

Super Smiles

A Dental Health Adventure

Dental Curriculum, 3-5



Developed and Designed by McMillen Health

Funded by the Indiana Department of Health:



This project was supported by Cooperative Agreement Number CDC-RFA-DP-23-0002, funded by the Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent Health (DASH), Program Development and Services Branch. Contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.

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Indiana
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of
Health

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!



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)

Overview:

Students will learn why fluoride is important to protect teeth from plaque and cavities.

Time Needed:

45 minutes

Supplies:

- [Shout & Toss Tooth Activity](#)
 - » One ball
 - » [Healthy Tooth Template](#)
 - » [Unhealthy Tooth Template](#)
- [Video: Fighting Off Plaque and Cavities](#)
- [What Can I Do Activity Sheet](#)
- [Lesson 2 Caregiver Handout: Ways to Keep Your Child's Oral Health at its Best!](#)

**Review:**

Review with students the key points from Lesson One.

Ask students these questions. Answers are in parentheses.

1. What are parts of the mouth? (lips, cheeks, tongue, and gums)
2. What are the layers of a tooth? (crown, enamel, dentin, pulp, root, and gums)
3. What are the three types of teeth we have? (incisors, cuspids, and molars)
 - » In permanent teeth, we also have a premolar! A premolar takes the place of a primary molar. You will begin to see these around ages 10-11.

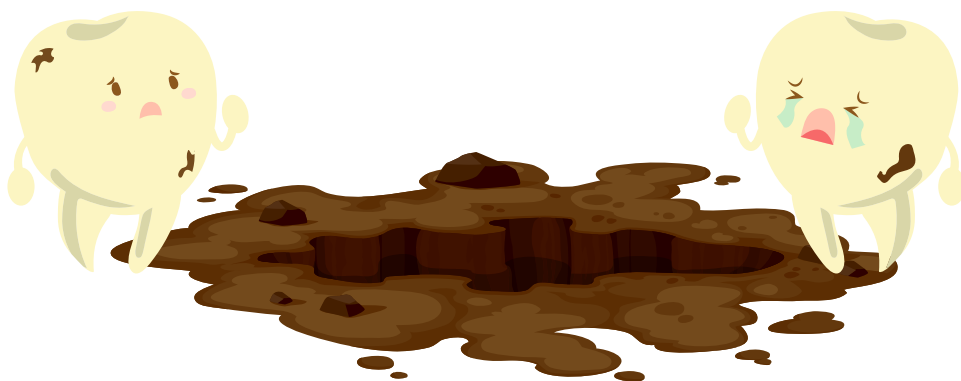
Now that you have learned parts of the mouth and teeth, let's learn how to keep your teeth healthy!

Introduction:

It is important to have healthy teeth. Having healthy teeth will help you talk, eat, and smile. As we learned in Lesson One, our teeth have different jobs and to do their jobs correctly, we have to keep our teeth strong and healthy.

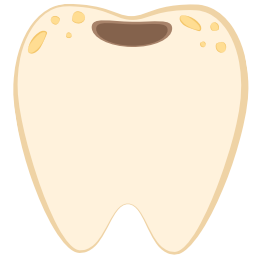
? Ask students:

1. What ways do you keep your teeth healthy?
(*brushing/flossing, eating/drinking less sugary items, visiting the dentist, etc.*)
 - » All those answers are correct! It is important to take care of your teeth and mouth because they connect to the rest of your body! We need our teeth to talk to our friends, to eat healthy meals, and smile to greet our friends and family.
2. What happens if your teeth are not healthy? (*cavities, tooth pain, bad breath, teeth fall out, etc.*)
 - » If you don't take care of your teeth, they can start to hurt and may lead to cavities. In this lesson, you will learn why it is important to brush and floss your teeth and ways to avoid plaque and cavities.



Discussion Steps:

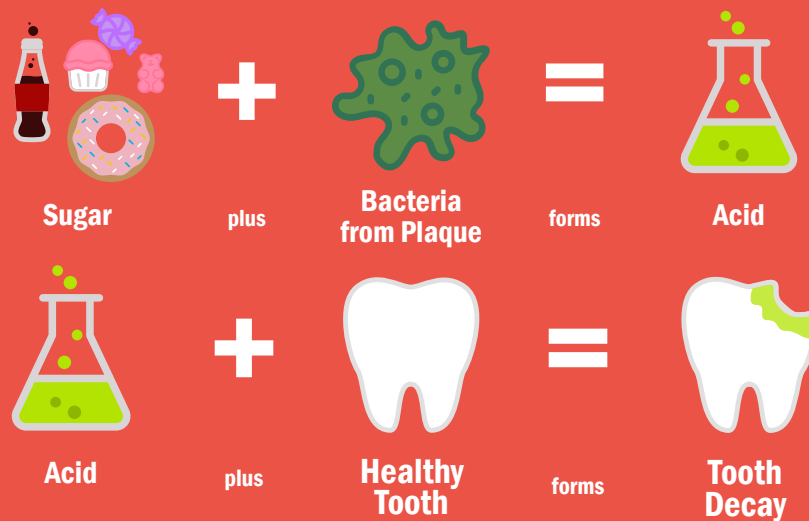
First explain what plaque and cavities are and how they affect your teeth.



1. **Plaque** is a slimy, sticky substance that forms on your teeth. It is made when bacteria in the mouth is mixed with sugary foods and drinks. Plaque feels like a layer of fuzz on your teeth. If you don't brush and floss daily, the plaque will keep building up.
 - » When too much plaque builds up on your teeth, it can make an acid that attacks your tooth enamel. Tooth enamel is the strong outer layer of your tooth. If your enamel is under an acid attack, it can lead to cavities and tooth decay. Which is why it's important to brush and floss your teeth every day!
2. **Cavities** are when a hole is formed in the enamel of our tooth. Cavities may cause toothaches or pain, bad breath, bleeding in your gums, and tooth decay.

It is important to take care of our teeth every day. If we do not, we can develop tooth and gum infections, twisted teeth, and more!

- **Tooth infections** happen when germs get inside a tooth. It can happen if you have a cavity or your tooth gets hurt. You might feel pain or swelling,
- **Gum infections** happen when germs get inside your gums. Your gums can look red, swollen, and hurt. They might even bleed when you brush and floss, so it is just as important to care for our gums.
- **Twisted teeth** happen when baby teeth fall out and adult teeth grow in crooked. Twisted teeth can make it harder to chew food or keep your teeth clean. There are many reasons for twisted teeth, like an injury as well.



🦷 Tooth Tip:

Fluoride helps build strong tooth enamel. It protects our teeth from plaque and tooth decay. Fluoride is like a superhero for your teeth! Fluoride can be found in toothpaste, mouthwashes, and tap water. It is important to use fluoride toothpaste when brushing your teeth and drink fluoridated water to keep your tooth enamel strong and prevent cavities. Check your toothpaste to make sure it has fluoride!

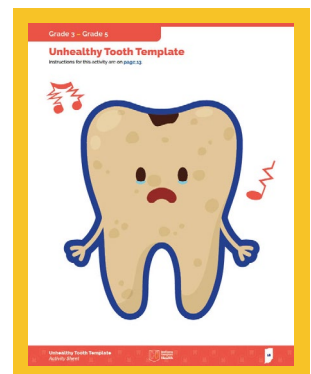
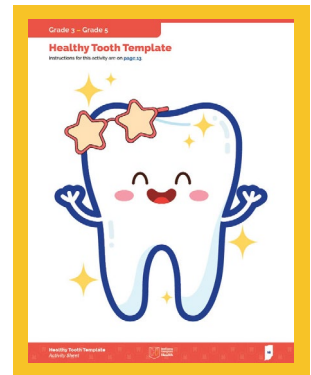
⚡ Activity Time

Shout & Toss Tooth Activity

- Explain the activity to students:
 - Have students sit in a circle. Display the [Healthy Tooth Template](#).
 - Explain that when they have the ball, they will shout out a food item that makes a tooth healthy. Then, they will toss the ball to a classmate.
 - After students have a turn to list food items that make teeth healthy, display the [Unhealthy Tooth Template](#).
 - When a student has the ball, they will shout out a food item that may cause a tooth to be unhealthy or lead to a cavity. Next, they will toss the ball to a classmate.
- During the activity, jot down the food items that students shout out under each tooth.
- After the activity, ask students these questions.

Answers are in parentheses.

 - Why is it important to eat healthy foods? (*safe for our teeth, prevents cavities, stronger teeth*)
 - What happens if we avoid brushing and flossing after eating unhealthy foods? (*cavities, tooth pain, bad breath*)





Next, we will learn about what you can do to avoid plaque and cavities! Play the [Fighting Off Plaque and Cavities Video](#) that explains ways to avoid plaque and cavities.

After watching the video, hand out the [What Can I Do Activity Sheet](#).

1. Explain the activity
 - a. In each tooth, students will draw or write what they can do to avoid plaque and cavities.
2. Walk around and observe as students do the activity.
3. At the end, encourage students to share what they drew or wrote and why with the class.

At the end of the lesson, ask students these review questions. Answers are in parentheses.

