

# Super Smiles

A Dental Health Adventure

Dental Curriculum, Grades 3-5

***30-Minute Train the Trainer***



Developed and Designed by McMillen Health





**Indiana  
Department  
of  
Health**

Division of  
**Nutrition &  
Physical Activity**



**Indiana  
Department  
of  
Health**

Division of  
**Oral Health**

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# Pre-Training Survey



# Learning Objectives

- Common dental concerns 3<sup>rd</sup> – 5<sup>th</sup> graders face
- Why oral health matters
- Long-term effects of poor dental health
- The parts and functions of the mouth
- Good hygiene habits for oral health
- How nutrition and sugar affect teeth
- How to use the ***Super Smiles*** curriculum in the classroom



# Definitions

# Oral Health

- Caring for teeth, gums, and tongue
- A clean mouth keeps you healthy and happy
- Includes:
  - Brushing
  - Flossing
  - Visiting the dentist



# Plaque

- Sticky layer of germs from sugar and food
- Can cause cavities if not brushed off
- Brushing wrong or too little builds plaque



# Cavities

- Small holes in your teeth caused by germs
- Can lead to:
  - Toothaches
  - Bad breath
  - Bleeding and/or infected gums
  - Tooth decay



# Tooth Infections

- Happens when germs get inside your tooth
- Can spread to other parts of the body
- May cause:
  - Pain
  - Swelling
  - Sore gums



# Gum Infections

- Caused by germs entering the gums
- Causes gums to be:
  - Red
  - Swollen
  - Painful
  - Bleeding



# Natural vs. Added Sugar

- **Natural sugars:**  
Gives energy and nutrients; naturally in fruit
- **Added sugar:**  
No health benefits; added to sweeten foods and drinks



