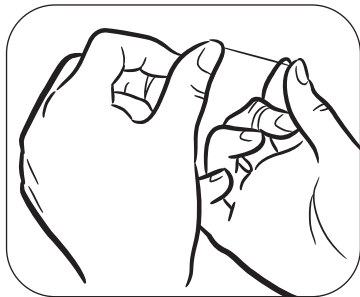


- Brush your tongue to remove bacteria and keep your breath fresh.

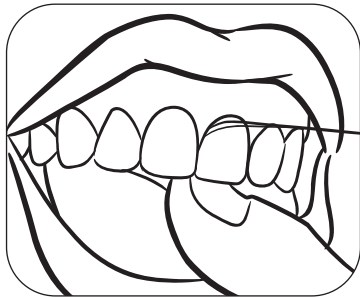
How to Floss



- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.

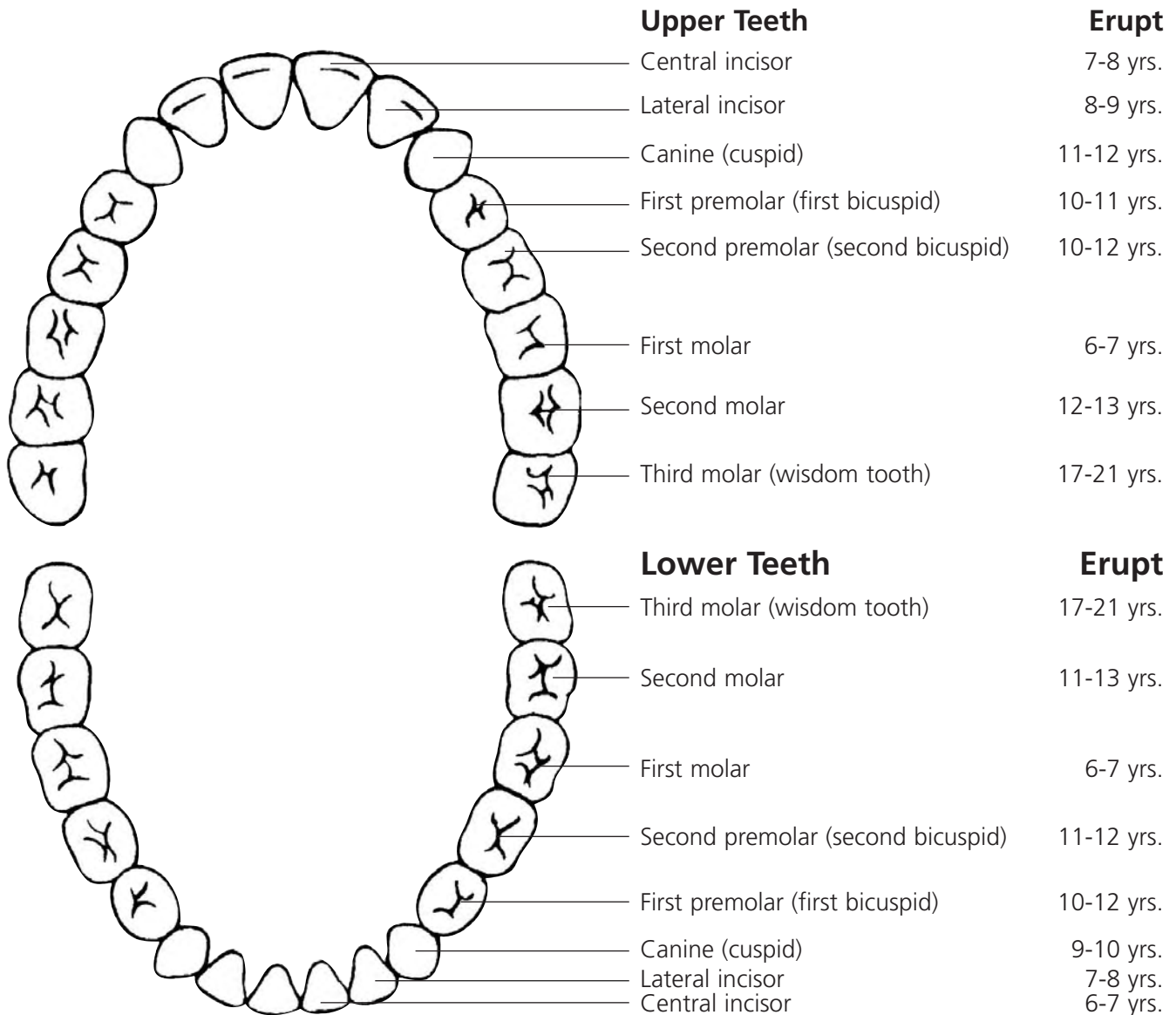


- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.