1. How does brushing reduce plaque? (*brushes away plaque and food particles*)
2. How does flossing prevent cavities? (*removes plaque and food hidden between teeth*)
3. How many times should you visit the dentist in a year? (*twice*)



Prepare students for what's coming in Lesson Three!

In the next lesson, we will learn about nutrition and foods that are healthy and unhealthy for our teeth!



(3-5: 1.1, 1.2, 1.4, 1.5, 2.1, 2.3, 2.4, 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, 6.3, 7.1, 7.2, 8.1, 8.2)

National Health Education Standards:

(15.1, 15.2, 15.3, 15.5, 15.6, 15.7, 25.1, 25.2, 25.4, 25.5, 25.6, 35.1, 35.3, 35.4, 35.5, 35.8, 45.1, 45.2, 45.3, 45.4, 45.6, 55.1, 55.2, 55.3, 55.4, 55.5, 55.6, 55.7, 65.1, 65.2, 65.3, 75.1, 75.2, 75.3)

Lesson 3: Healthy Nutrition for Healthy Teeth

Overview:

Students will learn about the relationship between healthy nutrition and healthy teeth.

Time Needed:

45 minutes

Supplies:

- [Food Picture Activity](#)
 - » **Teacher Note:** please cut out food items before the activity.
 - » Tape
 - » [Healthy Food Items](#)
 - » [Sugary Food Items](#)
 - » [Healthy Tooth Template](#)
 - » [Unhealthy Tooth Template](#)
- [Video: Healthy Nutrition for Healthy Teeth](#)
- [Reading a Nutrition Label Activity Sheet](#)
- [Lesson 3 Caregiver Handout: Healthy Nutrition for Healthy Teeth](#)



Review:

Review with students the key points from Lesson Two.

Ask students these questions. Answers are in parentheses.



What is plaque and how do we avoid it?

(slimy, sticky substance sticking to teeth, avoid by brushing and flossing)



What are cavities and how do we avoid them?

(tiny holes that form in tooth enamel, avoid by brushing and flossing and eating healthy foods)



What types of food are not good for our teeth? (sugary ones – candy, cookies, desserts, soda, etc.)

Now that you have learned about plaque and cavities and what causes them, let's learn about what foods protect our teeth!

Introduction:

Nutrition is eating different types of nutrients that your body needs to protect your overall health.

Nutrients are the parts of food that give you energy and help you grow.

Ask Students

Ask students these questions to prepare them for the lesson. Answers are in parentheses.

1. What are the groups of foods your body needs? (*fruits, vegetables, dairy, protein, grains*)
2. Why do your teeth need healthy foods? (*tooth development, stronger enamel, prevents cavities*)
3. Raise your hand if you eat from all the food groups? (*students will raise their hand*)

Great job! Let's learn how nutrients help our teeth!

It is important to have a variety of fruits, vegetables, dairy, and grains in your diet, or the food you eat regularly. These nutrients help keep our teeth healthy.



Vegetables strengthen tooth enamel and protect against gum disease and inflammation.

- » Examples: *carrots, celery, broccoli, etc.*
- » Crunchy vegetables such as carrots produce more saliva. Saliva helps wash away plaque and food particles.



Fruits help protect gum tissue and avoid infection. Fruits contain vitamin C, which helps fight off illnesses. Fruits also help with removing plaque and freshening breath.

- » Examples: *Apples, oranges, bananas, etc.*



Dairy strengthens teeth and tooth enamel. Dairy also fights off cavities and tooth decay. Choose low-sugar dairy options as added sugars in flavored milk or yogurt can harm your teeth.

- » Examples: *Milk, yogurt, cheese, etc.*



Grains keep your gums healthy and teeth strong. It also lowers the risk of gum infections.

- » Examples: *Rice, bread, oatmeal, etc.*



Protein creates a strong tooth structure and growth. It can also help fight off illnesses.

- » Examples: *Meat, beans, nuts, etc.*

⚡ Activity Time

To better understand what types of foods are good for your teeth, let's do the Food Picture Activity.

1. Before the activity, cut out the [Healthy Food Items](#) and [Sugary Food Items](#) and organize them into healthy food and sugary food piles for students to draw from. Students will draw one from each pile.
2. Explain the activity:
 - a. When each student has two food items, display the [Healthy Tooth](#) and [Unhealthy Tooth](#) Templates.
 - b. Students will put their food items where they think they belong by taping the picture onto the tooth template they picked – explaining that healthy foods make a healthy tooth, and foods with sugar make an unhealthy tooth.
 - c. Give each student the opportunity to place their food items on the tooth templates.
3. After the activity, review each food item and move them around if needed.
4. Then, ask these review questions. Answers are in parentheses.
 - a. Why is it important to eat healthy foods?
(stronger teeth and enamel, tooth growth)
 - b. Why should we eat foods with sugar sometimes and not all the time? (prevents cavities, tooth decay, tooth pain)


Now that we know what types of foods are good for our teeth, let's learn about what is inside food that keeps our teeth healthy!



? Ask Students

Ask students these questions. Answers are in parentheses.

1. When you pick out a snack, how do you know what ingredients are in it? (*nutrition label*)
2. Where do you find nutrition labels? (*on the box, side or back of box*)

 **Nutrition labels** are on packaged foods to show what nutrients and ingredients are in the food. The labels provide calories, fats, vitamins, proteins, and more.

Just like we learned, sugar can make your teeth unhealthy. It likes to attack our enamel and create cavities. Nutrition labels show how much sugar is in food and drinks. It's important to look at the amount of sugar in the foods we eat and drink. If you have food or drinks with a lot of sugar, it's important to brush and floss your teeth after 30 minutes.



Next, we will watch the video: [Healthy Nutrition for Healthy Teeth](#) to learn more about the six main nutrients we need that are found in foods we eat!

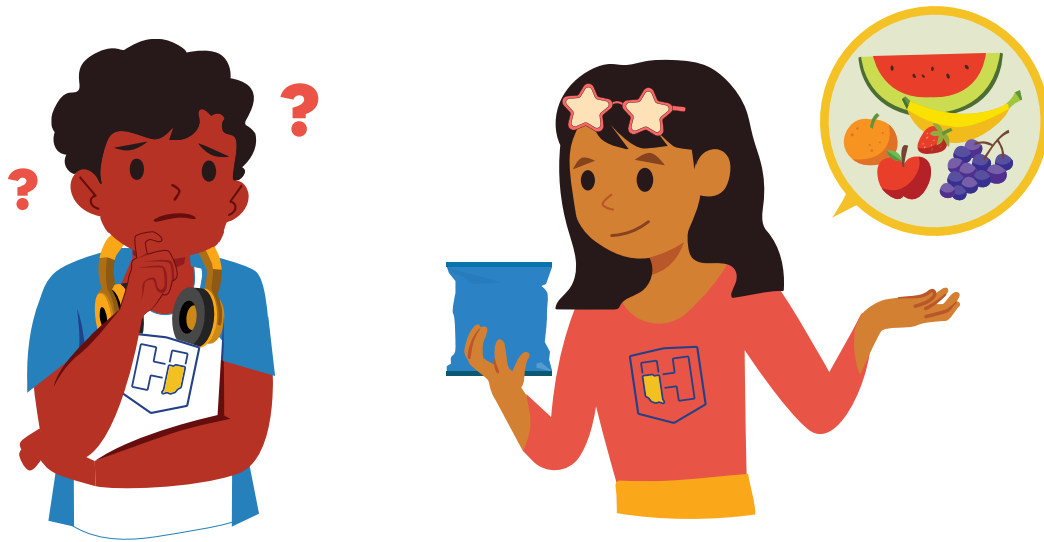


⚡ Activity Time

Now that we know where to find nutrients in food, let's practice reading a nutrition label!

Hand out the [Reading a Nutrition Label Activity Sheet](#).

1. Explain the activity to students.
 - a. Allow children to review the nutrition label and answer questions about the different types of nutrients that are in the food product.
2. After the activity, read each question and let students answer the questions.



Prepare students for what's coming in Lesson Four!

To prepare students for Lesson Four, ask these questions:

1. How many of you use your teeth as tools to open things, rip things apart, hold things?
(students will raise their hands)
2. What are unhealthy dental habits? (not brushing/flossing, eating sugary items, etc.)
3. Raise your hand if you have heard of smoking/vaping? (students raise their hands)
4. What do you know about smoking/vaping? (bad for you, causes coughing, bad for your teeth, etc.)

In Lesson Four, we will learn about the importance of healthy dental habits and identifying things that are healthy and unhealthy for our teeth!



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:

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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

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*](#)



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*)

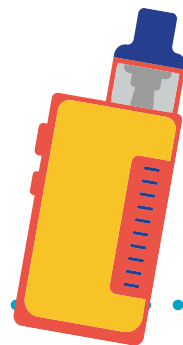
It is important that we get healthy nutrition and nutrients in our body because they help our teeth, body, and overall health. In this lesson, you will learn about practicing healthy habits for your teeth, what to expect at the dentist, and how doing certain things can hurt our teeth.