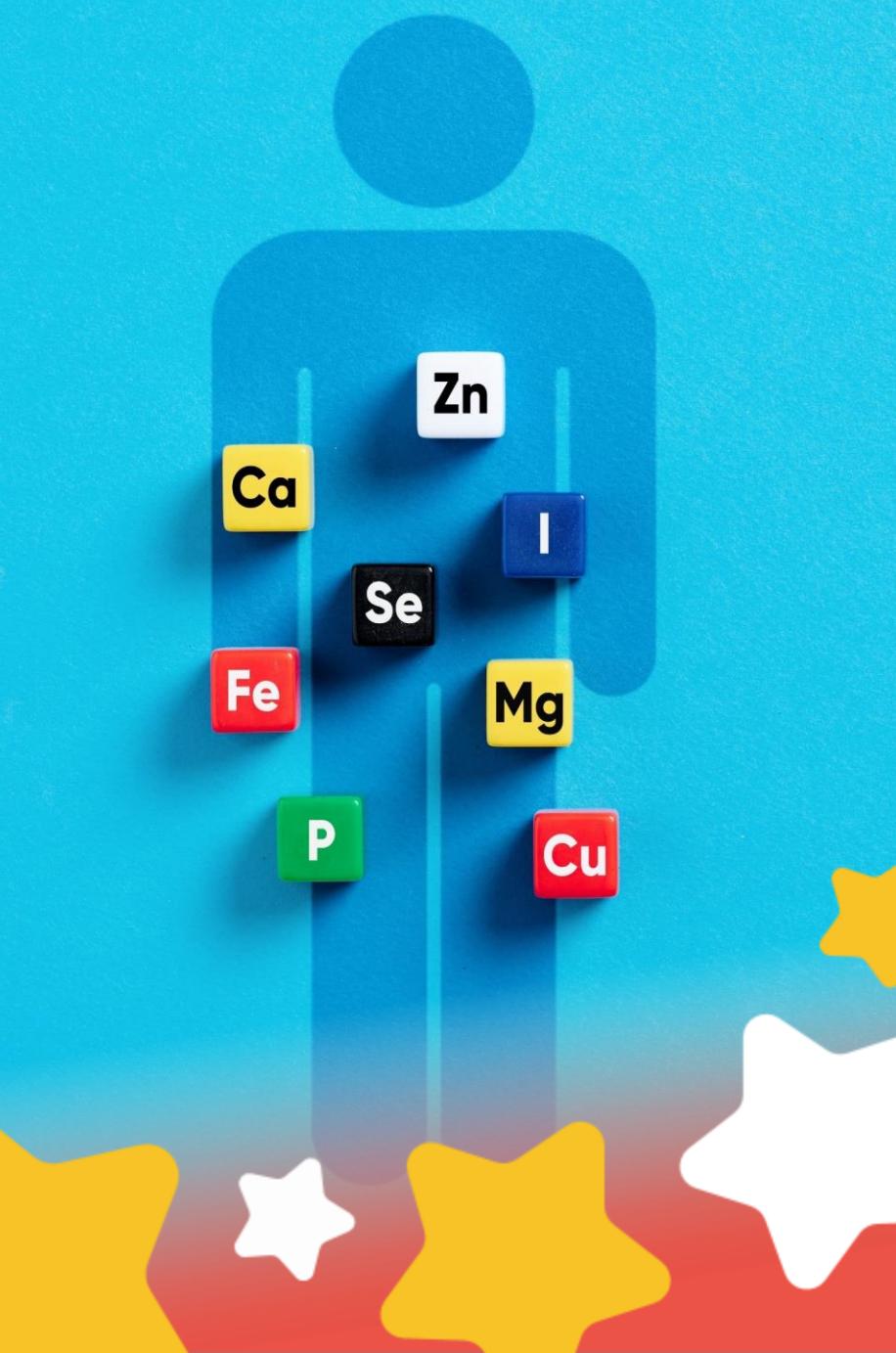
# Twisted Teeth

- Happens when permanent teeth grow crooked
- Caused by lack of room in mouth or injury
- Can make chewing and cleaning harder



# Nutrients

- Gives the body energy and keeps your body strong
  - Vitamins
  - Minerals
  - Proteins
  - Fats
  - Carbohydrates



# Nutrition Labels

- Show what's inside packaged foods
- Labels include information on:
  - Calories
  - Fats
  - Vitamins
  - Proteins
  - Sugar

## Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** 230

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

% Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Vaping

- Harms the body and mouth
- Affects the mouth by:
  - Causing dry mouth
  - Red, swollen, bleeding gums
  - Weaker teeth
  - Mouth sores



# Healthy Habits

- Actions or choices to keep the mouth healthy
- **Healthy Habits include:**
  - Brushing twice a day for two minutes
  - Flossing once a day in the evening
  - Eating healthy foods
  - Going to the dentist regularly



# Unhealthy Habits

- Actions or choices that harm the mouth
- **Unhealthy habits include:**
  - Eating sugary foods
  - Drinking sugary drinks
  - Grinding or clenching teeth
  - Vaping
  - Skipping dental visits



# Module One: The Need

# Dental Concerns Among 3<sup>rd</sup> - 5<sup>th</sup> Graders

- Many children have cavities or sore gums
  - Affects eating, talking, and smiling
  - Half of children 6 to 9 have cavities



# The Importance of Healthy Teeth to Overall Health

- Help with chewing food and talking clearly
- Tooth pain affects
  - Eating
  - Sleeping
  - Focusing
  - Prevents bigger problems later



# Tooth Decay & Cavities

- 4 out of 10 children have cavities in primary and permanent teeth



# Untreated Cavities

- Can lead to:
  - School absences
  - Pain or discomfort
  - Lower self-esteem
  - Poor academic performance



# How Common Are Cavities?

- One of the most common oral health problems
- Cavities are 5 to 8 times more common than asthma



# Lasting Effects on Children

- Make it hard to eat, chew, and talk clearly
- Slow down growth and learning
- Cause weight loss and poor nutrition
- Harder to interact with others
- Cause crooked teeth
- Create a greater need for orthodontic care later



# Emotional Impacts

- Lower self-esteem
- Feel shy
- Avoid talking to others
- Feel embarrassed
- Increase bullying risks



# Emotional Impacts

- Avoid brushing or flossing
- Lower a child's happiness
- Affect overall health



# Effects on Education

- Trouble keeping up with schoolwork
- Feeling distracted in class
- Trouble sleeping
- Getting lower grades and test scores



# Children with Disabilities

- 4 times more likely to miss dental visits
- Increased likelihood of getting more cavities and having trouble keeping their teeth clean
- Need extra help with caring for their teeth and gums



# Children with Disabilities

- Trouble brushing and flossing
- Special diets
- Sugary medications
- Less access to dental care
- Oral habits that affect the health of teeth



