Super Smiles

A Dental Health Adventure

Dental Curriculum, Grades 3-5

30-Minute Train the Trainer

Indiana Department of Health

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 3rd – 5th 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

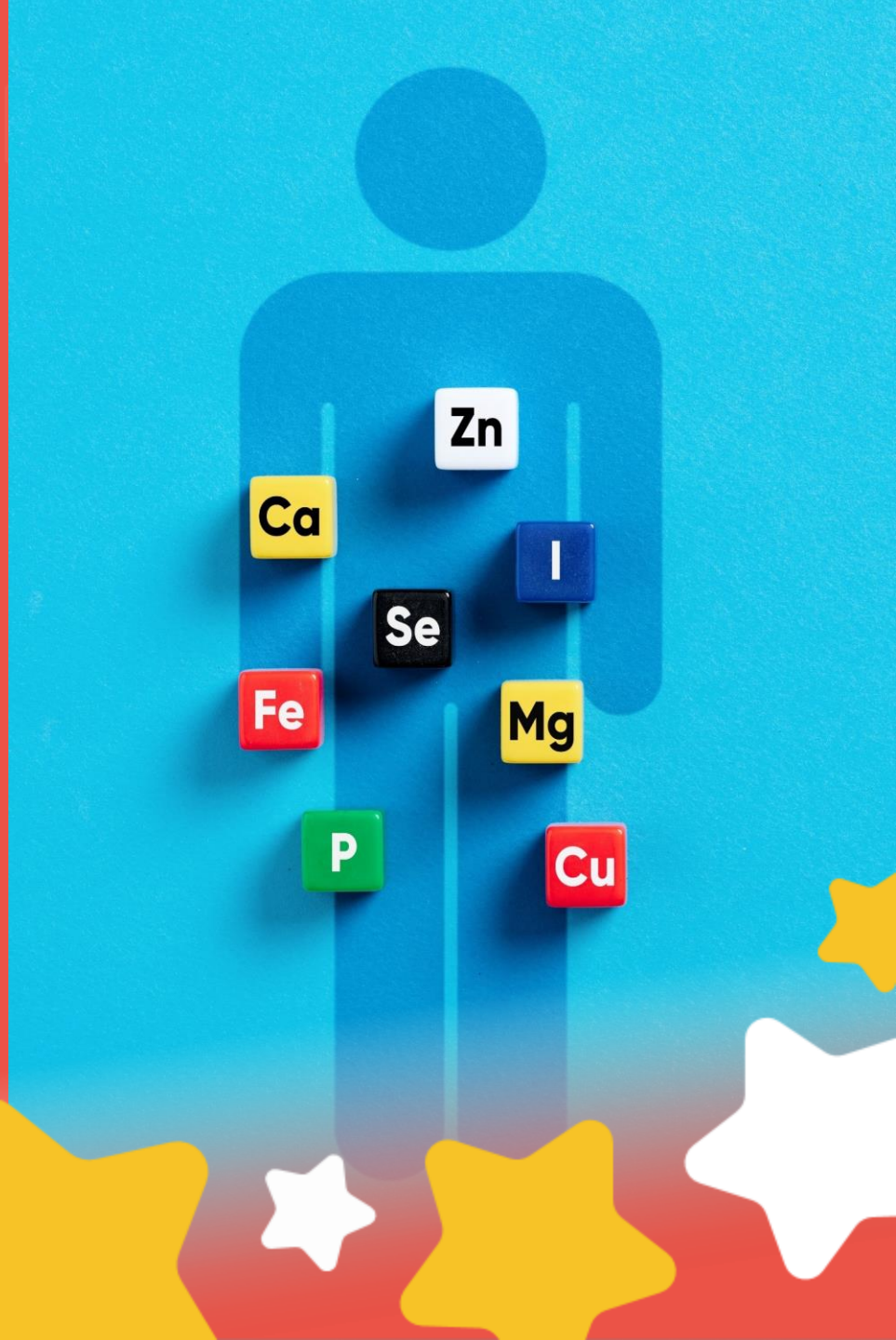
- **Natural sugars:**
  Gives energy and nutrients; naturally in fruit
- **Added sugar:**
  No health benefits; added to sweeten foods and drinks

