

Lesson 4: Practicing Healthy Teeth Habits

🔍 Overview:

Students will learn the importance of practicing good oral hygiene and identify unhealthy oral hygiene habits.

⌚ Time Needed:

45 minutes

쓱 Supplies:

- [Taking a Trip to the Dentist Charades](#)
 - » Acting cards
- [My Healthy Teeth Habits Book Activity Sheet](#)
 - » Scissors
 - » Glue/staple
 - » Crayons/markers
- [Video: Practicing Healthy Teeth Habits](#)
- [Lesson Four Caregiver Handout: Practicing Healthy Teeth Habits](#)



Indiana Standards:

(3-5: 1.1, 1.2, 1.4, 1.5, 2.1, 2.3, 2.5, 2.6, 3.1, 3.2, 4.1, 4.2, 4.3, 4.4, 4.6, 5.1, 5.2, 5.3, 5.4, 5.5, 6.1, 6.2, 7.1, 7.2, 8.1)

National Health Education Standards:

(1.5.1, 1.5.2, 1.5.3, 1.5.4, 1.5.5, 1.5.6, 1.5.7, 2.5.1, 2.5.4, 2.5.5, 2.5.6, 3.5.1, 3.5.2, 3.5.3, 3.5.4, 3.5.8, 4.5.1, 4.5.2, 4.5.3, 4.5.4, 4.5.6, 4.5.7, 4.5.8, 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)



📝 Review:

- In Lesson Three, we talked about different types of nutrition and nutrients that are good for your teeth.

Ask students these questions:

- 1. What are some nutrients we find in food? (protein, fat, vitamins, sodium, sugar)
- 2. Can you name the five food groups? (fruits, vegetables, protein, dairy, grain)

It is important that we get healthy nutrition and nutrients in our body because they help our teeth, body, and overall health. In this lesson, you will learn about practicing healthy habits for your teeth, what to expect at the dentist, and how doing certain things can hurt our teeth.

Introduction:

Ask students “Who wants a bright and healthy smile?” (Let students respond.)

Great! It's important to think about the choices we make and how they can hurt our teeth and overall health. It is important to know what to avoid to keep our teeth healthy! Let's take a look!

- **Vaping** is an unhealthy habit that can harm our overall health. Vaping is when someone uses an e-cigarette to breathe in E-liquid and exhale a chemical mist. The chemicals in E-liquids are harmful to our body and can result in lifelong health concerns. Vaping affects the brain, heart, lungs, liver, stomach, and teeth! Let's see how vaping affects our mouth and teeth.



» **Vaping may cause:**

Stains on your teeth

Bad breath

Dry mouth

Loss of taste

Gum infections

Tooth decay from increased bacteria in the mouth

Tooth loss

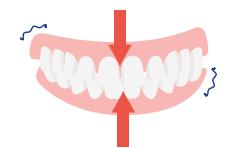
- **Using teeth as tools** is when we use our teeth to open packages or bite our nails! Using teeth as tools can chip or even break a tooth!



- **Tooth grinding** is when we rub our teeth together in a chewing motion. This can wear down enamel or flatten teeth.



- **Tooth clenching** is when we press or bite our teeth together really hard. This can also wear down enamel and flatten teeth.



- **Eating and drinking sticky, sugary items** can cause cavities if we have large amounts of sugary items and avoid brushing and flossing. Your body needs a variety of fruits and vegetables as well as grains, proteins, and dairy. Try to eat less sugary and more nutritious foods to stay healthy.



It is important to always think about how our habits can impact our health and our teeth, which we use to greet the world with a smile! Now that we have learned how unhealthy habits can hurt our teeth, let's talk about who we should go see twice a year.