# Module Two:

# Oral Structures

# Parts of the Mouth

- Teeth
- Lips
- Tongue
- Gums
- Cheeks

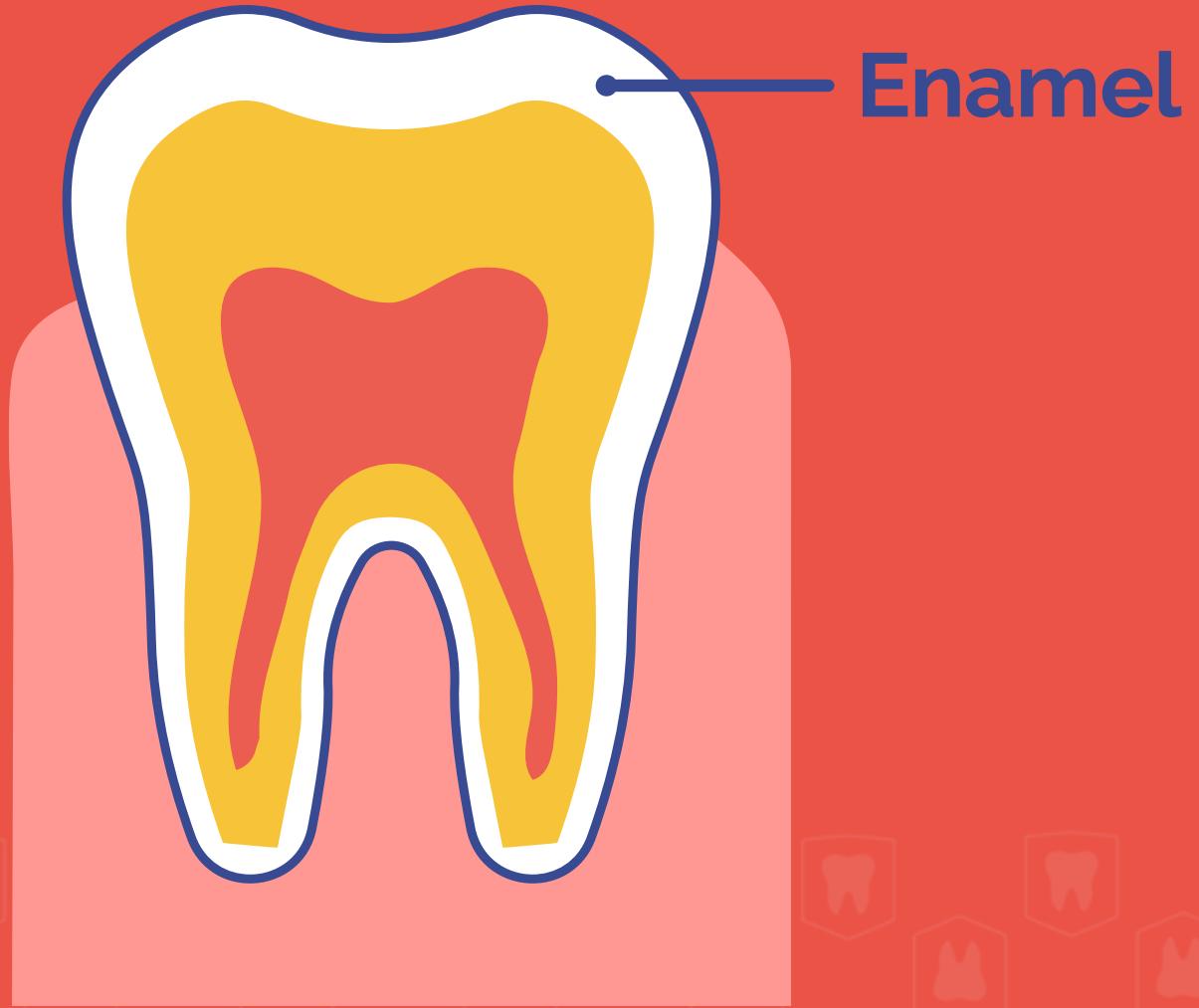


# Layers of a Tooth

Crown



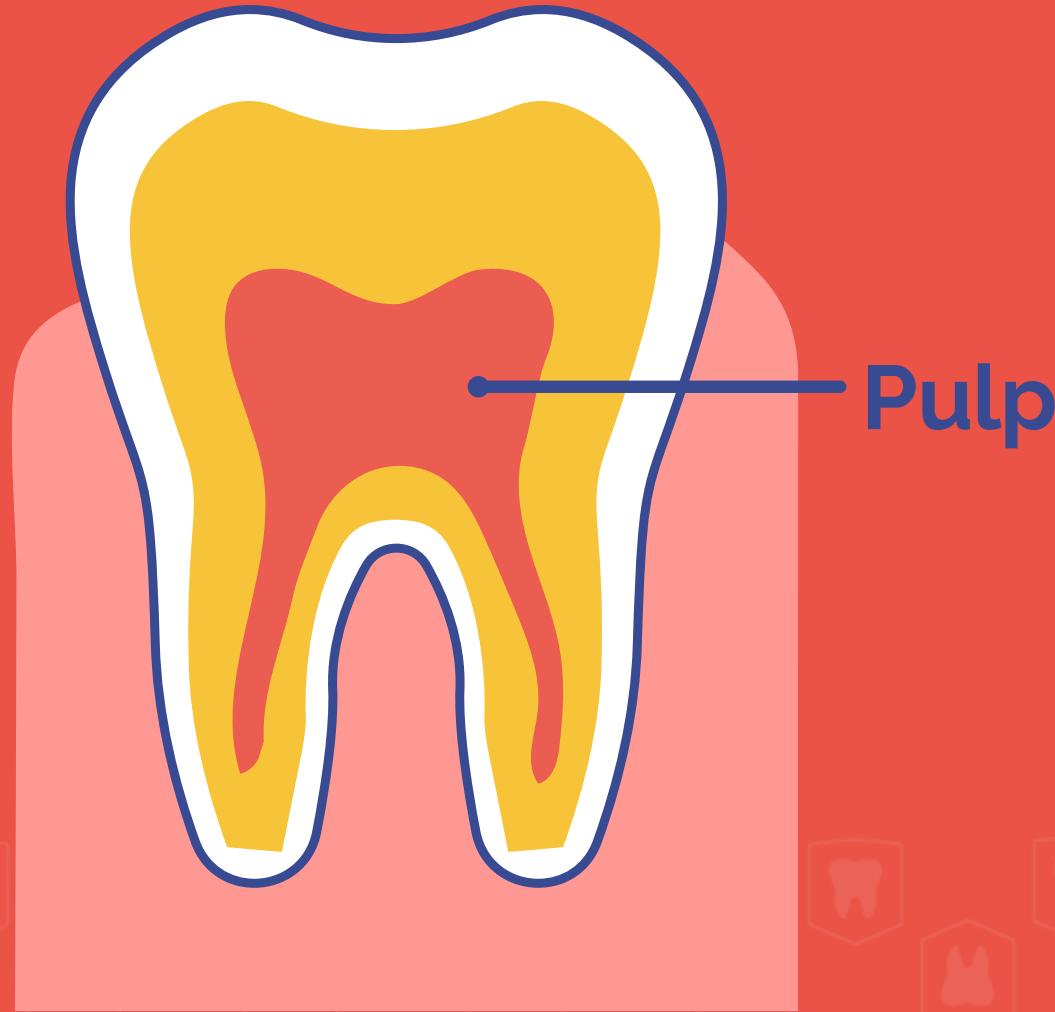
# Layers of a Tooth