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

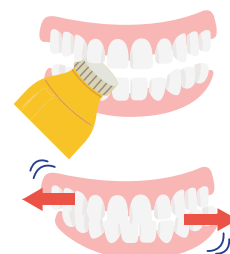
Loss of taste

Gum infections

Tooth decay from increased bacteria in the mouth

Tooth loss

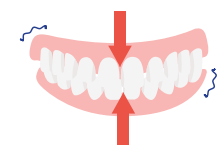
- **Using teeth as tools** is when we use our teeth to open packages or bite our nails. Using teeth as tools can chip or even break a tooth!



- **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 Teeth Habits Video](#) for students to review the importance of practicing healthy habits.

⚡ Activity Time

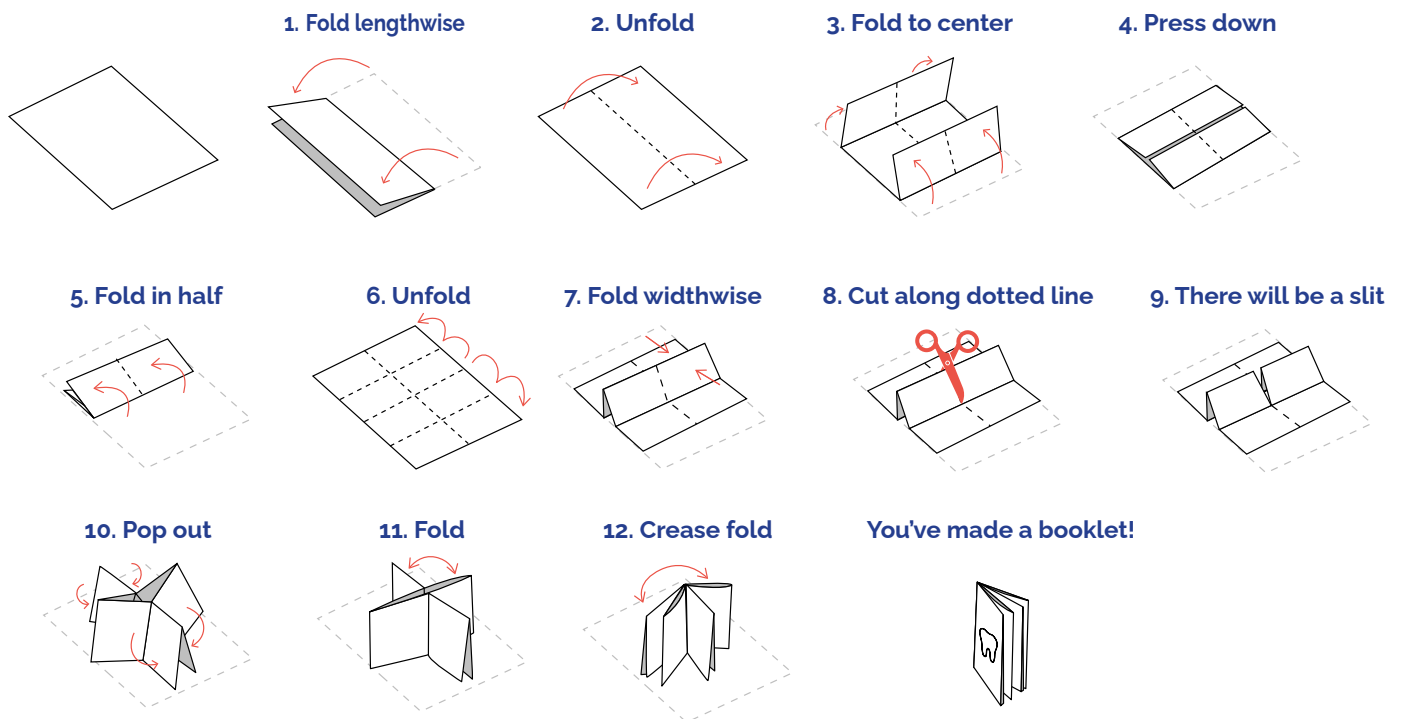
After the video, hand out the [My Healthy Teeth Habits Book Activity Sheet](#).

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)



Indiana Standards:

(3-5: 1.1, 1.2, 1.4, 1.5, 2.1, 2.3, 2.4, 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, 6.3, 7.1, 7.2, 8.1, 8.2)

**National Health
Education Standards:**

(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, 3.5.1, 3.5.3, 3.5.4,
3.5.5, 3.5.8, 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, 6.5.3, 7.5.1, 7.5.2, 7.5.3,
8.5.1, 8.5.2)

Lesson 5: Healthy Teeth Habits Review

Overview:

Students will review healthy dental habits and whom to talk to when tooth problems arise.

Time Needed:

45 minutes

Supplies:

- [Memory Game](#)
- [Reviewing Healthy Teeth Habits Video](#)
- [Healthy Teeth Review Crossword Puzzle Activity Sheet](#)
- [Healthy Teeth Review Crossword Puzzle Answer Sheet](#)
- [Lesson Five Caregiver Handout: Healthy Teeth Habits](#)



Review:

In Lesson Four, we learned about healthy habits and unhealthy habits for your teeth.

- Healthy teeth habits include brushing and flossing, eating healthy foods, and visiting the dentist.
- Unhealthy habits that hurt your teeth include eating and drinking sugary foods and drinks, teeth grinding and clenching, vaping, and delaying dental visits.

It is important to practice healthy habits every day to keep your teeth healthy and strong!



Introduction:

This lesson is all about reviewing healthy habits and habits to avoid, the importance of brushing and flossing, and identifying whom to talk to if you experience tooth pain.

Ask students:

If you have tooth pain, who should you talk to? *(Let students answer.)*

It's really important to tell a trusted adult if you are in pain. You can talk to someone like a parent, grandparent, teacher, aunt, uncle, school nurse, or your dentist. Telling a trusted adult about your tooth pain can help, as they can take you to the dentist who can relieve your pain.



Activity Steps

To better understand and review content, let's play the [Memory Game](#).

1. Have students sit in a circle.
2. Explain the game:
 - a. You will show a picture of an item that helps with healthy tooth habits.
 - b. Have students raise their hand and explain why that item helps their teeth.
 - » Example: If you show a toothbrush, the student will say: toothbrush helps brush plaque and food off the surfaces of your teeth.
 - c. Once the student answers correctly, move onto the next picture.
3. After the game, reflect on the importance of practicing healthy habits.



After the memory game, play the [Reviewing Healthy Teeth Habits Video](#). This will help students review the healthy and unhealthy teeth habits and identify tooth concerns.

Ask students:

After the video, ask students these follow-up questions:

1. Why is it important to brush and floss every day? *(remove plaque, food, prevent cavities)*
2. What's the one thing we cannot forget to brush when we brush our teeth? *(tongue)*
3. What are unhealthy teeth habits we should avoid?
(eating/drinking too much sugar, avoiding brushing/flossing, using teeth as tools, tooth grinding/clenching, and vapes)

⚡ Activity Time

After the video follow-up questions, hand out the [Review Crossword Activity Sheet](#).

1. Explain the activity:
 - a. Hand out the crossword sheet to students.
 - b. Students will read the definitions and find the word in the word box.
 - c. Once they find the word that matches the definition, they will spell out the word in the correct crossword spot.
2. After the activity, show the [answer key](#) for students to check their work.



🗨 End of Lesson Review Questions

Have students shout out the answers.

1. How many times a day are you supposed to brush your teeth? (*twice*)
2. How long are you supposed to brush your teeth? (*two minutes*)
3. How many times a day should you floss your teeth? (*once*)
4. What types of food are good for your teeth? (*fruits, vegetables, dairy, protein, grain*)
5. What types of food are bad for your teeth? (*sugary items*)
6. If you experience tooth pain, who should you talk to? (*someone you trust, trusted adult, dentist*)
7. Why should you visit the dentist? (*check teeth, clean teeth, fix teeth*)



APPENDIX

<u>Parts of a Tooth Activity Sheet</u>	<u>28</u>
<u>Healthy Tooth Template Activity Sheet</u>	<u>29</u>
<u>Unhealthy Tooth Template Activity Sheet</u>	<u>30</u>
<u>What Can I Do Activity Sheet</u>	<u>31</u>
<u>Healthy Food Picture Activity Sheet</u>	<u>32</u>
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<u>Reading a Nutrition Label Activity Sheet</u>	<u>34</u>
<u>Taking a Trip to the Dentist Charades</u>	<u>35</u>
<u>My Healthy Teeth Habits Book Activity Sheet</u>	<u>36</u>
<u>Memory Game</u>	<u>37</u>
<u>Review Crossword Activity Sheet</u>	<u>38</u>
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<u>Keeping Your Mouth Healthy! Caregiver Handout</u>	<u>40</u>
<u>Ways to Keep Your Child's Oral Health at its Best!</u> <u>Caregiver Handout</u>	<u>41</u>
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<u>Practicing Healthy Teeth Habits! Caregiver Handout</u>	<u>43</u>
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<u>Teeth Fun Facts</u>	<u>47</u>
<u>Pre/Post Test</u>	<u>48</u>
<u>Pre/Post Test Answer</u>	<u>49</u>