Twisted Teeth

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

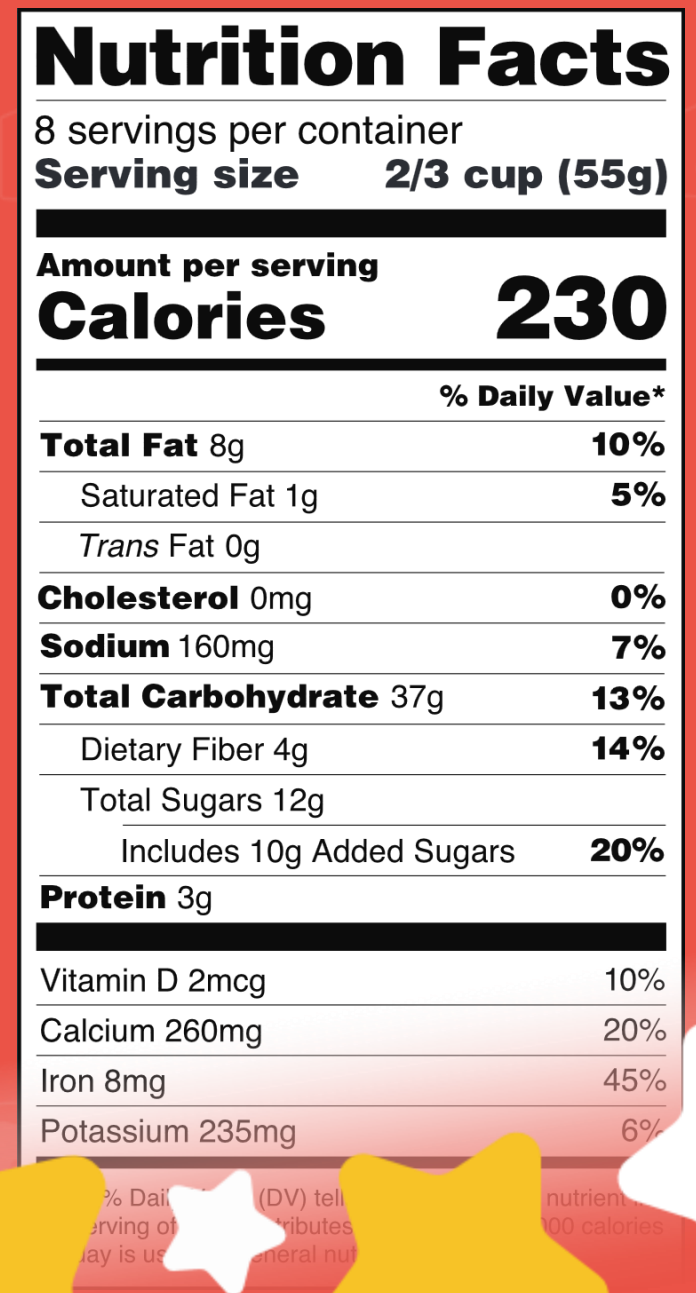
Nutrients

- 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%