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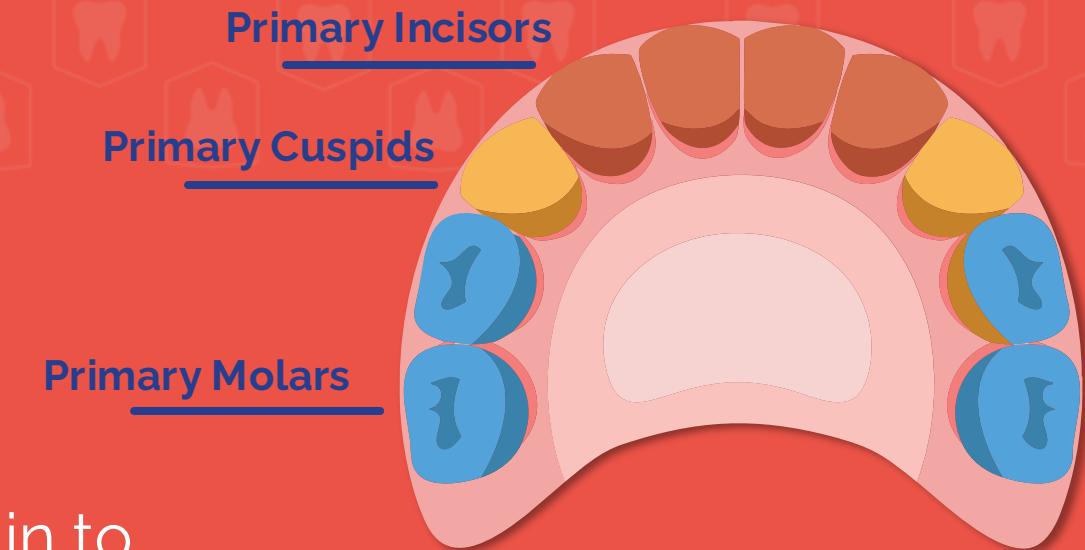


# Layers of a Tooth



# Primary Teeth

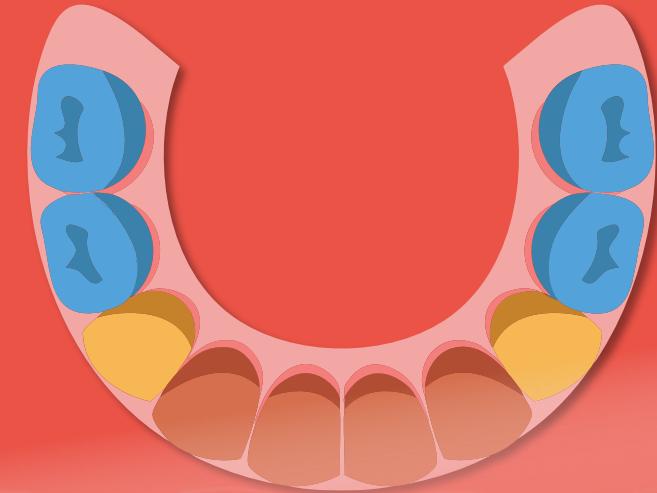
- Also known as baby teeth
- 20 primary teeth
- Between ages 6-12, primary teeth begin to fall out