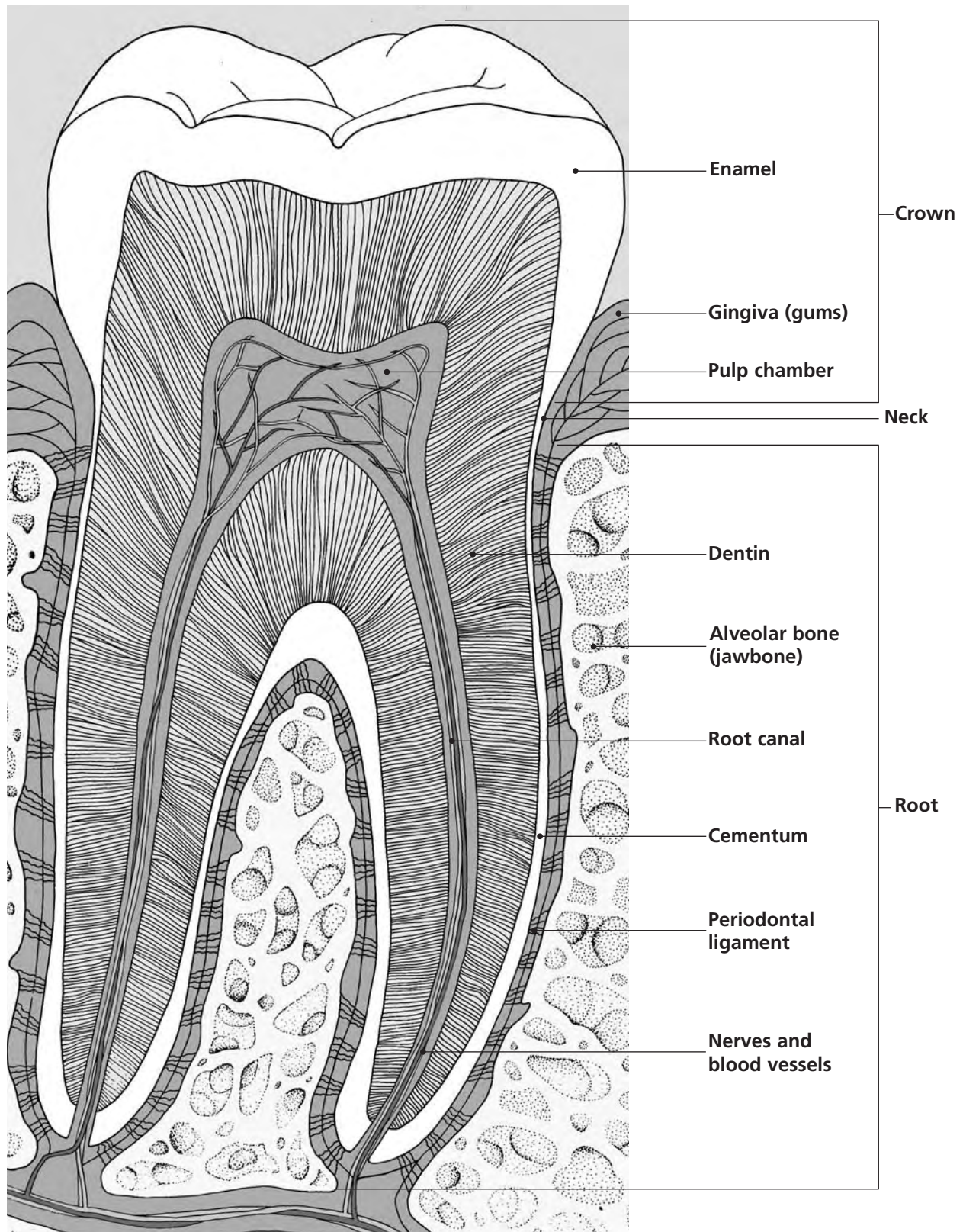


- Floss all your teeth. Don't forget to floss behind your back teeth.