Parts of a Tooth Activity Sheet

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

Crown

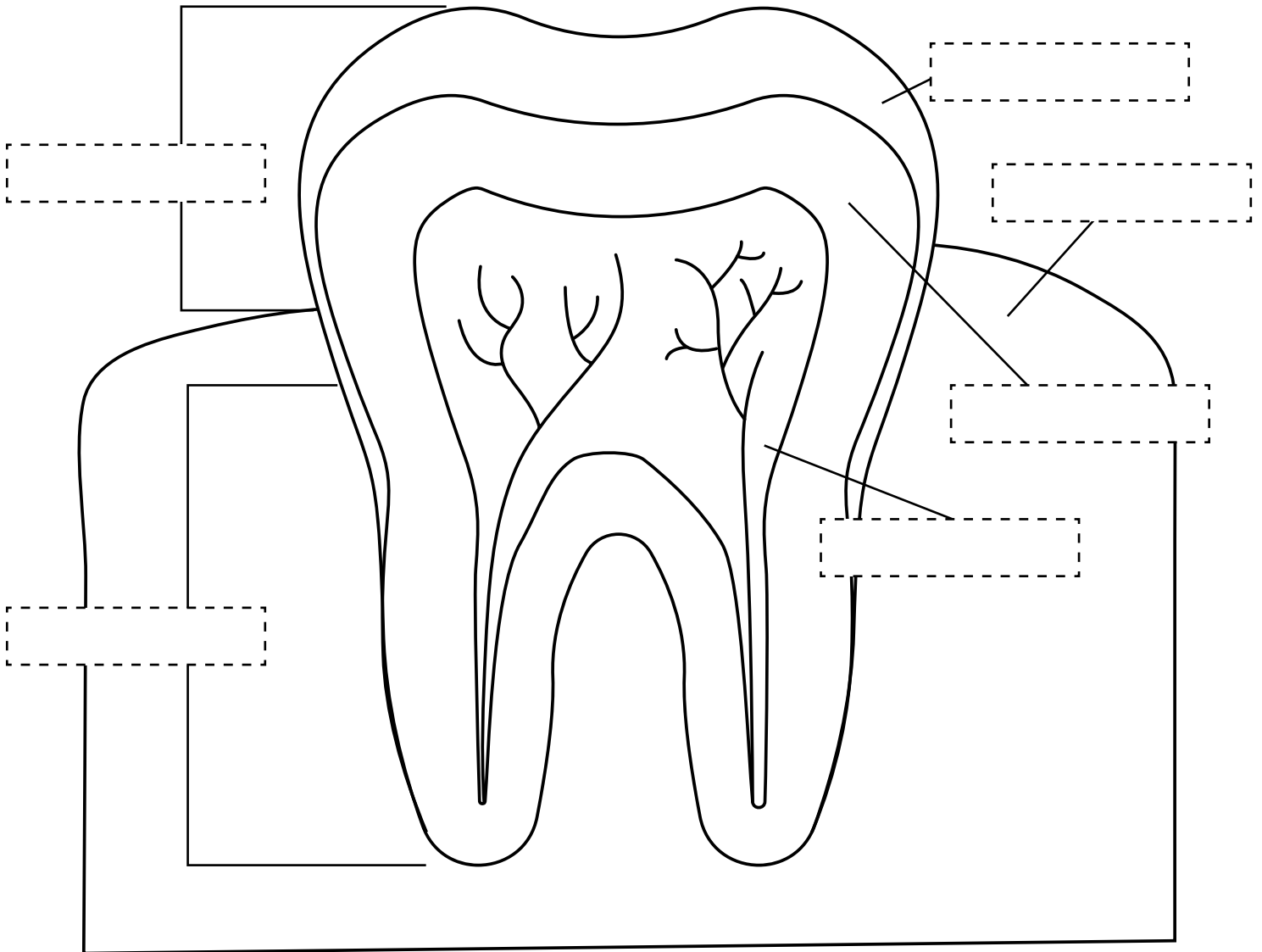
Dentin

Gums

Enamel

Pulp

Root



Crown



Dentin



Gums



Enamel



Pulp



Root

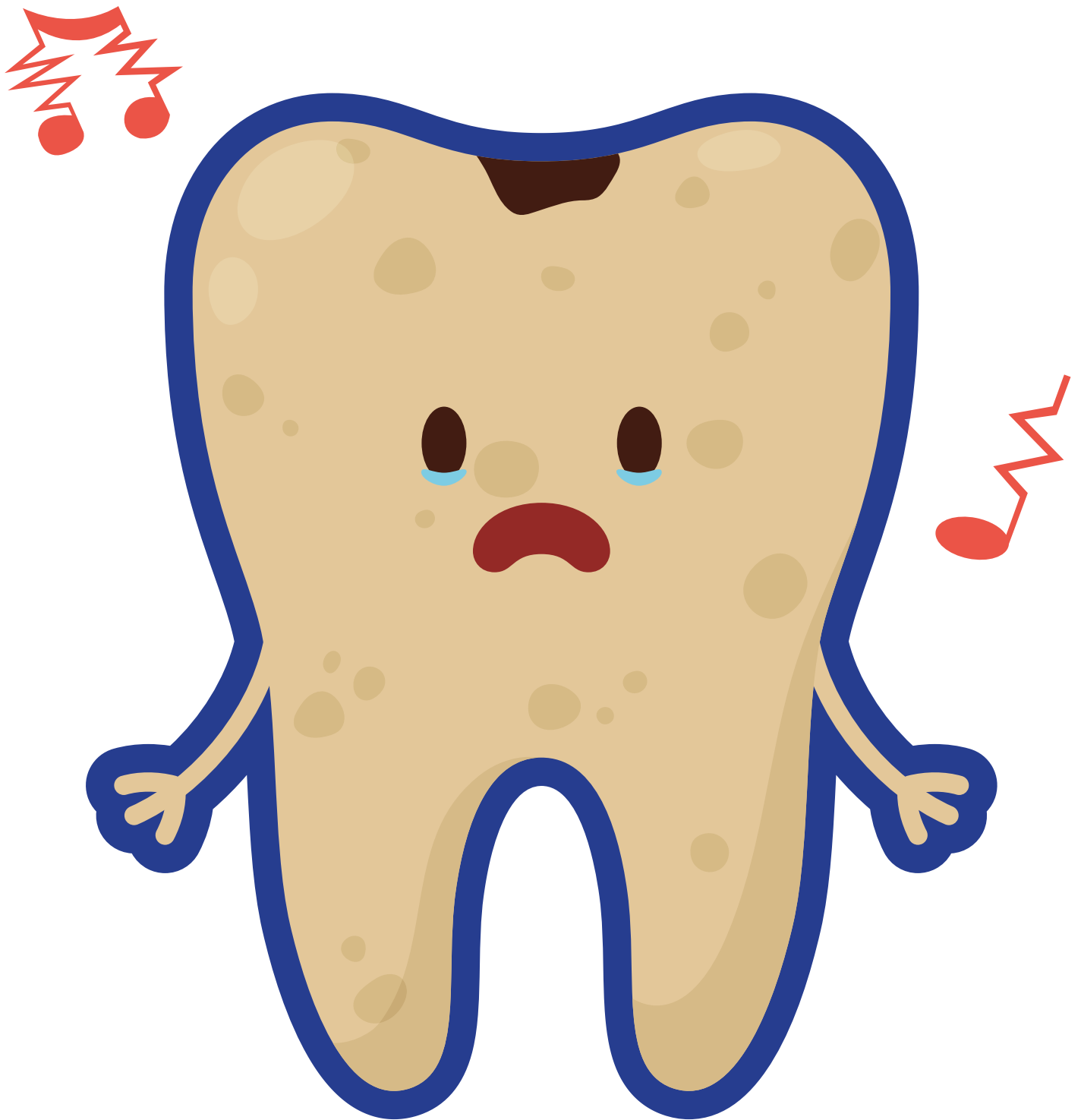
Healthy Tooth Template

Instructions for this activity are on [page 12](#) and [page 16](#).