Primary Molars

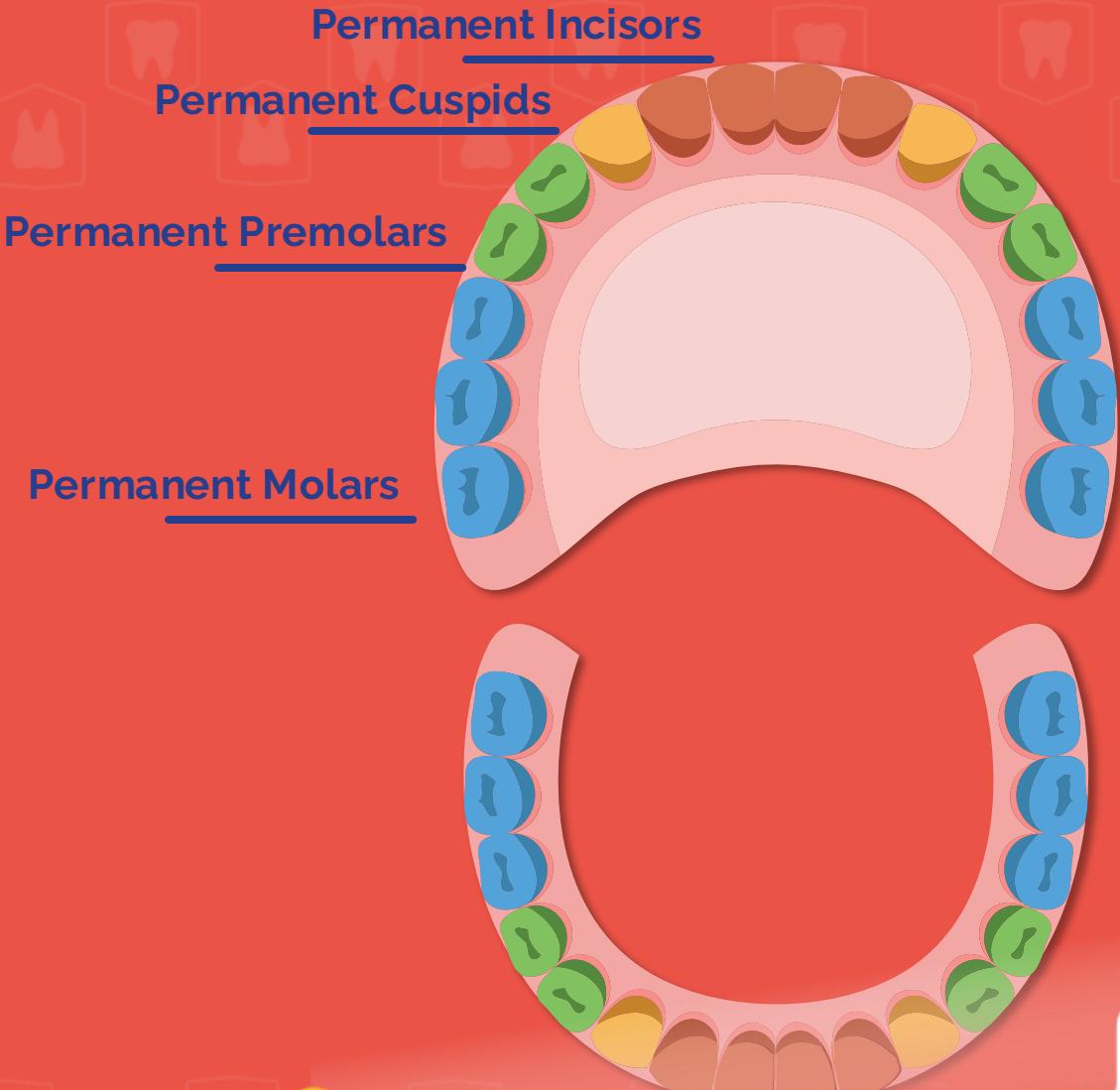
Primary Incisors

Primary Canines



# Permanent Teeth

- Also known as adult teeth
- 32 permanent teeth
- Teeth crowding may occur
- Bite alignment issues



# Tooth Types

- Incisors
- Cuspids
- Molars
  - Often the first teeth to develop cavities



Incisors



Cuspids



Molars

# Module Three:

# Oral Hygiene Basics

# Plaque and Cavities

- If plaque stays on teeth for too long, it can create cavities and cause:
  - Pain and sensitivity
  - Lead to severe infections
  - Make it harder to eat, talk, and focus





## Lesson 2:

# Fighting off Plaque and Cavities

# Infections

- If you don't take care of cavities, they can cause bigger problems
- Germs from your mouth can travel to other parts of your body



# Why Fluoride Matters

- Makes teeth stronger and prevents cavities
- Found in:
  - Drinking water
  - Toothpaste
  - Mouthwash