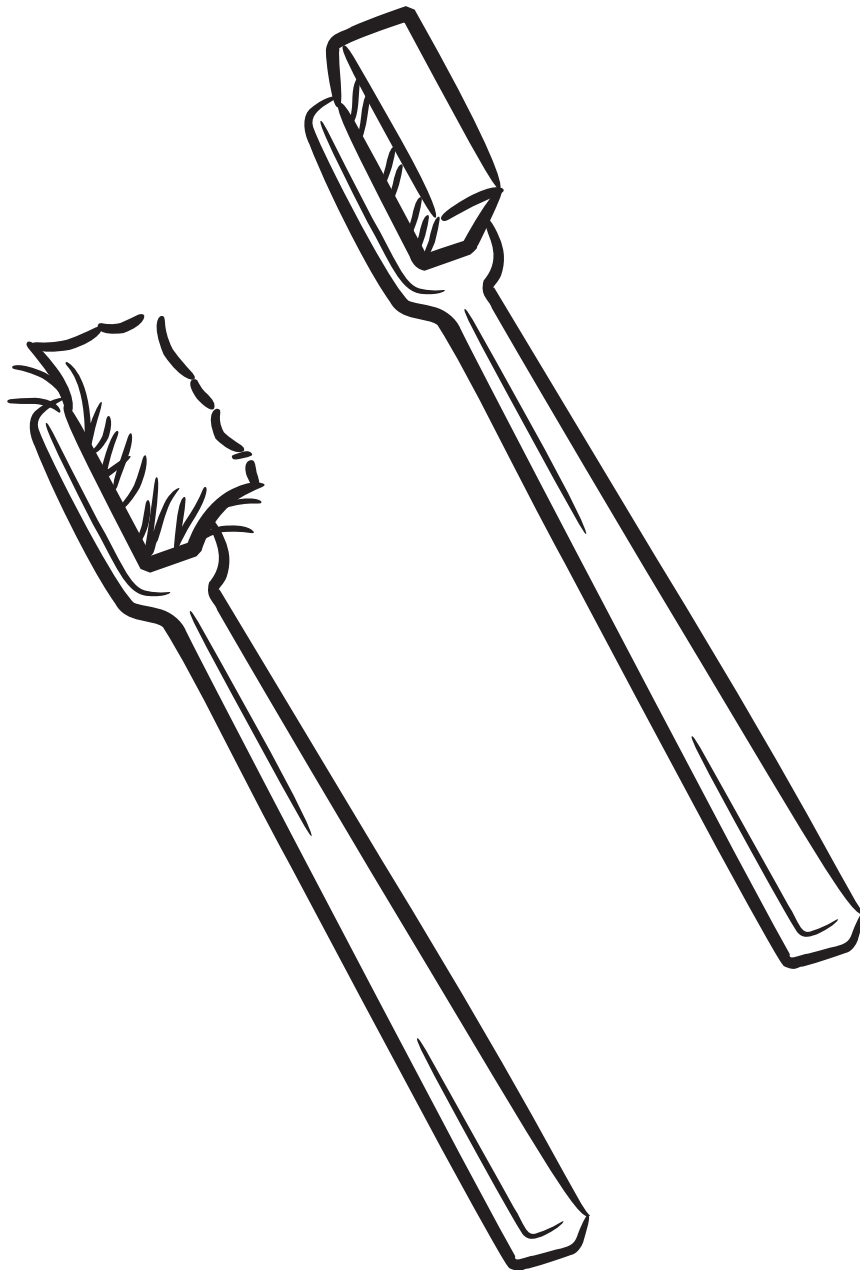
Permanent Tooth Development



Tooth Anatomy



Old & New Toothbrushes

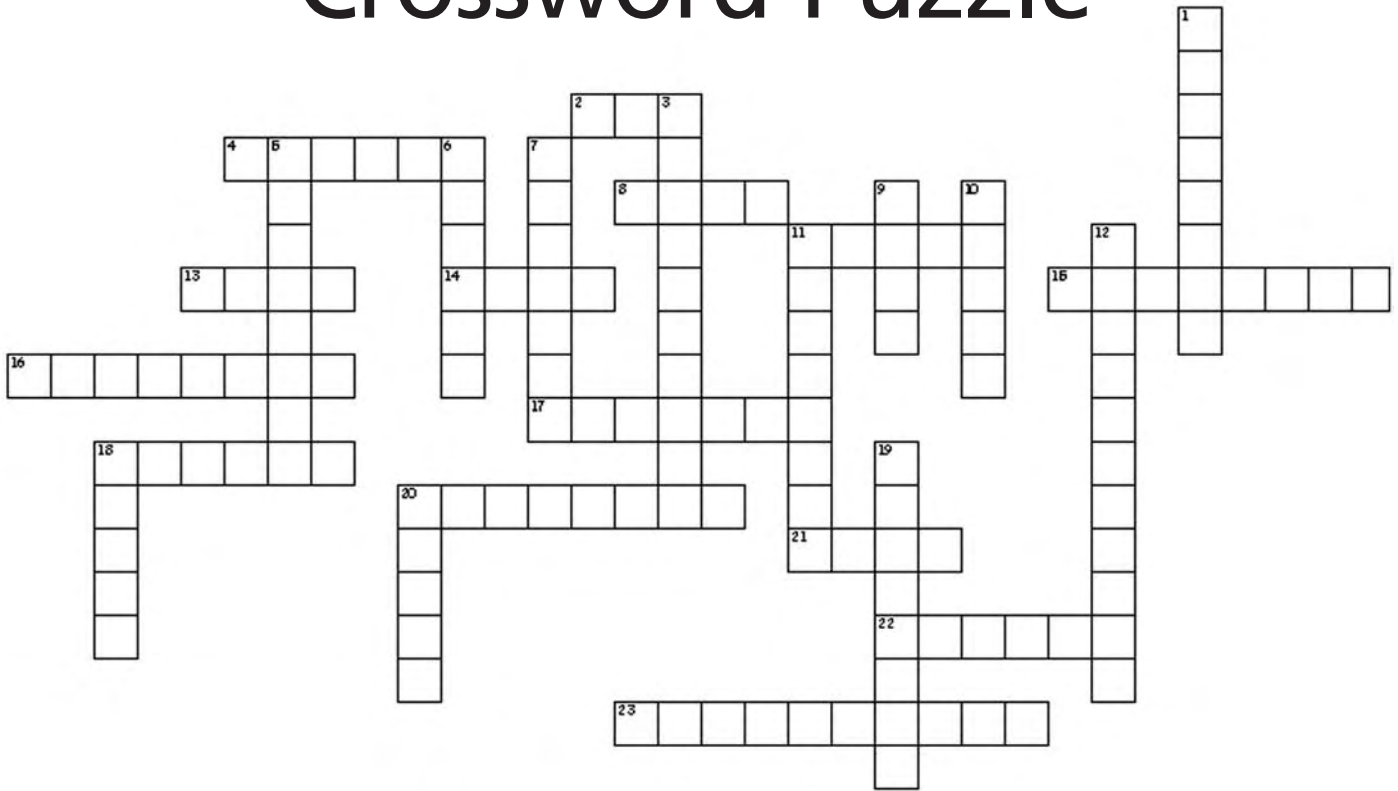


Mouthguard



Watch Your Mouth!

Crossword Puzzle



Across

2. A food, deep yellow inside, belonging to the vegetables group
4. A primary cause of cavities and gingivitis
8. The innermost tissue of a tooth
11. With good personal and professional care, you should keep your teeth as long as you are ____.
13. The unit you are studying is about ____ health.
14. A liquid containing calcium
15. The thin, hard covering of the root of a tooth
16. Most dentists recommend a tooth brush with soft _____.
17. A dangerous product that is bad for your total health
18. A food with a white inside, belonging to the vegetables group
20. A natural substance which can help prevent cavities
21. A member of the grains group, frequently eaten in Asian countries
22. A watery secretion that bathes teeth and promotes digestion
23. Used to remove plaque

Down

1. The most common dental disease among young people
3. Protects teeth during sports
5. The periodontal _____ holds the tooth in its bony socket.
6. The hard outer covering of a tooth
7. Coating that protects teeth from decay
9. The part of the mouth just outside the teeth
10. A good substitute for meat
11. The type of bone in which teeth are embedded
12. _____ disease can result in destruction of tissues surrounding the tooth.
18. A fuzzy-skinned member of the fruits group
19. The front teeth
20. Cleans between teeth



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