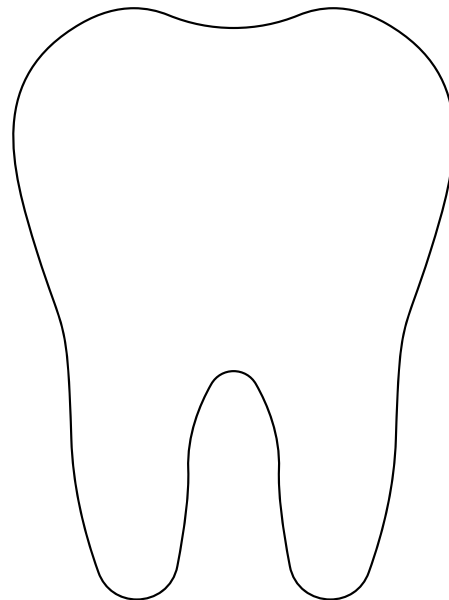
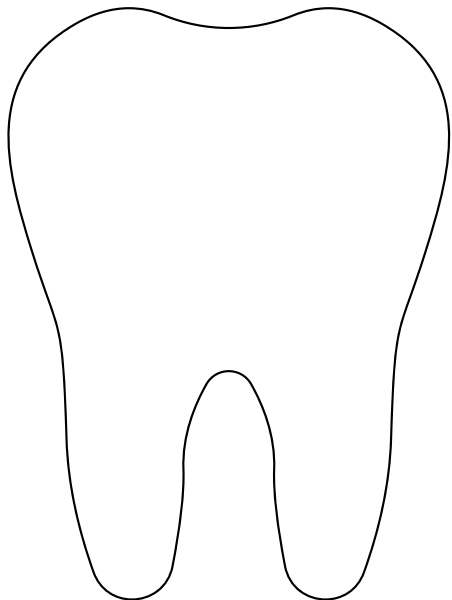
Unhealthy Tooth Template

Instructions for this activity are on [page 12](#) and [page 16](#).

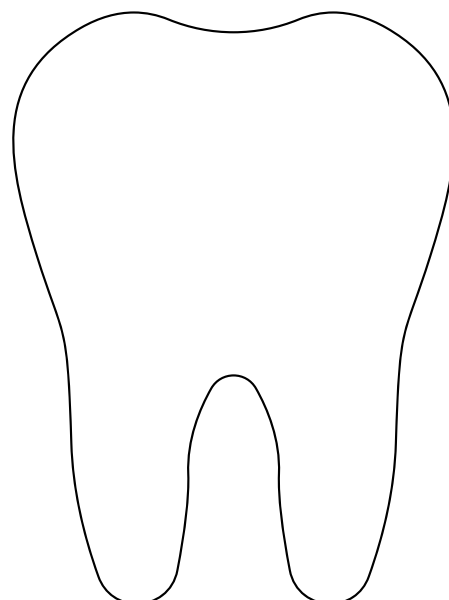
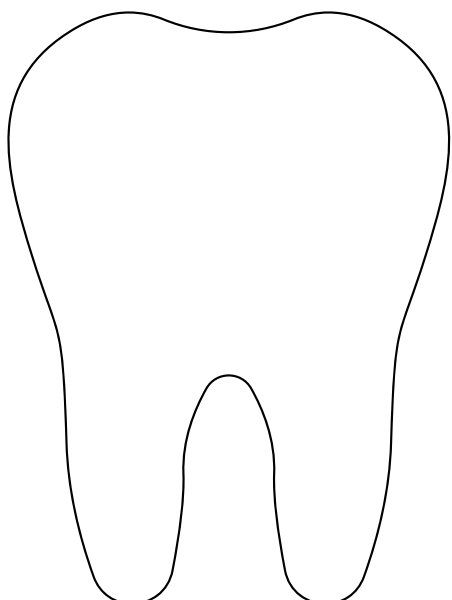


What Can I Do Activity Sheet

Instructions for this activity are on [page 13](#).

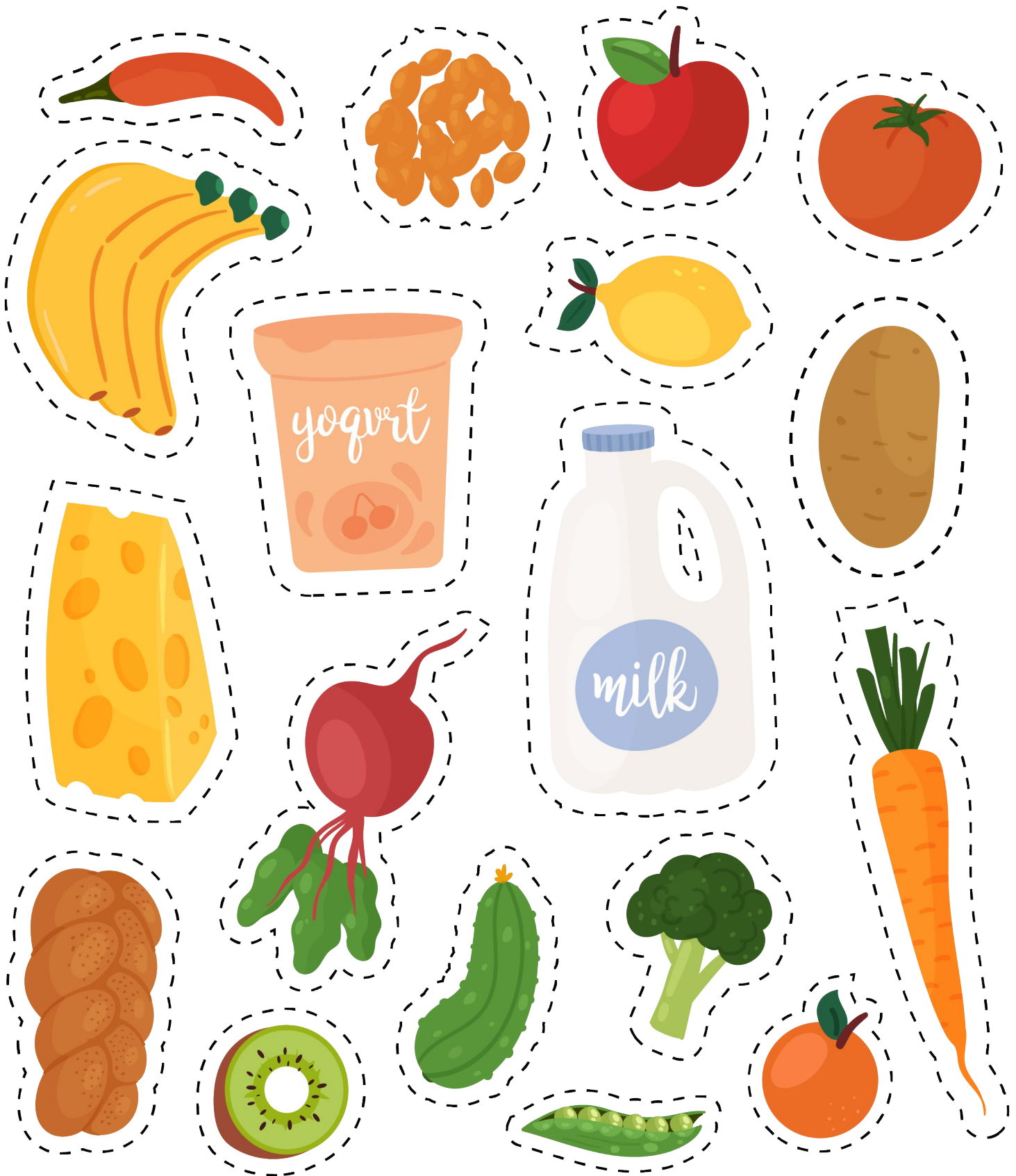


What Can I Do to Protect My Teeth?



Healthy Food Items

Instructions for this activity are on [page 16](#).



