



# 2nd-3rd grade Lesson Plan

## Curriculum Guide Objective:

The student will be able to explain the importance of routine dental check-ups. The student will be able to demonstrate proper dental hygiene techniques, including brushing and flossing.

### 1) Guiding Questions

*"What are three reasons for routine dental check-ups?"*

*"What are the proper brushing and flossing techniques to maintain a happy, healthy smile?"*

- a) Concepts: Becoming familiar with the importance of routine checkups and being able to recall proper dental hygiene techniques.
- b) Vocabulary: dental office, check-ups, tooth decay (cavities), toothbrush, toothpaste, floss, calcify, plaque and tarter

### 2) Motivation

- a) Relate to Previous Learning

*"Can anyone tell me what a routine dental visit is like and why you think they are important?"*

- b) Relate to Student Experience

Share dental visit stories. If children are reluctant to share or have never been, take this opportunity to share one of your own positive dental visits.

- c) Type of Student Participation

Audio/Visual, Large Group Discussion, Individual Creativity, Small Group Activities

### 3) Strategies/Activities/Distributed Practice/Intervention

1. After discussing motivational topics, encourage your students and begin to discuss the importance of routine dental check-ups. *"Why do we have routines? Can you predict why going to the dentist needs to be routine?"*
2. Explain how going to the doctor for yearly check-ups is the same as dental check-ups, which are every six months.

Three points to share about the dental visit:

- Complete cleaning by dental hygienist, who will remove plaque and tarter (the sticky and rough stuff you can feel on your teeth), while also polishing and flossing teeth.
- X-rays may be taken to see hidden areas.
- The doctor will come in to examine all areas of the mouth.



3. We also eat food everyday that sticks to our teeth creating plaque and tarter build up, which can lead to cavities if our teeth are not professionally cleaned and examined. Use photo provided.

- tooth decay- the breaking down of enamel on your tooth, caused by plaque
- plaque- sticky, film-like substance of bacteria that is constantly forming on your teeth
- tartar- when plaque and minerals calcify and form a hard substance on your teeth

4. Demonstration:

- Set up a bowl of paint (plaque). Dip the bottom half of a recycled bottle (your tooth) into the paint and show how the plaque sticks to your tooth. Explain that the plaque feeds on sugar and one of the worst carriers of sugar is soda. Not only does it carry sugar, the amount of acid in soda speeds up the rate of cavities, also known as tooth decay.
- *“Do you think I can use my toothbrush to remove some of this sticky plaque?”* Show how brushing your teeth two times a day limits the amount of plaque build up on the teeth.
- Now show the pre-made tooth with the hardened paint (tartar).
- *“Let’s pretend that you missed your routine dental checkups and this is your same tooth now. What do you notice about it? That’s right! The plaque turned into tartar. It became hard and calcified. Do you think we can brush it off?”*
- Show how you are unable to brush away the tartar and explain why this makes it so important for us to have routine dental check-ups in order to have the tartar professionally removed by a dental hygienist.

5. *“Now that we understand what plaque and tartar are, do you know how we properly brush and floss our teeth to keep them away?” “Let’s find out!”*

6. *“In order to do this, our first task is to create the bottom of a mouth using egg cartons! What do you think the egg carton is going to be used for?”* Go through all of the supplies and allow students to guess the use of each item.

7. Assign groups for your students to work in and distribute egg cartons, red/pink felt, foam board, glue, and scissors.

8. Show students your pre-made mouth model and allow them to create their own. You may choose to work together as a class during each step or have individual groups work at their own pace.

- Cut foam board to size.
- Cut and glue felt (tongue) to board. Optional: Cut a bigger piece of felt, staple 3/4 of the outside to board, stuff with filling (of any kind) and staple remainder shut. This will provide a 3-D tongue.
- Glue individual egg cartons (you may choose to have them pre-cut for your class or not) around tongue to form teeth.



9. Once the students have finished, pass out toothbrushes and demonstrate the proper brushing technique.

- ✓ Angle the toothbrush slightly up toward your gums.
- ✓ Brush back and forth gently in very short strokes along every tooth.
- ✓ When you finish brushing the outsides of your teeth, brush the insides and tops.
- ✓ Brush your tongue once you finish with your teeth to remove bacteria and keep your breath fresh.