# Brushing Basics

- Use a pea-sized amount of fluoride toothpaste
- Use a soft bristled toothbrush
- Brush twice a day for two minutes





# Flossing Basics

- Use string or floss picks
- Floss once a day at night



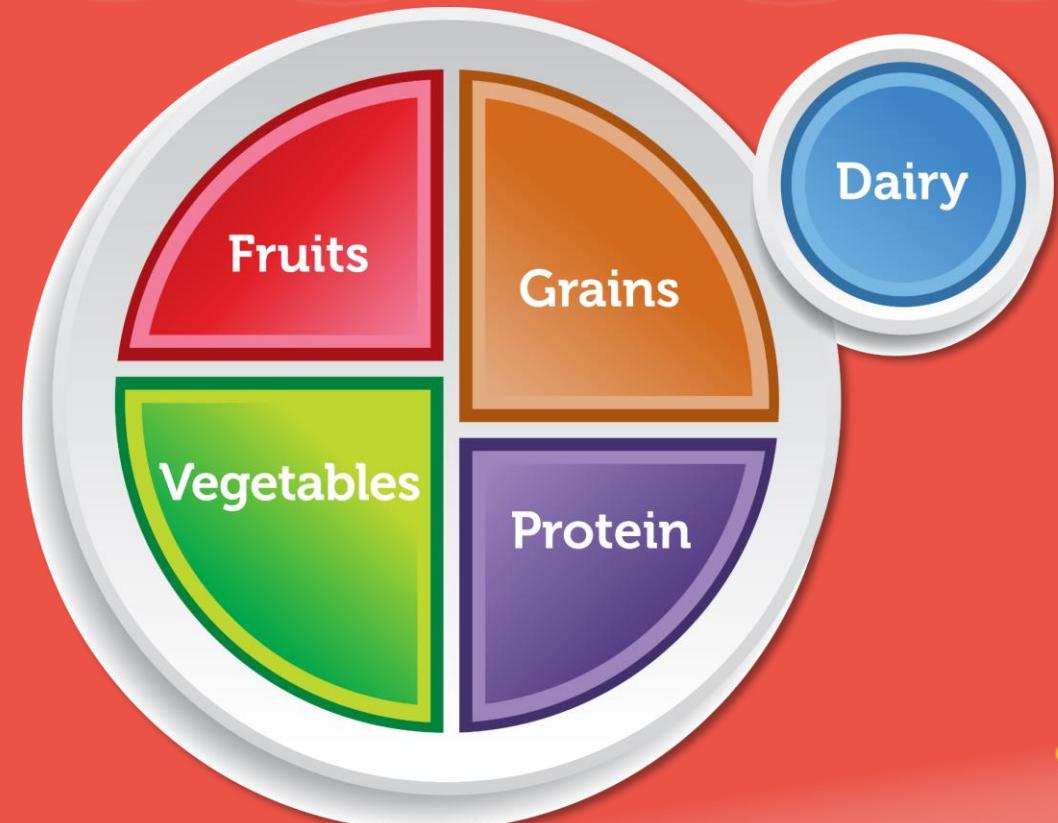


# Module Four:

# Nutrition and Sugar

# Nutrition and Healthy Choices

- Balanced meal includes:
  - Fruits
  - Vegetables
  - Dairy
  - Protein
  - Whole grains



# Healthy Drink Choices

- Water or milk are the healthiest options
- Avoid:
  - Soda
  - Fruit juice
  - Sports drinks



# Limiting Sugar

- No more than 25 grams, or 6 teaspoons of sugar a day
- Linked to health problems like:
  - Diabetes
  - Obesity
  - Heart disease



# Module Five: How to Use *Super Smiles: A Dental Health Adventure Curriculum*

# Five Oral Health Lessons

- Tooth Talk!
- Fighting Plaque and Cavities
- Healthy Nutrition for Healthy Teeth
- Practicing Healthy Teeth Habits
- Healthy Teeth Habits Review

**Grade 3 – Grade 5**

**Lesson 1: Tooth Talk!**

**Overview:**  
Students will learn about the parts of a tooth.

**Time**  
45 minutes

**Supplies:**  
• *Parts of a tooth*  
• Red, yellow, and blue markers  
• Glue  
• Scissors  
• *Video: Kite*  
• *Lesson One: Super Smile A Dental Hero*

**Introduc**  
Our mouth is the gateway to our body. We will talk and smile about the parts of a tooth and how they are connected to our overall health. We will also learn about the different types of teeth and how they help us eat and drink.

**Ask student**  
1. What are the different types of teeth?  
2. What do our teeth help us do?  
3. How do our teeth help us eat and drink?