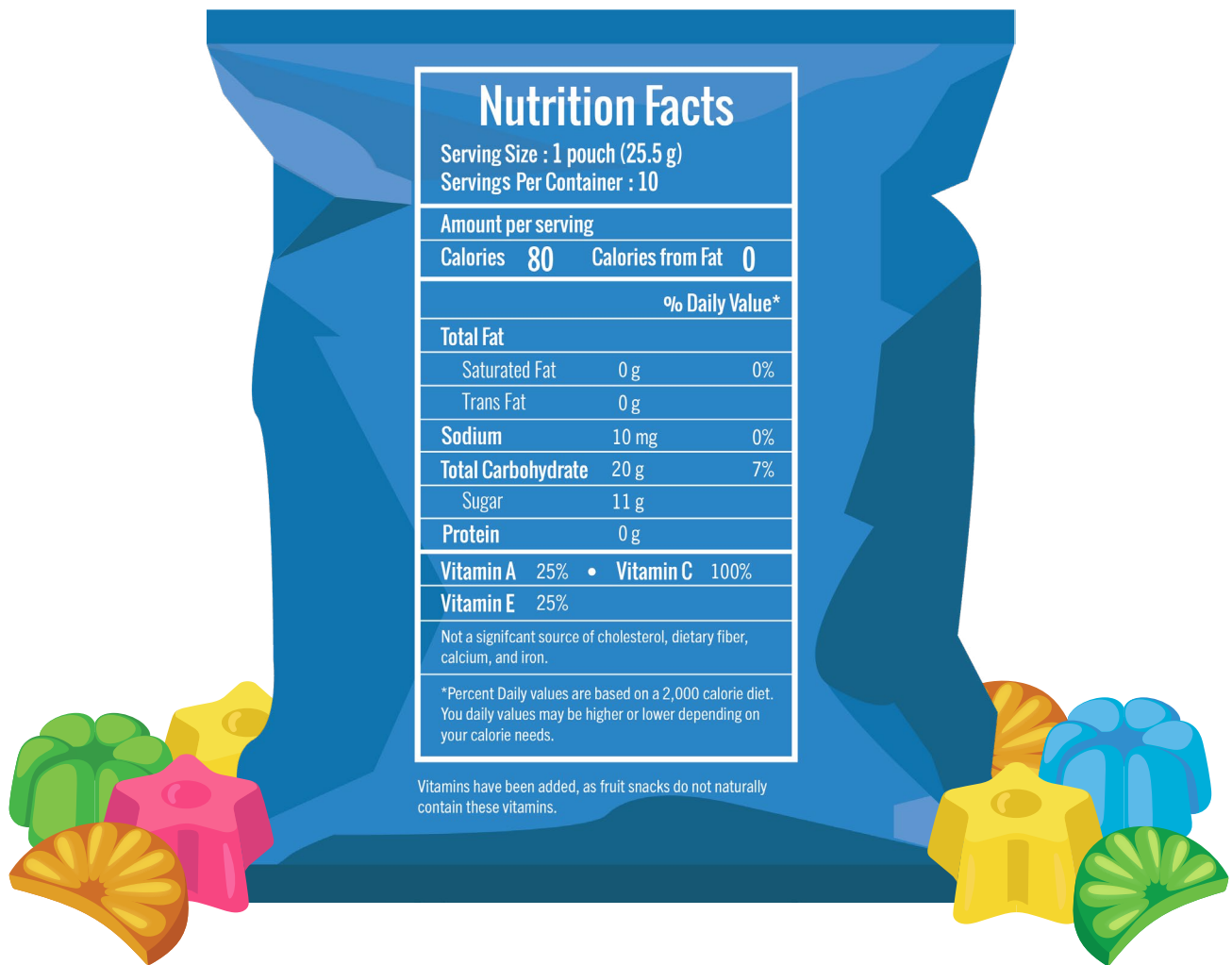
Sugary Food Items

Instructions for this activity are on [page 16](#).



Reading a Nutrition Label Activity Sheet

Instructions for this activity are on [page 18](#).



- What is the serving size?

- How much sodium is in this product?

- How much protein is in this product?

- How much fat is in this product?

- How much sugar is in this product?

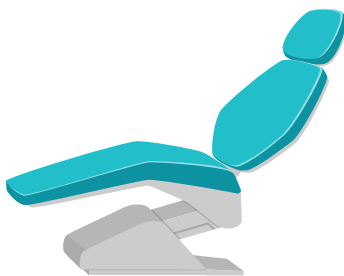
- How many vitamins are in this product?

- Food does not always have all the vitamins we need. They are added to make food better for us. Vitamins might be added to fruit snacks to help us grow strong. Do you think vitamins were added to these fruit snacks?

Taking a Trip to the Dentist Charades

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

Sitting in the
dentist chair



Flossing teeth



Brushing teeth



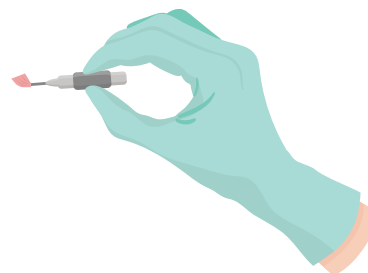
Taking x-ray
of teeth



Opening
mouth wide

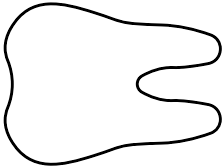


Getting
flouride
treatment



My Healthy Teeth Habits Book Activity Sheet

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

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

Memory Game

Instructions for this activity are on [page 25](#).

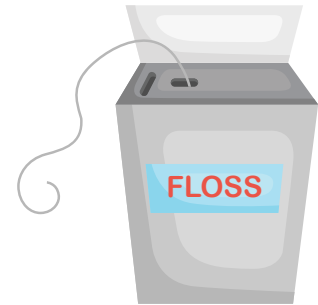
Toothbrush



Toothpaste



Floss



Fruits



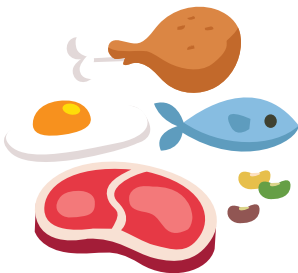
Vegetables



Dairy



Protein



Grains

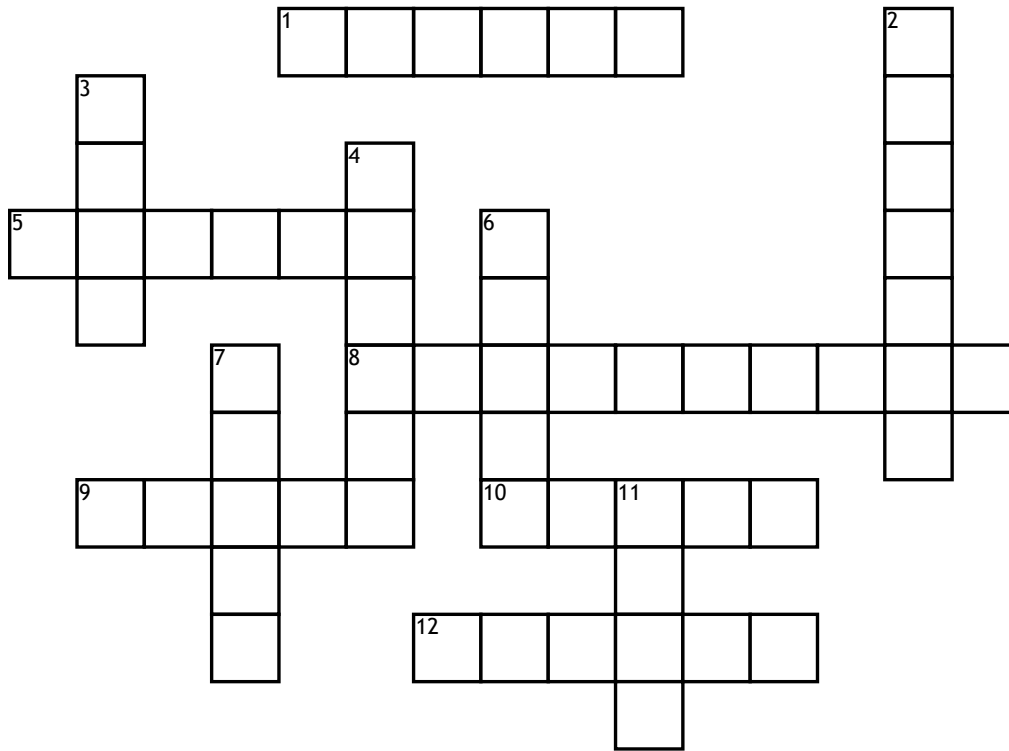


Dentist



Review Crossword Activity Sheet

Instructions for this activity are on [page 26](#).



Across

1. A hole in the tooth.
5. Slimy, sticky substance that sticks to teeth.
8. Used to clean the surface of teeth.
9. Layer of tooth that sits above the gums.

10. Causes cavities and tooth decay.
12. Strongest layer of the tooth.

Down

2. Checks for cavities, cleans teeth, and examines teeth.
3. Like the heart of the tooth, innermost layer of the tooth.

4. Softer layer of the tooth under enamel.
6. Hidden in the gums and hold teeth in place.
7. Thread used to clean between teeth.
11. Pink, soft tissue in our mouth.

Word Bank

Pulp

Roots

Dentin

Cavity

Gums

Sugar

Floss

Plaque

Crown

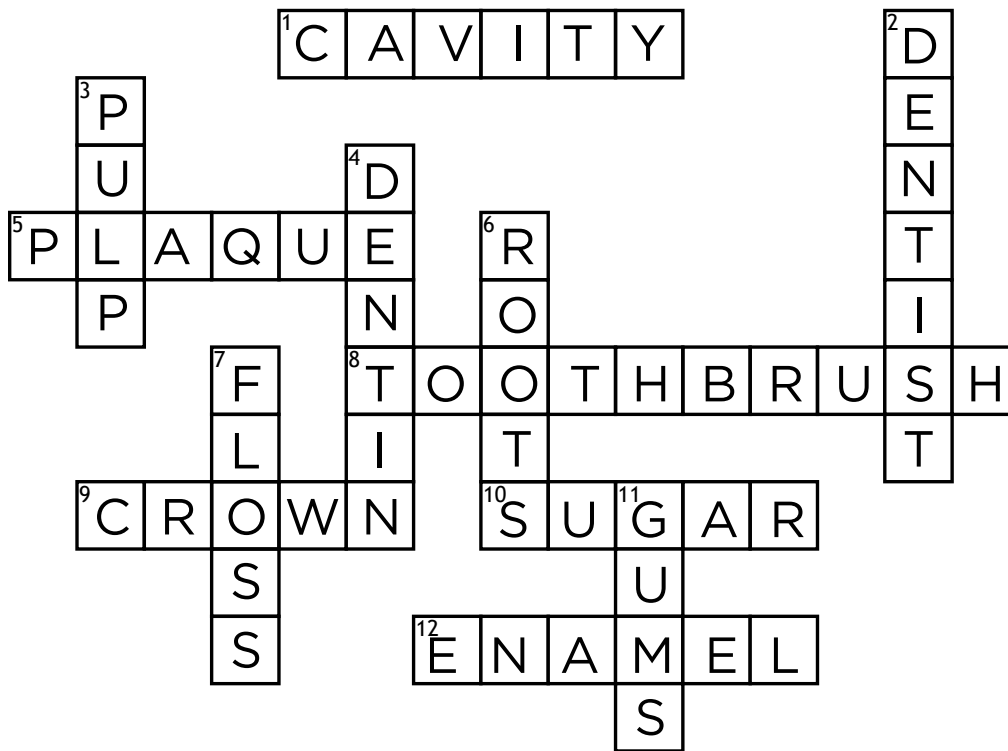
Enamel

Dentist

Toothbrush

Review Crossword Answer Sheet

Instructions for this activity are on [page 26](#).