10. Next, pass out the yarn (floss) and demonstrate the proper flossing technique. For both the brushing and flossing demonstrations, you can either have a student volunteer to show what they do at home or have the students take turns in their own group. Once they finish, you can have an open discussion on which techniques their friends chose and then address misconceptions.

- ✓ Wrap the floss around your middle fingers with a short section pulled tight in between.
- ✓ Use your first fingers to gently guide the floss between two teeth all the way to the gum. Use a back and forth motion if the teeth are close together.
- ✓ Wrap the floss around one of the teeth in a “c” shape to clean all around the tooth.
- ✓ Gently move the floss up and down to remove plaque without hurting your gums.
- ✓ Repeat for all of your teeth.

11. At this point, you may choose to hand out small items such as pipe cleaners, cotton balls, crinkled up paper, or play-doh to act as “*plaque and tartar.*” The student can use the new flossing technique to remove the items from their teeth project.

#### 4) Assessment

- Can the student list three reasons why routine dental check-ups are important?
- Students are actively listening and responding to questions throughout lesson.
- Evaluate success/failures as children are working in their groups to demonstrate proper brushing and flossing techniques.
- Call on individual students to use their own teeth project to “*reteach*” the class about brushing and flossing.
- Option: Use Visit the Dentist with Marty (Resource Section) to ask review questions and revisit familiar concepts.



## 5) Closure

You have been amazing dental hygienists today! Next time you go to the dentist, you will know exactly what is going on and blow your dentist away with how smart you are!

Can you turn to a friend and share with them one Kool fact you learned today about routine dental check-ups or proper brushing and flossing techniques?

## 6) Extend and Refine Knowledge

Toothbrush Tips:

- Use a soft toothbrush and brush gently to keep from damaging your teeth or gums.
- Don't share a toothbrush with someone else. You can pass germs back and forth.
- Replace your toothbrush every three to four months, or if the bristles are flattening out. A worn-out toothbrush will not clean your teeth very well.
- Use toothpaste that contains fluoride, which has been proven to prevent cavities.

Flossing Tips:

- Don't be in a hurry when you floss. Take your time to remove all the plaque or food from between your teeth.
- Floss everyday at a time that works for you. It is more important to floss daily than it is to floss at a certain time.
- Use as much floss as you need, generally about 18", to clean between each of your teeth with a clean section of floss.

3.2.1. Rule: Eat 3 healthy meals, brush 2 times a day, floss 1 time a day.

## 7) Assessment/Student Products and Performances/Technology

After playing with their teeth project, allow students to take home and share what they have learned with their family. If your students worked in groups, you may take pictures to share, flip a coin, or play rock, paper, scissors.



## 8) Homework

Send home Kool Facts Sheet.

## 9) Materials:

- a) Popsicle sticks
- b) Tooth Bristle Printable
- c) Scissors
- d) Glue
- e) 2 Recycled Bottles
- f) Acrylic Paint (no washable paint)
- g) Toothbrush
- h) Bowl
- i) Yarn
- j) Egg Cartons (1/student or 1/group)
- k) Foam Board
- l) Red/Pink Felt
- m) Printables:
  - i) Kool Smiles Tooth Bristle (attach to popsicle stick to make toothbrush)
  - ii) Kool Smiles Plaque and Tartar Image

Optional:

Filling

Play-Doh

Pipe Cleaners

## 10) Resources

National Education Standards

- NS.K-4.6 PERSONAL AND SOCIAL PERSPECTIVES
- NA-VA.K-4.1 UNDERSTANDING AND APPLYING MEDIA, TECHNIQUES, AND PROCESSES
- NA-VA.K-4.2 USING KNOWLEDGE OF STRUCTURES AND FUNCTIONS
- NL-ENG.K-12.4 COMMUNICATION SKILLS
- NPH-H.K-4.3 REDUCING HEALTH RISKS
- NPH-H.K-4.6 SETTING GOALS FOR GOOD HEALTH

Websites:

Kool Smiles Dental Education

<http://www.ada.org/379.aspx> - Visit the Dentist with Marty (Fantastic interactive audio book provided by the American Dental Association.)

<http://www.educationworld.com/standards/index.shtml> - National Education Standards

# What are Plaque and Tartar?

## PLAQUE

is a sticky, film-like substance of bacteria that is constantly forming on your teeth

## TARTAR

is when plaque and minerals calcify and form a hard substance on your teeth