**Now**

**Grade 3 – Grade 5**

**Lesson 2: Fighting Plaque and Cavities**

**Overview:**  
Students will learn about the causes of cavities and how to prevent them.

**Time**  
45 minutes

**Supplies:**  
• *Parts of a tooth*  
• Red, yellow, and blue markers  
• Glue  
• Scissors  
• *Video: Kite*  
• *Lesson One: Super Smile A Dental Hero*

**Introduc**  
Our mouth is the gateway to our body. We will talk and smile about the parts of a tooth and how they are connected to our overall health. We will also learn about the different types of teeth and how they help us eat and drink.

**Ask student**  
1. What are the different types of teeth?  
2. What do our teeth help us do?  
3. How do our teeth help us eat and drink?

**Now**

**Grade 3 – Grade 5**

**Lesson 3: Healthy Nutrition for Healthy Teeth**

**Overview:**  
Students will learn about the importance of healthy nutrition for healthy teeth.

**Time**  
45 minutes

**Supplies:**  
• *Food Pyramid*  
• *Teeth*  
• *Tap water*  
• *Hand*  
• *Sugar*  
• *Heads*  
• *Unhealthy foods*  
• *Video: Kite*  
• *Reading*  
• *Lesson One: Super Smile A Dental Hero*

**Introduc**  
Our mouth is the gateway to our body. We will talk and smile about the parts of a tooth and how they are connected to our overall health. We will also learn about the different types of teeth and how they help us eat and drink.

**Ask student**  
1. What are the different types of teeth?  
2. What do our teeth help us do?  
3. How do our teeth help us eat and drink?

**Now**

**Grade 3 – Grade 5**

**Lesson 4: Practicing Healthy Teeth Habits**

**Overview:**  
Students will learn about healthy teeth habits and how to practice them.

**Time**  
45 minutes

**Supplies:**  
• *Taking a Pill*  
• *Acting*  
• *My Health*  
• *Scissors*  
• *Glue*  
• *Crayons*  
• *Video: Kite*  
• *Lesson One: Super Smile A Dental Hero*

**Introduc**  
Our mouth is the gateway to our body. We will talk and smile about the parts of a tooth and how they are connected to our overall health. We will also learn about the different types of teeth and how they help us eat and drink.

**Ask student**  
1. What are the different types of teeth?  
2. What do our teeth help us do?  
3. How do our teeth help us eat and drink?

**Now**

**Grade 3 – Grade 5**

**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*

**Introduc**  
Our mouth is the gateway to our body. We will talk and smile about the parts of a tooth and how they are connected to our overall health. We will also learn about the different types of teeth and how they help us eat and drink.

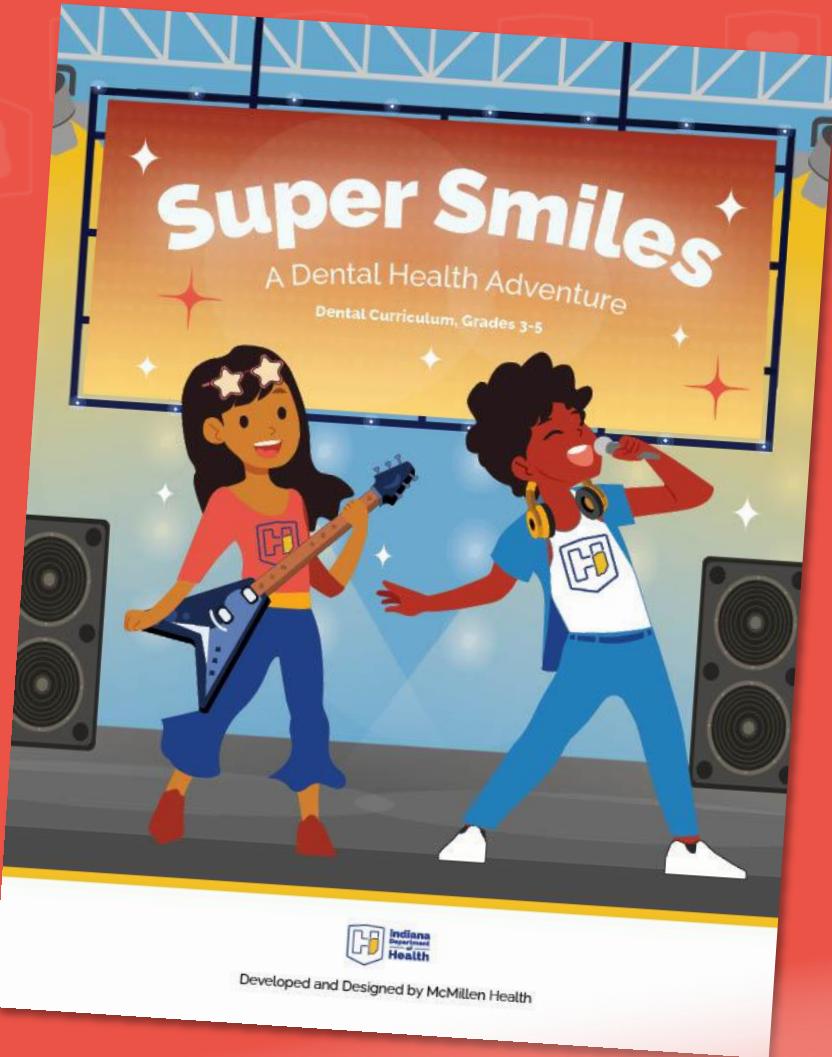
**Ask student**  
1. What are the different types of teeth?  
2. What do our teeth help us do?  
3. How do our teeth help us eat and drink?