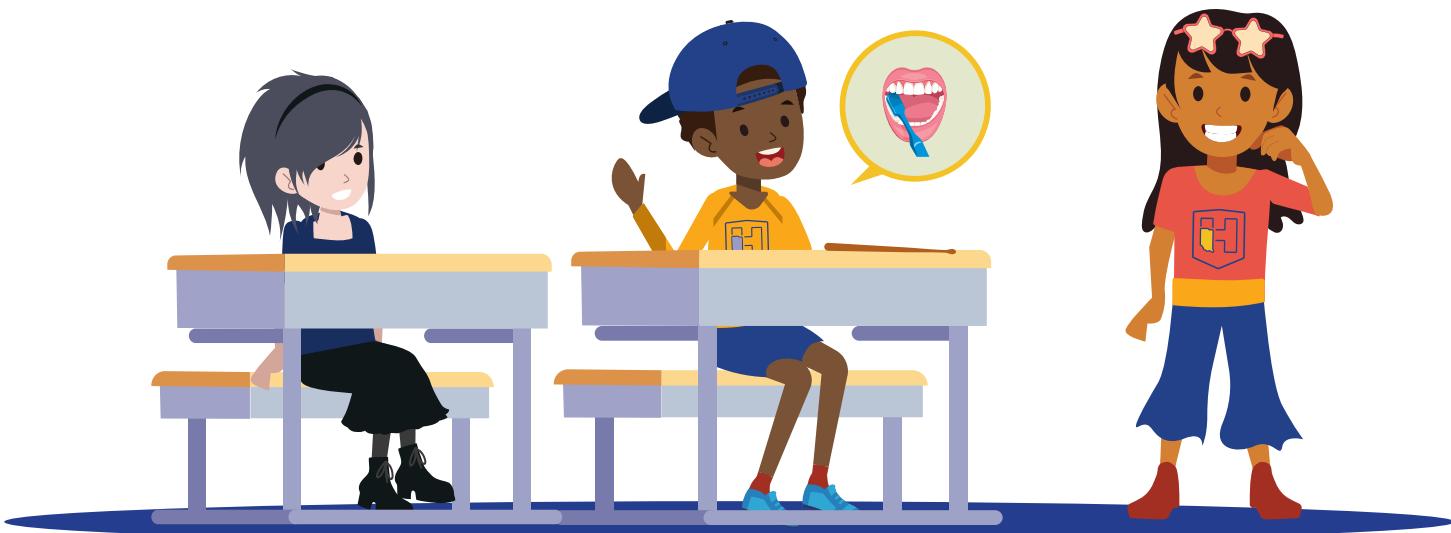
Does anyone know who might keep our teeth healthy and we should visit twice a year? (the dentist)

Great job!

⚡ Activity Time

Next, we are going to play [Taking a Trip to the Dentist Charades](#). This game will help us review what it's like at the dentist office.

- Explain the game:
 - a. Have students sit at their desks.
 - b. Choose a student to pick an acting card to act out.
 - c. As the student is acting, pick on students to shout out what they are doing. Choose students until one of them answers correctly.
 - d. Next, the student who answered correctly will get to pick out the next card to act out.
 - e. Repeat this until all main points have been acted out.



Next, play the [Practicing Healthy Habits Video](#) for students to review the importance of practicing healthy habits.

