

Indiana Standards:

(3-5: 1.1, 1.2, 1.4, 1.5, 2.1, 2.3, 2.5, 2.6, 4.1, 4.2, 4.3, 4.4, 4.6, 5.1, 5.2, 5.3, 5.4, 5.5, 7.1, 7.2, 8.1)

National Health Education Standards:

(1.2.1, 1.2.2, 1.2.3, 1.2.5, 1.2.6, 1.2.7, 2.2.1, 2.2.3, 2.2.4, 2.2.5, 3.2.5, 4.2.1, 4.2.2, 4.2.3, 4.2.6, 4.2.7, 5.2.1, 5.2.2, 5.2.3, 5.2.4, 5.2.5, 5.2.6, 6.2.1, 6.2.2, 7.2.1, 7.2.2, 7.2.3, 8.2.1, 8.2.2, 1.5.1, 1.5.2, 1.5.3, 1.5.5, 1.5.6, 1.5.7, 2.5.1, 2.5.2, 2.5.4, 2.5.5, 2.5.6, 4.5.1, 4.5.2, 4.5.3, 4.5.4, 4.5.6, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 5.5.5, 5.5.6, 5.5.7, 6.5.1, 6.5.2, 7.5.1, 7.5.2, 7.5.3, 8.5.1, 8.5.2)

Lesson 1: Tooth Talk!

Overview:

Students will learn about the different parts of a tooth, the types of teeth, and how our mouth works.

Time Needed:

45 minutes

Supplies:

- [Parts of a Tooth Activity Sheet](#) (requires students to cut out and glue)
 - » Red, yellow, and pink crayons or colored pencils
 - » Glue
 - » Scissors
- [Video: Keeping Your Mouth Healthy](#)
- [Lesson One Caregiver Handout: Keeping Your Mouth Healthy](#)





Introduction:

Our mouth is an important part of our body. It helps us eat, talk, and smile when we first meet someone. Our mouth is connected to the rest of our body. We should keep our mouth healthy so our whole body stays healthy! Today, we will learn about the different parts of our mouth and what each part does.

Ask students these questions. Answers are in parentheses.

1. What are the different parts of your mouth? (*lips, tongue, gums, cheeks*)
2. What does your mouth help you do? (*talk, taste, eat, smile, laugh*)

Let's talk about the parts of the mouth:

-  **Lips** help us speak and keep food and drinks in our mouth.
-  **Tongues** help us taste, talk, and swallow.
-  **Gums** help keep our teeth in place.
-  **Cheeks** help chew food and show facial expressions.



Discussion Steps:

Explain each layer of the tooth before students do the *Layers of a Tooth Activity Sheet*.



Crown is the top of the tooth, the part of the tooth that we can see.



Enamel is the shiny, strong layer that protects the tooth.

» It protects your teeth when you crunch or chew food that is hard or sticky.



Dentin is the layer under enamel. Dentin is not as strong as enamel. It is a little softer.

» Dentin protects the pulp and can cause tooth sensitivity.



Pulp is the inside of the tooth with nerves; it's like the heart of the tooth.

» Pulp helps form the dentin layer and can sense when you have tooth pain.



Root is the area of the tooth that we do not see because it's hidden in our gums.

» The root holds our teeth in place.



Gums are the pink tissue that surrounds our teeth. Gums protect our teeth that have not grown in yet.

Activity Time

1. Hand out the *Parts of a Tooth Activity Sheet*.
2. Students will cut out the words from the word bank with scissors.
3. Describe that the first part of the tooth is the crown. Help students find the word "crown" on their activity sheet.
4. Students will color that layer and glue the word to the arrow that points to the crown.
5. Repeat the above steps with the remaining parts of the tooth.
6. Colors represent each layer:
 - » **Crown & enamel** – white
 - » **Dentin** – yellow
 - » **Pulp** – red
 - » **Gums** – pink
 - » **Root** – white
7. Walk around the room and observe as students make their *Parts of a Tooth Activity Sheet*.