**Now**

**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!

# Super Smiles Overview

- Discussion
- 1–3-minute video
- Interactive activities
- Caregiver handouts
- Review of previous lesson concepts



# Five Oral Health Videos

- 1-3 minute videos
- Provide oral health education for each lesson
- Clickable link from digital curriculum





# Lesson 1: Keeping Your Mouth Healthy

# Interactive Activities

Grade 3 – Grade 5

## 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](#).



Grade 3 – Grade 5

## Parts of a Tooth Activity Sheet

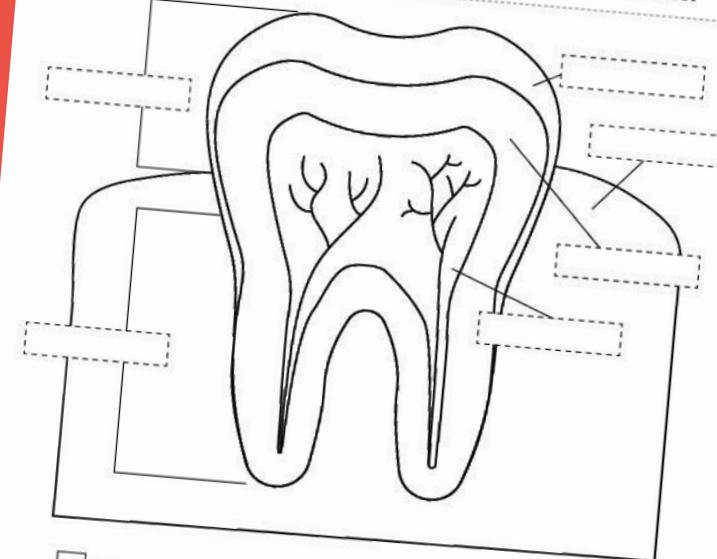
Instructions for this activity are on page 5.

Name \_\_\_\_\_ Date \_\_\_\_\_

Crown  
Enamel

Dentin  
Pulp

Gums  
Root



Crown  
 Enamel

Dentin  
 Pulp

Gums  
 Root

Parts of A Tooth  
Activity Sheet



# Caregiver Handouts

## 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 

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## 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

### Plaque

is a slimy, sticky substance that sticks to your teeth and can build up 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

**WATCH NOW: Lesson 2** Fighting Off Plaque and Cavities 

Developed & Designed by McMillen Health

## 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

Make brushing fun: play your favorite 2-minute song while you brush!

### 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

**WATCH NOW: Lesson 4** Practicing Healthy Teeth Habits 

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## 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 acids
- 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 toothbrush half on your teeth and half on your gums.
- Brush all sides of your teeth: front, back, top, and bottom.
- Don't forget to brush your tongue!

- Floss once a day!
- You will need to floss around the arm or a finger.
- Center a floss between each tooth.
- Move floss up and down each tooth.

**WATCH NOW: Lesson 5** Reviewing Healthy Teeth Habits 

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## 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
- 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 

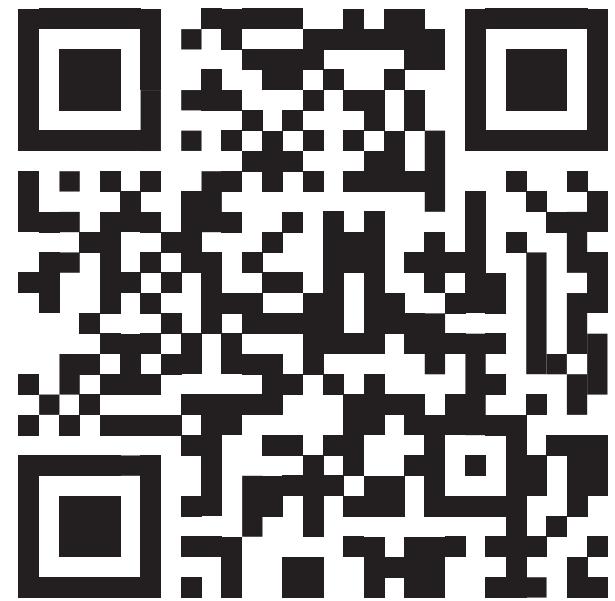
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# Your Role as an Educator

- Teach one lesson daily or weekly
- Encourage student participation and sharing of ideas
- Make oral health fun and engaging for all



# Post-Training Survey





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