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 3rd - 5th 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

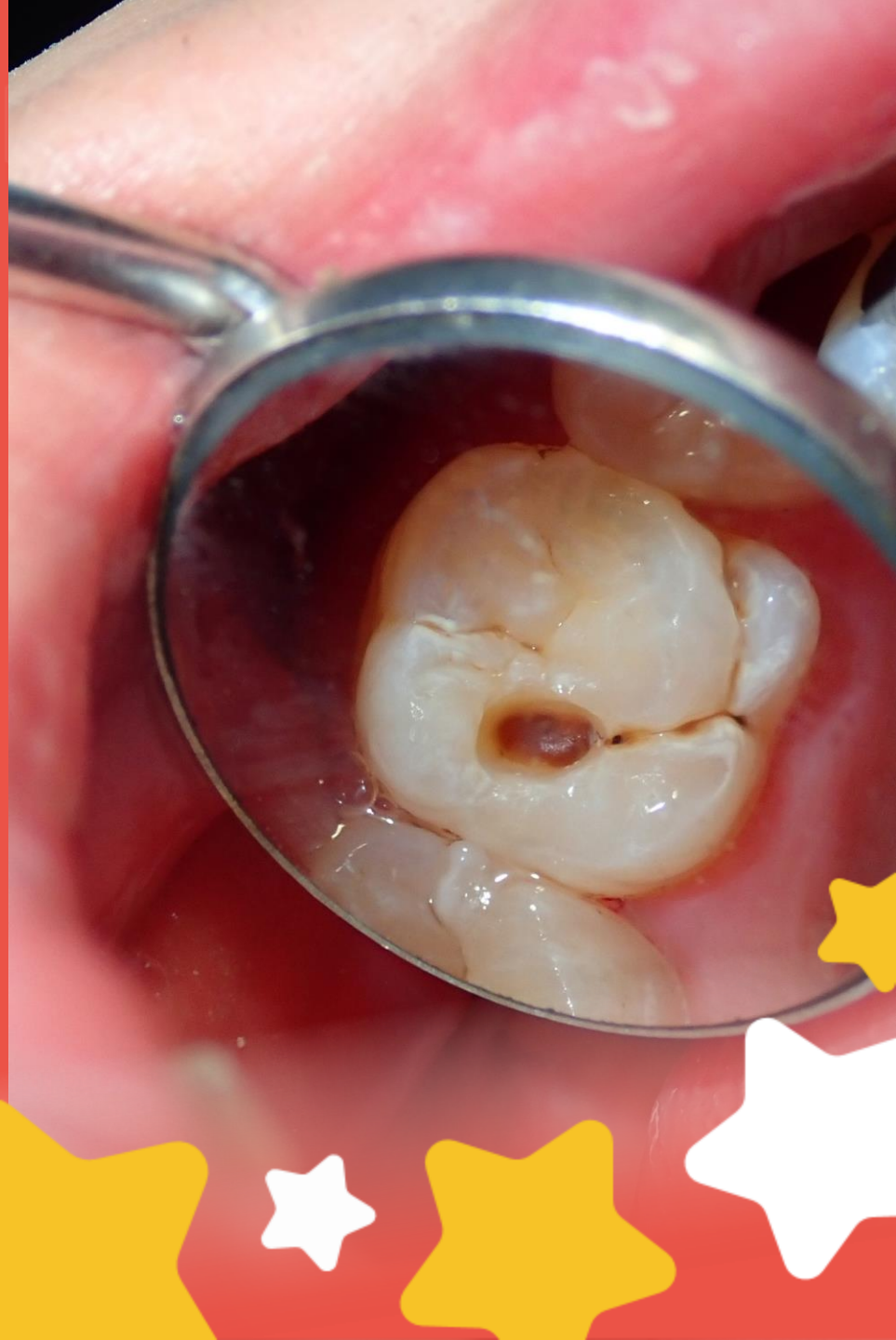
- 4 out of 10 children have cavities in primary and permanent teeth