? Ask students:

1. What is the name of the tooth part that you can see above the gums? (*Crown*)
2. What is the strongest layer of a tooth? (*Enamel*)
3. What part of the tooth acts like the heart of the tooth? (*Pulp*)
4. What layer of the tooth has a softer layer? (*Dentin*)

🦷 Types of Teeth

Now that we know about the parts of a tooth, let's learn about the three types of teeth we have. Let's pretend we are going to eat an apple. When we eat an apple, there are three types of teeth that help us:

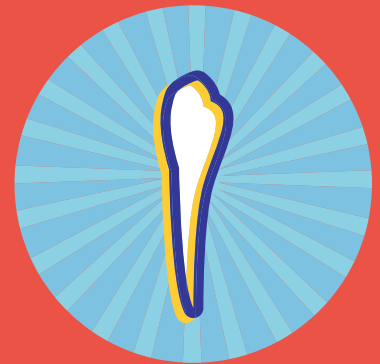
1. **Incisors** help us bite into food. We have eight incisors, four on the top and four on the bottom.
 - » Pretend you are biting into an apple; the first bite comes from your incisors.
2. **Cuspids** or canines, help tear food apart. We have four cuspids, two on the top and two on the bottom in the corners of our mouth.
 - » As we bit into the apple, our cuspids tear apple pieces apart. With your hands pretend to tear and chop the pieces of apple.
3. **Molars** help crush and grind food before swallowing. We have molars on the top and bottom.
 - » Before swallowing, molars crush the apple pieces to make them smaller and softer to swallow. With your hands, pretend to crush the apple pieces.



Incisors



Cuspids



Molars



Keeping Teeth Healthy

To keep our teeth clean and healthy, we need to take a few important steps!



- **Brush and floss every day:**

Brush your teeth in the morning and before bed for two minutes each time. Floss once a day to clean between your teeth.

» You should wait 30 minutes to brush your teeth after you eat or drink anything.



- **Eat and drink fewer sugary foods and drinks:**

Try to limit candies, sodas, and other sugary snacks, as they can cause cavities and harm your teeth.



- **Visit the dentist twice a year:**

Go to the dentist every six months for check-ups and cleanings to keep your teeth healthy and strong.



Next, play the video: [Keeping Your Mouth Healthy](#). This will help students understand healthy brushing and flossing.

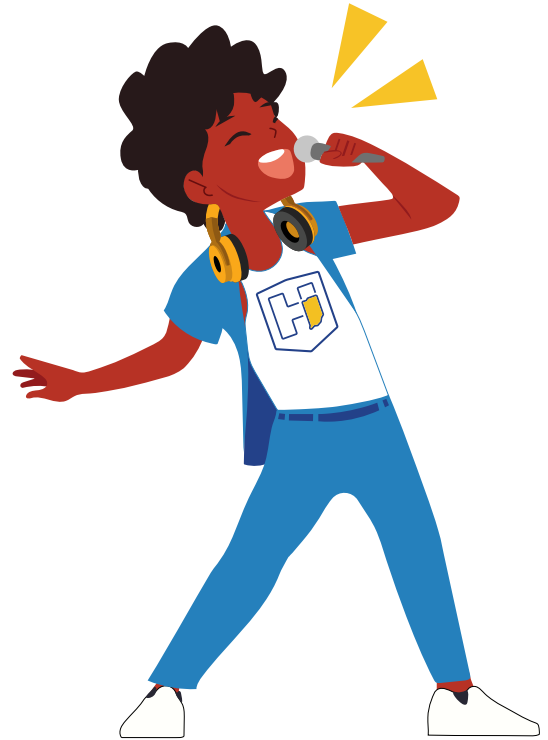


Steps for Healthy Teeth!



Brushing

- » Use a soft-bristle toothbrush and a pea-sized amount of toothpaste.
- » Put the toothbrush half on your teeth and half on your gums.
- » Brush all three sides of your teeth: front, back, and chewing surfaces. Brush the front and back in circles and the chewing surfaces back and forth. Start with three teeth at one time and then move forward to the next three teeth.
- » Don't forget to brush your tongue!



Flossing

- » Take a piece of floss – should measure from their elbow to their wrist.
- » Gently curve the floss in the shape of a “C” around each tooth. Move the floss up and down between each tooth to remove food and plaque.



Floss Picks

- » Like flossing, but easier to guide.
- » Gently press and move the floss up and down, left and right like hugging the tooth. If any food sticks to the floss pick, rinse with water and use clean floss to clean between the teeth.



Prepare students for what's coming in Lesson Two!