Across

1. A hole in the tooth.
5. Slimy, sticky substance that sticks to teeth.
8. Used to clean the surface of teeth.
9. Layer of tooth that sits above the gums.

10. Causes cavities and tooth decay.
 12. Strongest layer of the tooth.
- ## Down
2. Checks for cavities, cleans teeth, and examines teeth.
 3. Like the heart of the tooth, innermost layer of the tooth.

4. Softer layer of the tooth under enamel.
6. Hidden in the gums and hold teeth in place.
7. Thread used to clean between teeth.
11. Pink, soft tissue in our mouth.

Word Bank

Pulp

Roots

Dentin

Cavity

Gums

Sugar

Floss

Plaque

Crown

Enamel

Dentist

Toothbrush

Keeping Your Mouth Healthy!

Keeping our teeth healthy is important!

Layers of a Tooth



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



Enamel is the hard outside part of the tooth that keeps it strong.



Dentin can be at risk of cavities if enamel is eaten by plaque.



Pulp is the soft part inside your tooth.



Brushing and Flossing Basics



Brush twice a day for two minutes each time!

- » Use a soft bristled toothbrush and pea-size amount of toothpaste.
- » Place the toothbrush half on your teeth and half on your gums.
- » Brush all sides of your teeth: Front, back, top, and bottoms.
- » Don't forget to brush your tongue!



Floss once a day at nighttime!

- » You will need a string of floss as long as your arm or a floss pick.
- » Gently curve the floss around each tooth.
- » Move the floss up and down between each tooth.



Caring for Our Teeth



Limit sugary and sticky food and drinks.



Visit the dentist twice a year.



Brush and floss every day.



WATCH NOW: Lesson 1
[Keeping Your Mouth Healthy](#)



Ways to Keep Your Child's Oral Health at its Best!

What Does Fluoride Do?

- Develops strong teeth as they grow
- Builds strong tooth enamel
- Prevents cavities and tooth decay
- Protects teeth from acid attacks

You Can Find Fluoride In:



Tap water



Toothpaste



Mouth Wash

Plaque

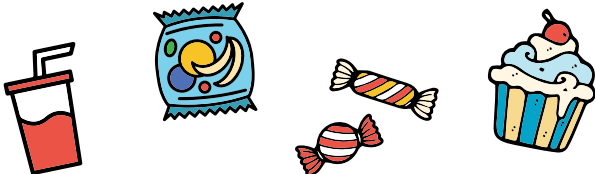
is a slimy, sticky substance that sticks to your teeth and can buildup to form an acid that attacks tooth enamel.

Cavities

are tiny holes in a tooth made from acid and can cause tooth pain and tooth decay.

Limit Sugar Intake

Sugar leads to cavities and tooth decay. Limit or avoid items high in sugar like:



Soda Fruit Snacks Candy Desserts

Unhealthy Teeth on Overall Health

- Toothaches and pain
- Bad breath
- Infections
- Gum disease
- Twisted teeth or teeth growing out of place



Indiana
Department
of
Health

WATCH NOW: Lesson 2
[*Fighting Off Plaque and Cavities*](#)



Healthy Nutrition for Healthy Teeth!

Good nutrition helps your child's growing teeth!



Fruits provide vitamin C, help protect gums, and prevent infection.



Vegetables provide vitamin A, build strong tooth enamel, and protect against gum disease.



Dairy is rich in Vitamin D, calcium, phosphorus, builds strong enamel, and fights off cavities and tooth decay.



Protein strengthens enamel and helps teeth grow and stay strong.



Grains contain Vitamin B and iron, keep gums healthy, and fight off sickness against gum disease.

Nutrients are the parts of food that give us energy and help us grow. These nutrients are important to healthy teeth:

Vitamins

- Keep teeth strong
- Helps gums stay healthy



Fats

- Strengthens enamel
- Reduces gum disease



Protein

- Helps teeth grow
- Builds strong enamel



Nutrients to Eat in Small Sizes

- Sodium (salt) can weaken enamel and harm gums
- Sugar causes cavities and tooth decay



WATCH NOW: Lesson 3
[Healthy Nutrition for Healthy Teeth](#)



Practicing Healthy Teeth Habits!

Habits to Practice

- **Brush** your teeth twice a day for two minutes each time
- **Floss** your teeth once a day at nighttime
- **Use** fluoride toothpaste
- **Eat** a balanced diet of healthy food
- **Visit** the dentist twice a year

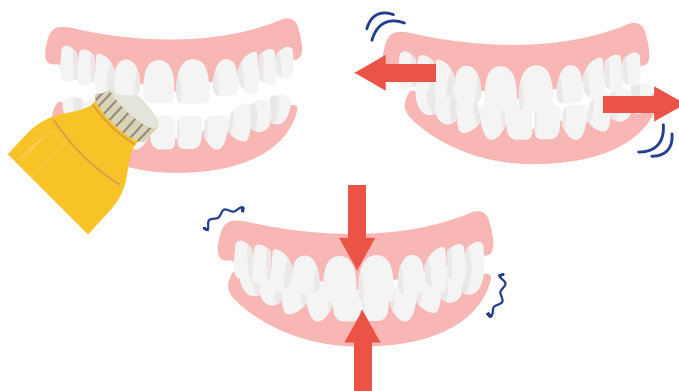


A Dentist

- **Examines** teeth as they grow
- **Checks** for cavities, tooth decay, or other tooth concerns
- **Offers** tips and support to better oral health habits

Avoid

- **Vaping**
- **Using teeth** as tools
- **Tooth grinding**
- **Tooth clenching**
- **Eating and drinking** sticky, sugary items



Healthy Teeth Habits!

It is important to get your child into a routine of practicing healthy habits every day.

Healthy Teeth Habits

- Brushing twice a day for two minutes each time with a soft tooth brush
- Flossing once a day at nighttime
- Using fluoride toothpaste
- Eating healthy foods
- Drinking water
- Wear mouth guard when playing sports
- Don't forget to brush your tongue!

Habits to Avoid

- Eating sugary foods instead of healthy foods
- Drinking sugary drinks
- Not brushing or flossing teeth
- Delaying dental check-ups
- Using teeth as tools
- Tooth grinding and clenching



Identifying Tooth Concerns

It is important to visit the dentist if your child experiences:



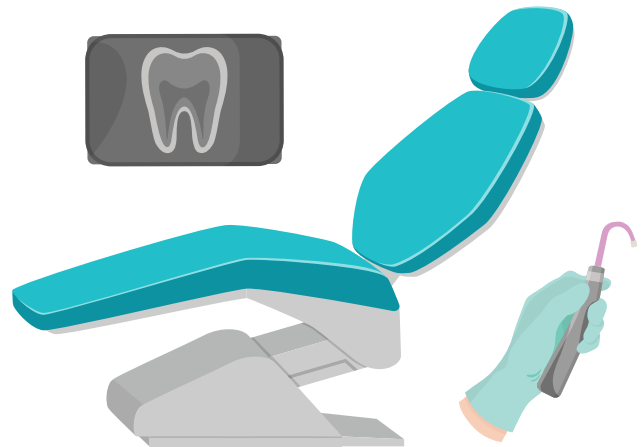
- Sore mouth or teeth
- Bleeding gums
- Toothache or pain
- Tooth sensitivity



Prepare for the Dentist

Explain what the dentist does:

- Examines teeth to check for growth and development
- Checks teeth for cavities, tooth decay, or other concerns
- Takes x-rays of teeth
- Offers tips to better dental routine



WATCH NOW: Lesson 5
[Reviewing Healthy Teeth Habits](#)

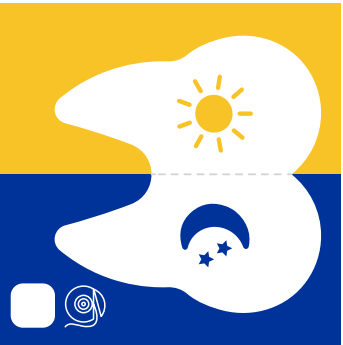


My Daily Brushing and Flossing

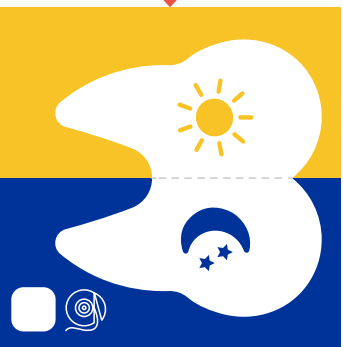
Color each side of the tooth when you brush in the morning and at night.