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

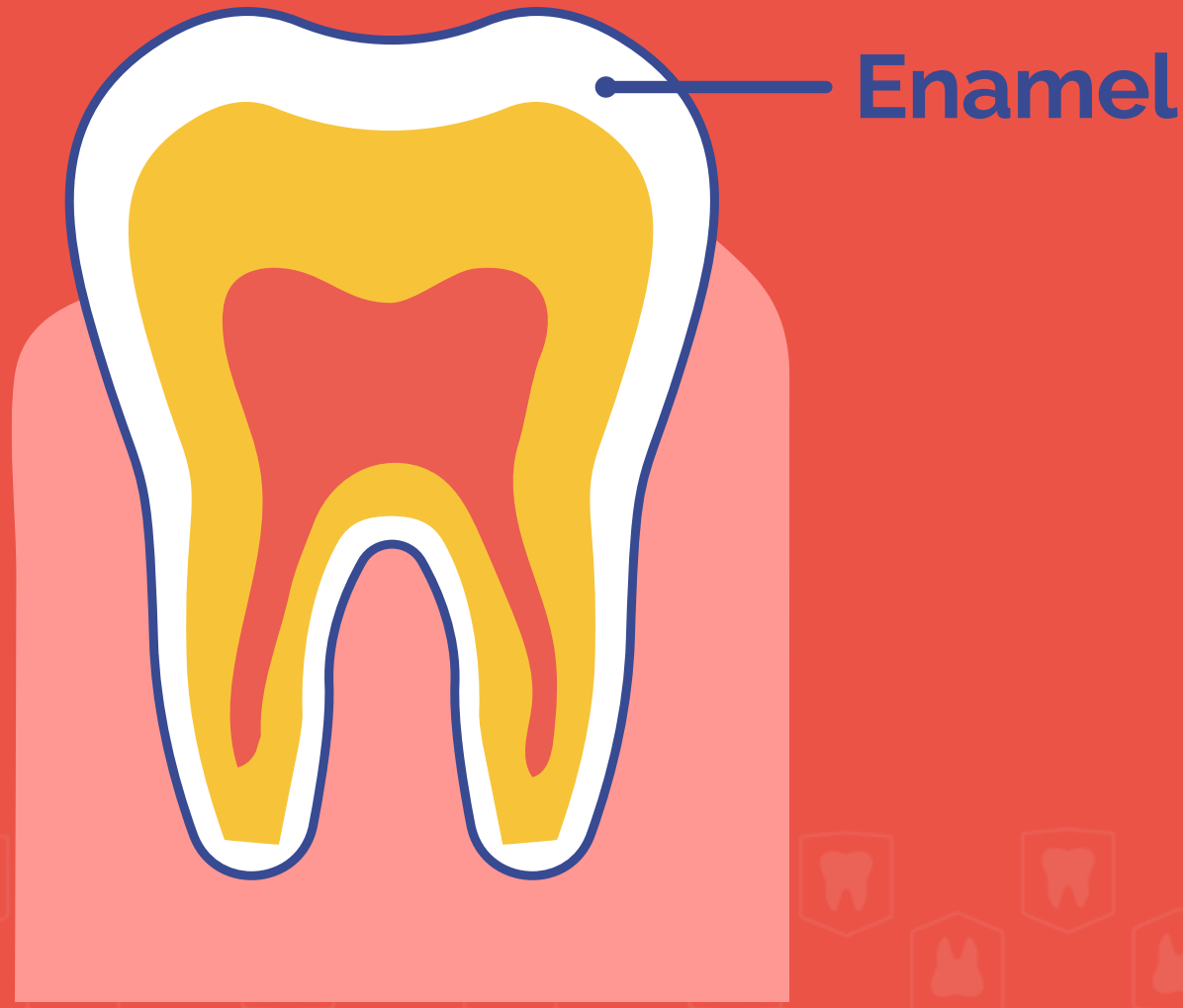
Parts of the Mouth

- Teeth
- Lips
- Tongue
- Gums
- Cheeks

Layers of a Tooth