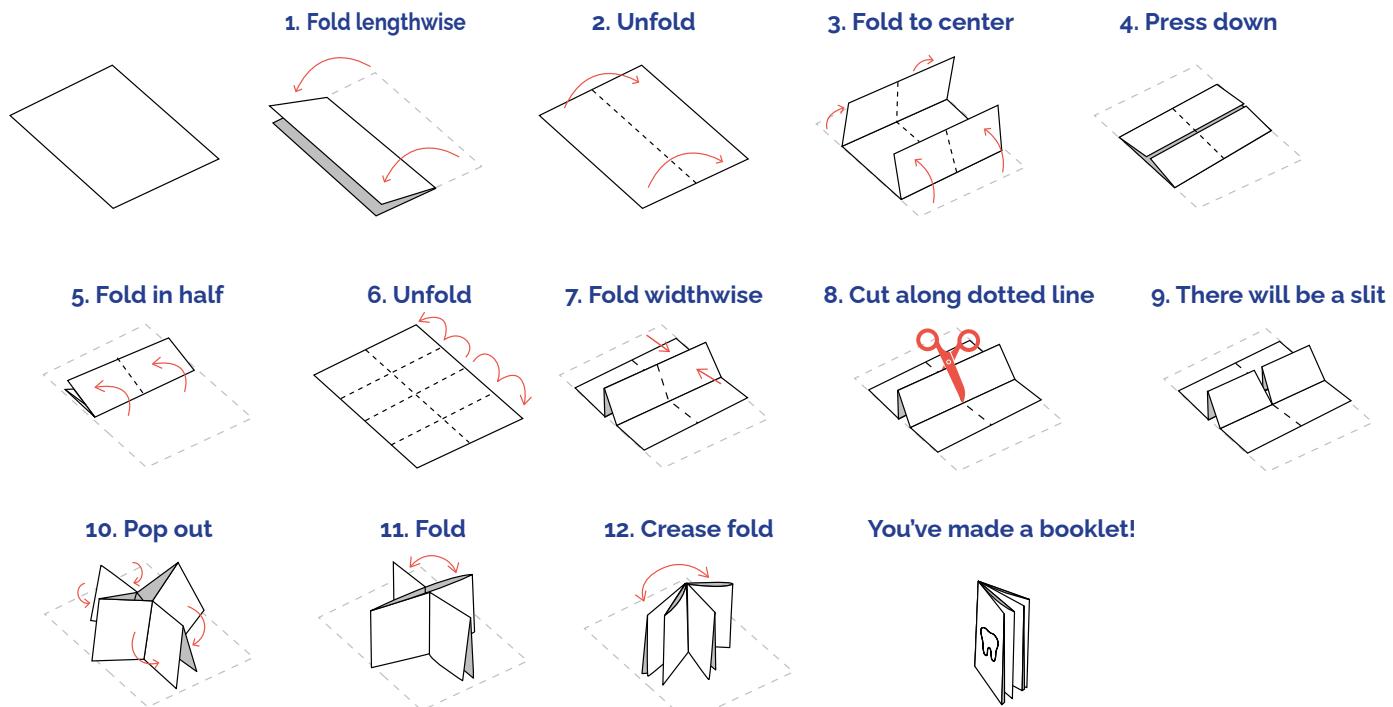
⚡ Activity Time

After the video, hand out the [My Healthy Teeth Habits Book Activity Sheet](#).

1. Explain the activity:
 - a. Pass out the activity sheets to students.
 - b. Explain that they will be creating their own book to keep as a reminder to practice healthy habits for their teeth.
 - c. Students will cut on the dotted lines to cut out the pages of the book.
 - d. Students will draw and write on each page explaining each healthy habit.
 - e. When students are done drawing and writing, they will cut and fold the book together.
2. After the activity, ask students these questions:
 - a. What is the purpose of using the book you made? (reminder to practice healthy habits)
 - b. Raise your hand if you will use this book every day. (students raise their hands)

***Teacher Note: 5th grade extension: have students share their books with a kindergartener or first grader. Students could pair up with a younger student and read their books to them.**

Booklet Folding Instructions



☛ Prepare students for what's coming in Lesson Five!

To prepare students for Lesson Five, review these questions:



1. Why do you need to brush and floss every day?

(*avoid plaque, cavities, bad breath, tooth loss*)



2. What types of foods are good for your teeth?

(*fruits, vegetables, dairy, protein, grain*)



3. Where do you go to get your teeth cleaned?

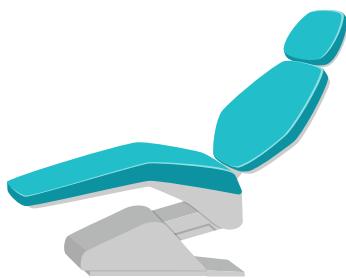
(*dentist office*)



Taking a Trip to the Dentist Charades

Instructions for this activity are on [page 21](#).

Sitting in the dentist chair



Flossing teeth



Brushing teeth



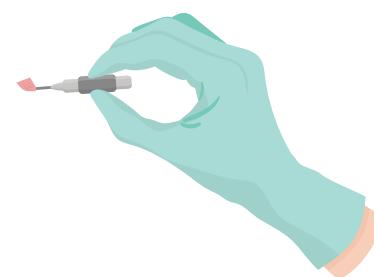
Taking x-ray of teeth



Opening mouth wide

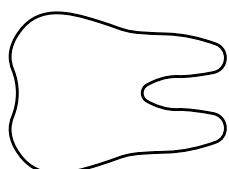


Getting fluoride treatment



My Healthy Teeth Habits Book Activity Sheet

Instructions for this activity are on [page 22](#).

<p>Eating Healthy Foods</p>	<p>Flossing</p>
<p>Eating Less Sugary Foods</p>	<p>Brushing</p>
<p>Visit the Dentist</p>	<p>My Healthy Teeth Habits</p> 
<p>Drink Water</p>	<p>This book was made by:</p> <hr/> <hr/>