Mark the box when you floss.

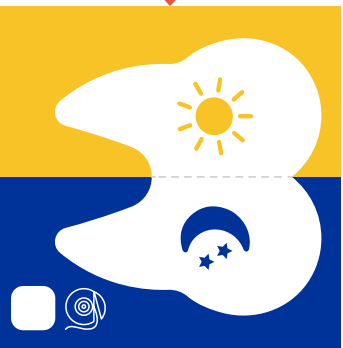
Monday



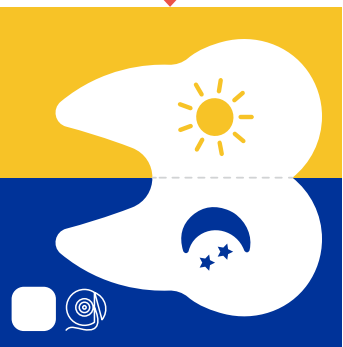
Tuesday



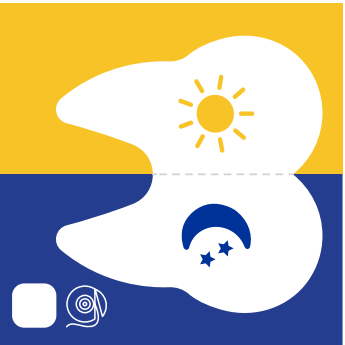
Wednesday



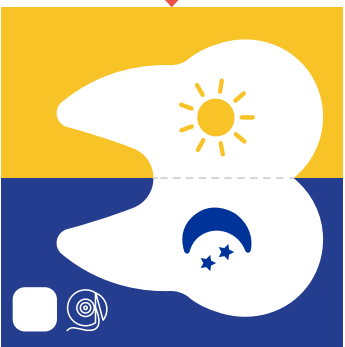
Thursday



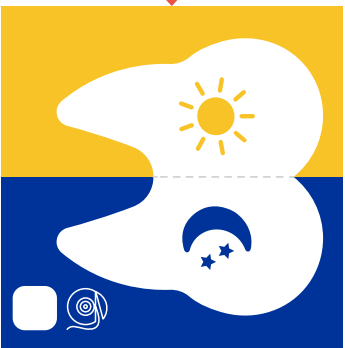
Friday



Saturday



Sunday

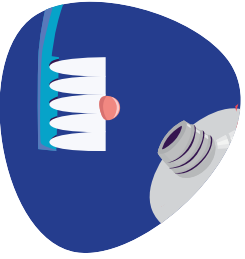


Repeat!

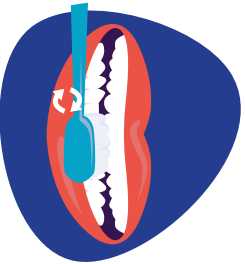
(front)

How to Brush Your Teeth

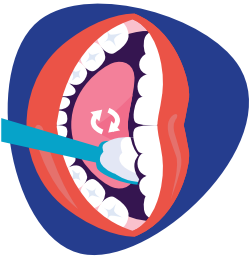
Squeeze a pea-sized amount of toothpaste on your toothbrush.



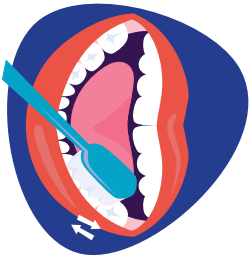
Brush the front sides of your top and bottom teeth, in circles.



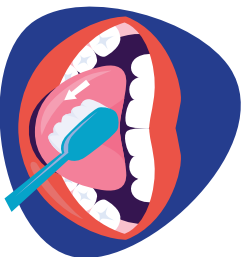
Brush the backs of the top and bottom teeth.



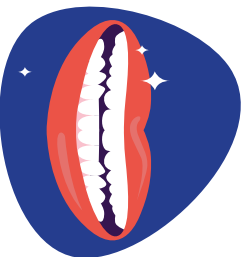
Brush the tops of all teeth.



Brush your tongue.

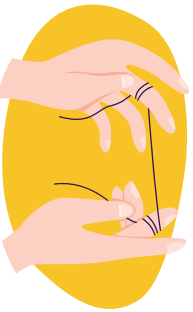


Smile!



How to Floss Your Teeth

With an 18" piece of floss, wrap it around your fingers, leaving a few inches between your hands.



Gently push the floss up and down between your bottom teeth.



Then floss up and down between your top teeth.



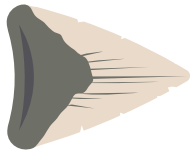
Make sure to floss your very back teeth too!



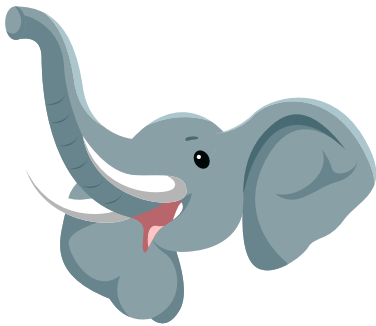
(back)

Teeth Fun Facts

World's Largest Tooth: Did you know the largest tooth ever discovered belonged to a prehistoric creature called a "Megalodon," a massive shark that lived millions of years ago. Its teeth could reach up to 7 inches long!



Elephant Teeth: Did you know elephants have four large molars that can weigh up to 6 pounds each? They use their powerful teeth to grind up tough plants!



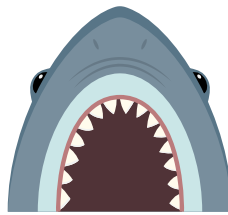
Alligator Teeth: Alligators have around 80 teeth in their mouths at once, and they can replace them up to 50 times throughout their lives. That means they can have over 2,000 teeth in a lifetime!



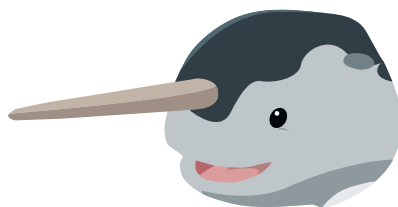
Giraffe Tongue: While not exactly a tooth fact, giraffes have long tongues (up to 20 inches!) that help them grab leaves from tall trees. Their teeth are flat and perfect for grinding leaves.



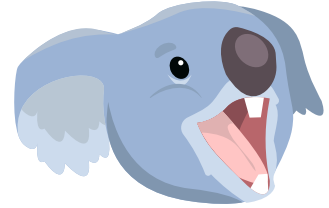
Brushing History: Did you know the first toothbrush was invented in China in the late 1400s? Before that, people used twigs and other natural materials to clean their teeth!



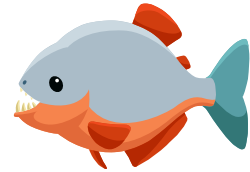
Shark Teeth: Did you know sharks lose and grow thousands of teeth throughout their lives—some species can lose over 30,000 teeth in a lifetime! Humans only get two sets (baby and permanent).



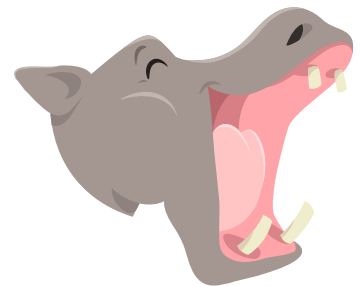
Koala Teeth: Koalas have strong front teeth that help them eat eucalyptus leaves. Their back teeth are flat and perfect for grinding their tough diet!



Piranha Teeth: Piranhas have razor-sharp teeth that are specially designed for slicing through meat. Their teeth look like blades, helping them catch and eat fish!



Hippo Teeth: Hippos have huge teeth that can grow up to 2 feet long! They use their teeth for fighting and defending themselves, not for chewing food like we do.



Narwhal Tooth: Did you know that narwhals are sometimes called the "unicorns of the sea"? They have a long tooth that can grow as long as 10 feet, sticking out of their heads like a horn!

Pre/Post Test

Answer each question and do your best. It's okay if you don't know the answer.

Match each definition with the correct word from the word bank. Write the letters in the blanks.

Use each word only one time.

Enamel

Plaque

Cavities

Nutrients

Fluoride

1. This helps make our teeth strong and keeps them safe from plaque and cavities.

2. The strong, shiny layer of the tooth that protects it when we chew food.

3. The parts of food that give us energy and help our teeth grow strong and healthy.

4. Little holes in our teeth that can hurt if we don't take care of them.

5. A slimy, sticky substance that sticks to our teeth made from leftover food and germs.

Pre/Post Test - Answer Key

Answer each question and do your best. It's okay if you don't know the answer.

Match each definition with the correct word from the word bank. Write the letters in the blanks.

Use each word only one time.

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1. This helps make our teeth strong and keeps them safe from plaque and cavities.

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4. Little holes in our teeth that can hurt if we don't take care of them.

Cavities

5. A slimy, sticky substance that sticks to our teeth made from leftover food and germs.

Plaque

Funded by the Indiana Department of Health:



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