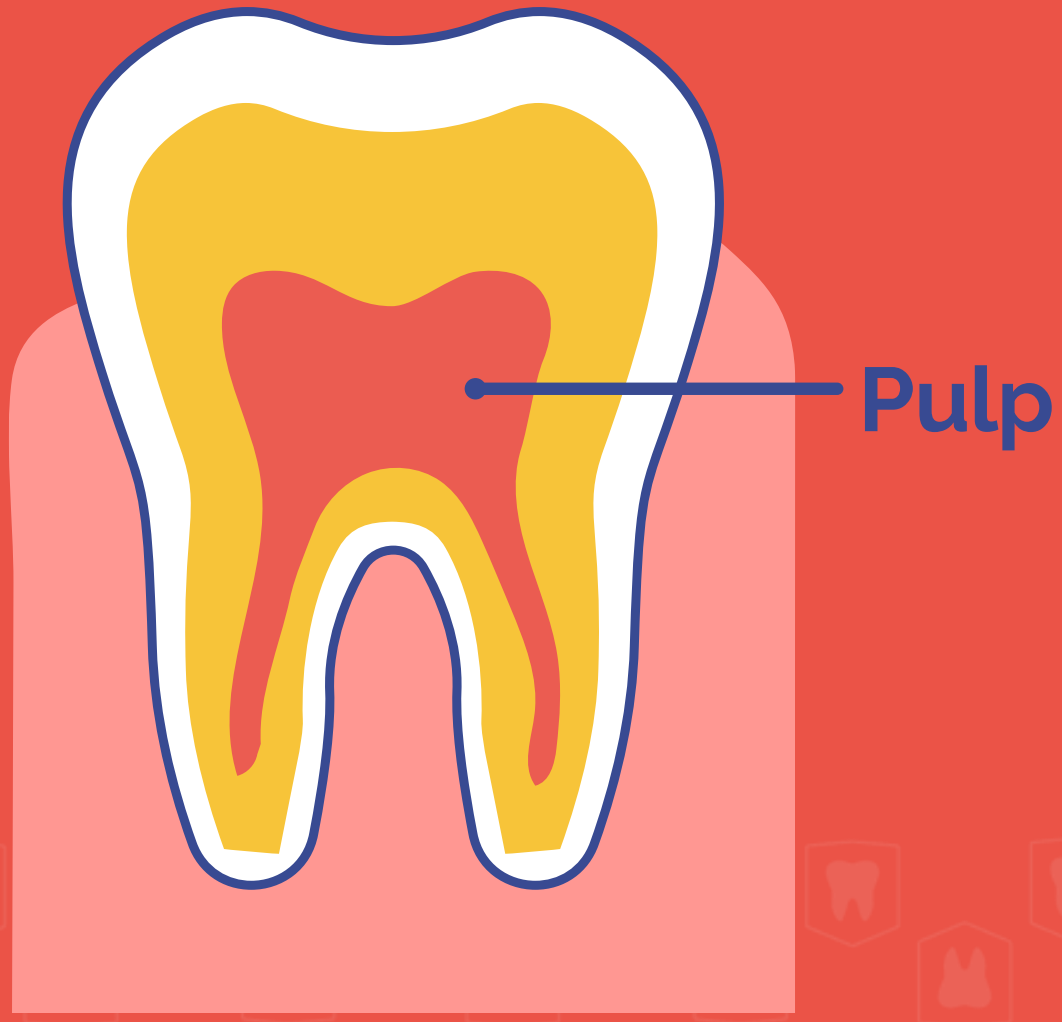
Crown

Layers of a Tooth



Layers of a Tooth

Layers of a Tooth

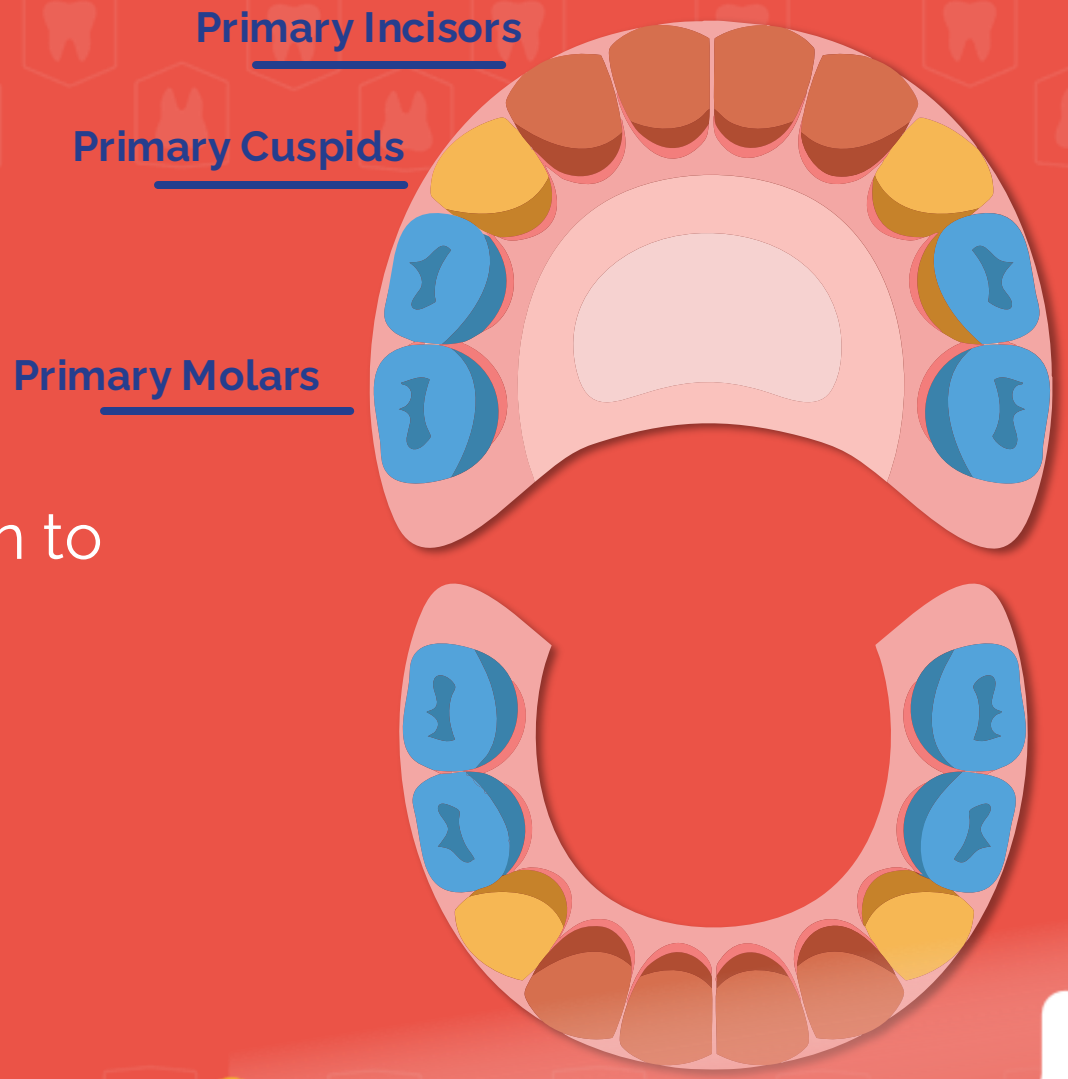


Layers of a Tooth

Layers of a Tooth