To prepare students for Lesson Two, tell students to raise their hand if they have heard of plaque and cavities. In Lesson Two, we will learn all about plaque and cavities and how to protect our teeth from them!



Parts of a Tooth Activity Sheet

Instructions for this activity are on [page 5](#).

Crown

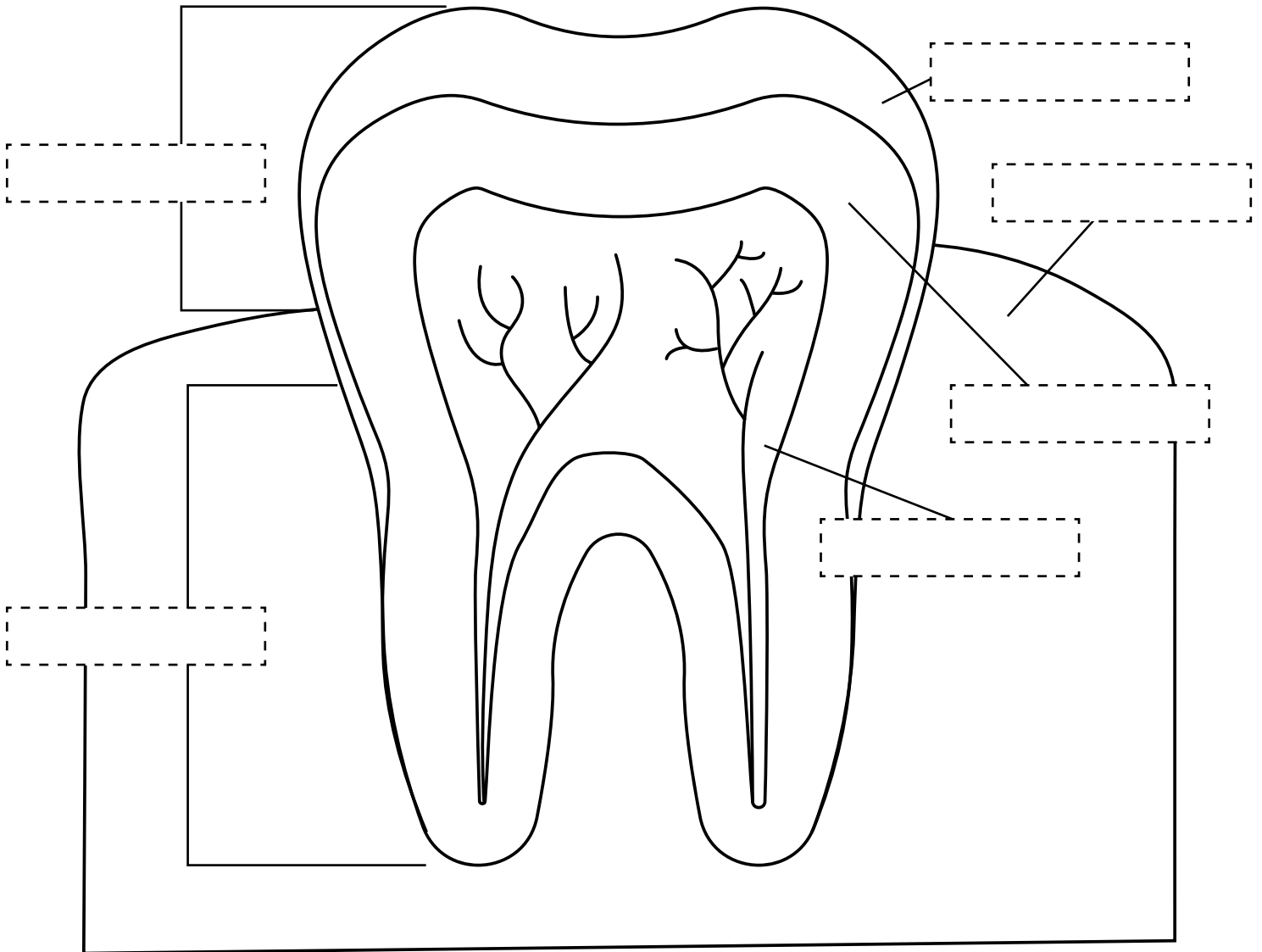
Dentin

Gums

Enamel

Pulp

Root

☐ Crown☐ Dentin☐ Gums☐ Enamel☐ Pulp☐ Root