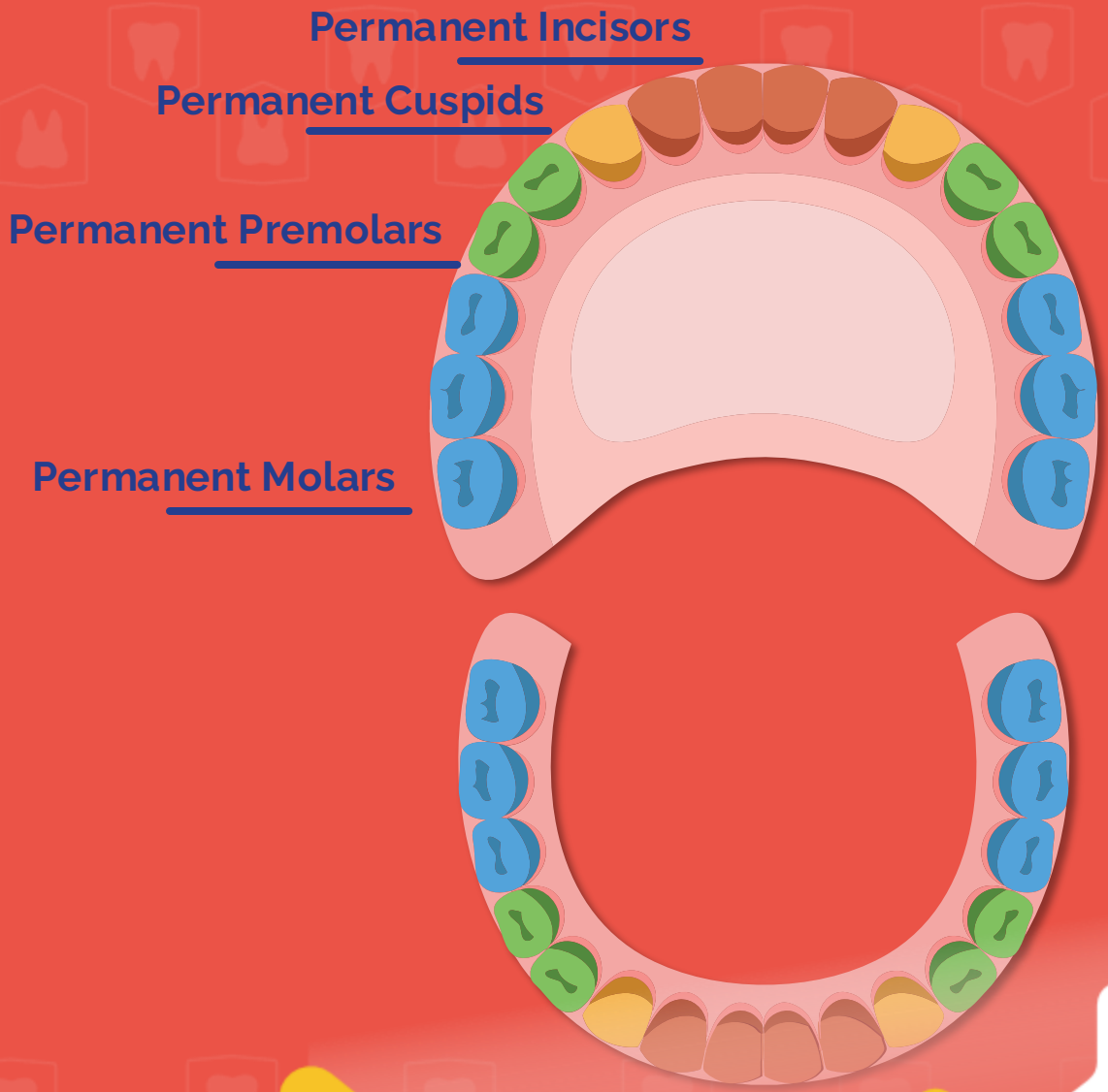
Primary Teeth

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



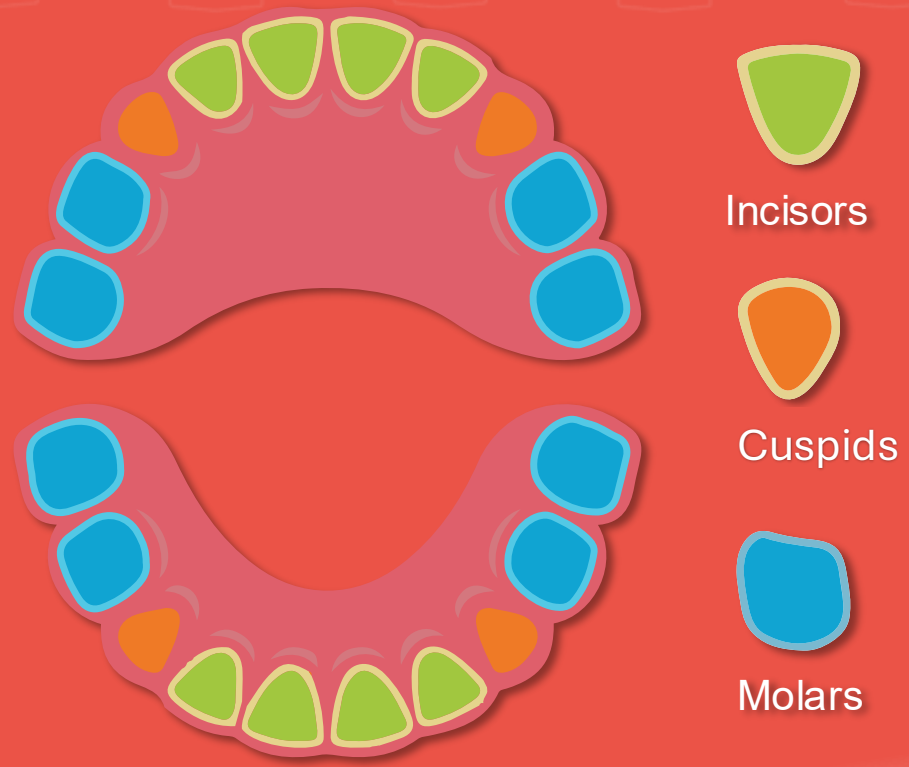
Permanent Teeth

- 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



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

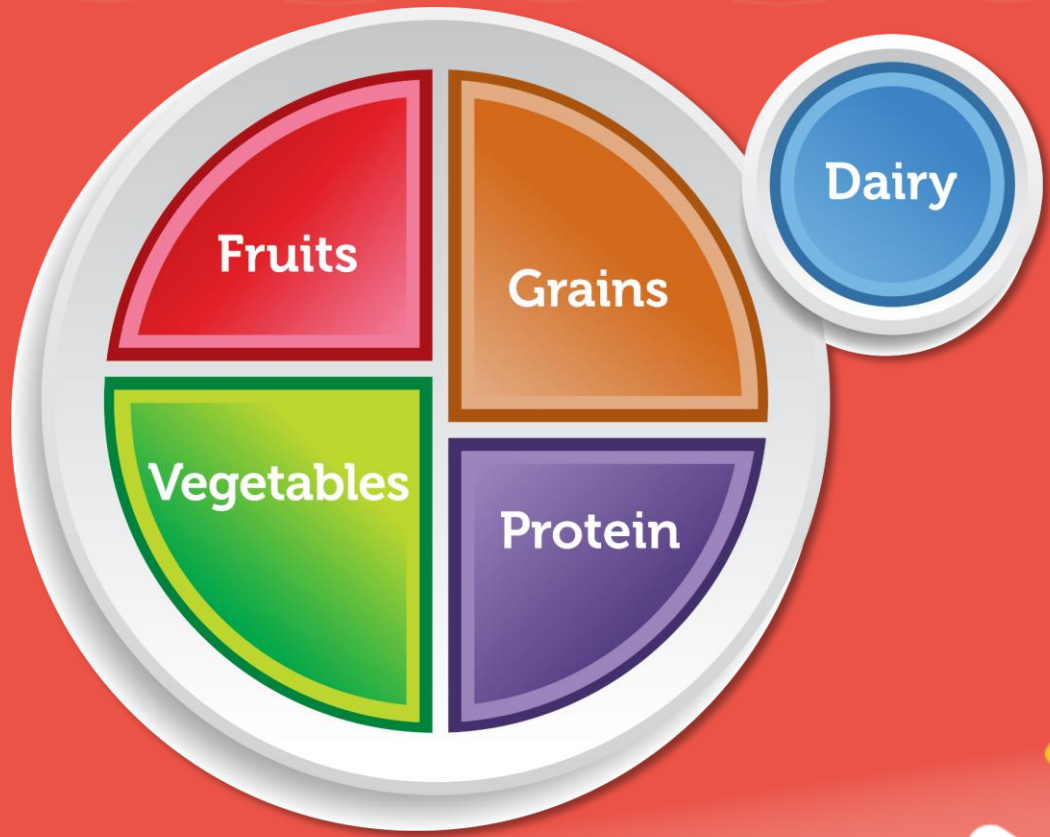
Flossing Basics

- 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:

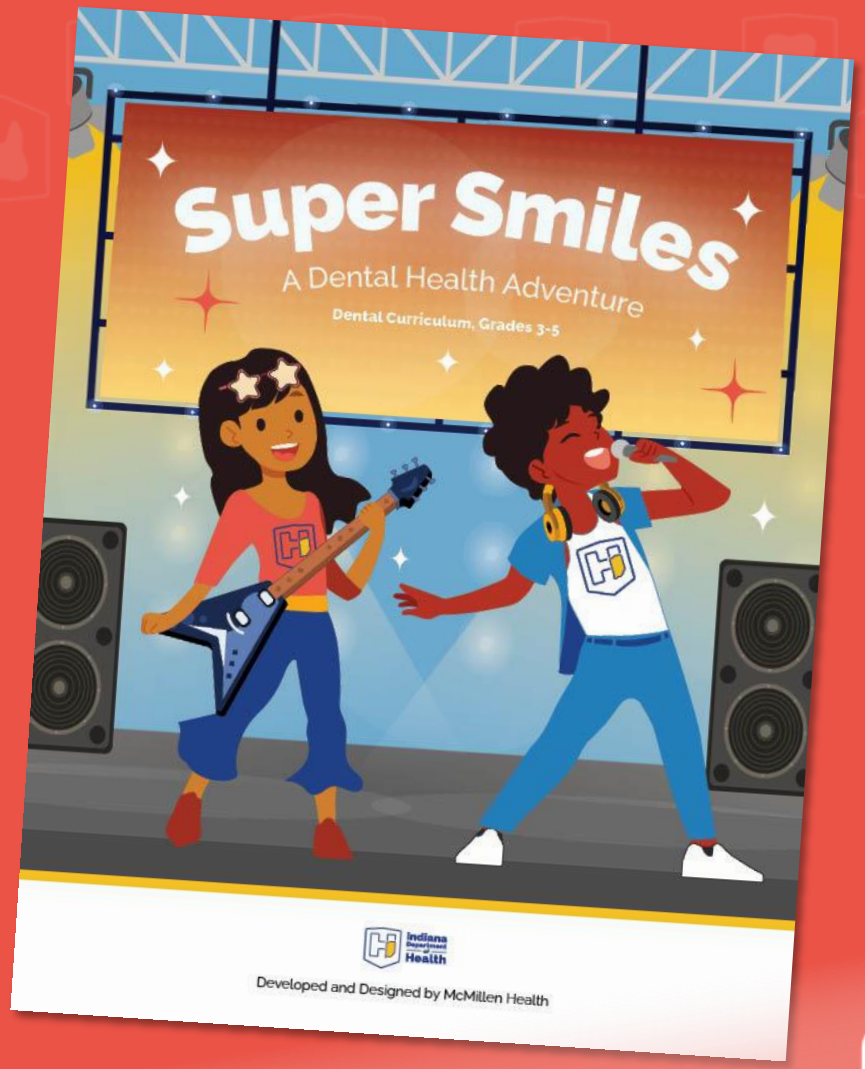
How to Use *Super Smiles: A Dental Health Adventure Curriculum*

Five Oral Health Lessons

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

Super Smiles Overview

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

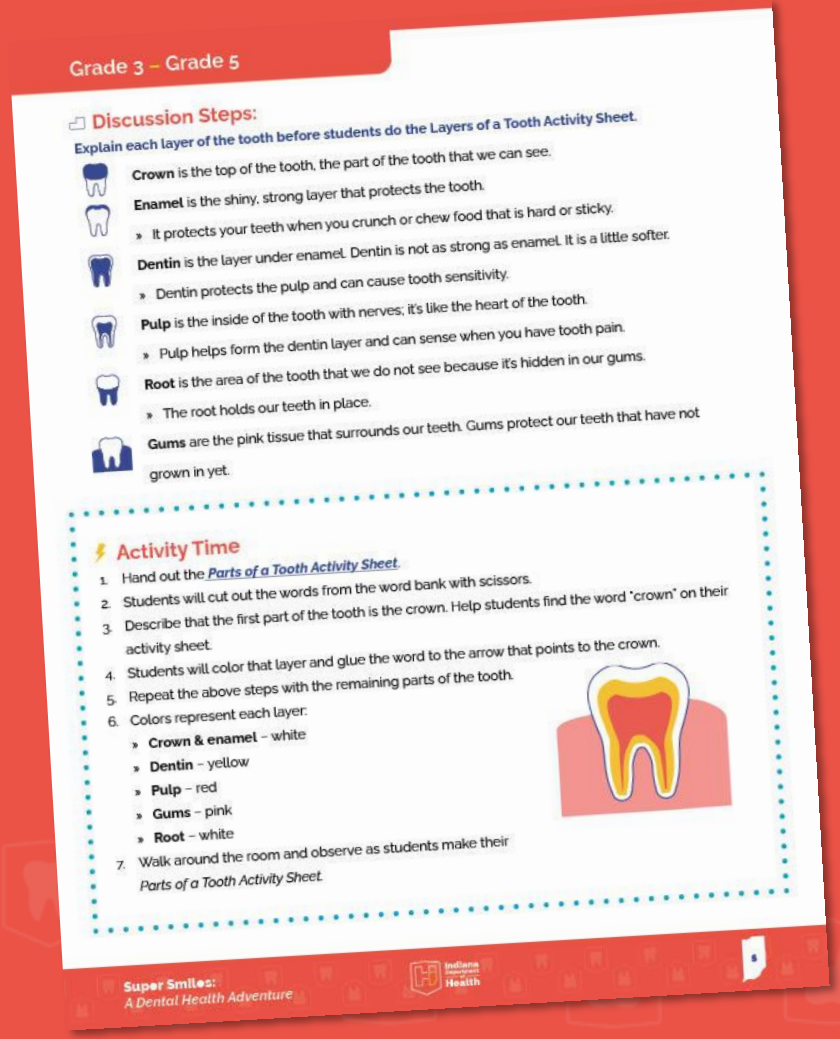


Five Oral Health Videos

- 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.

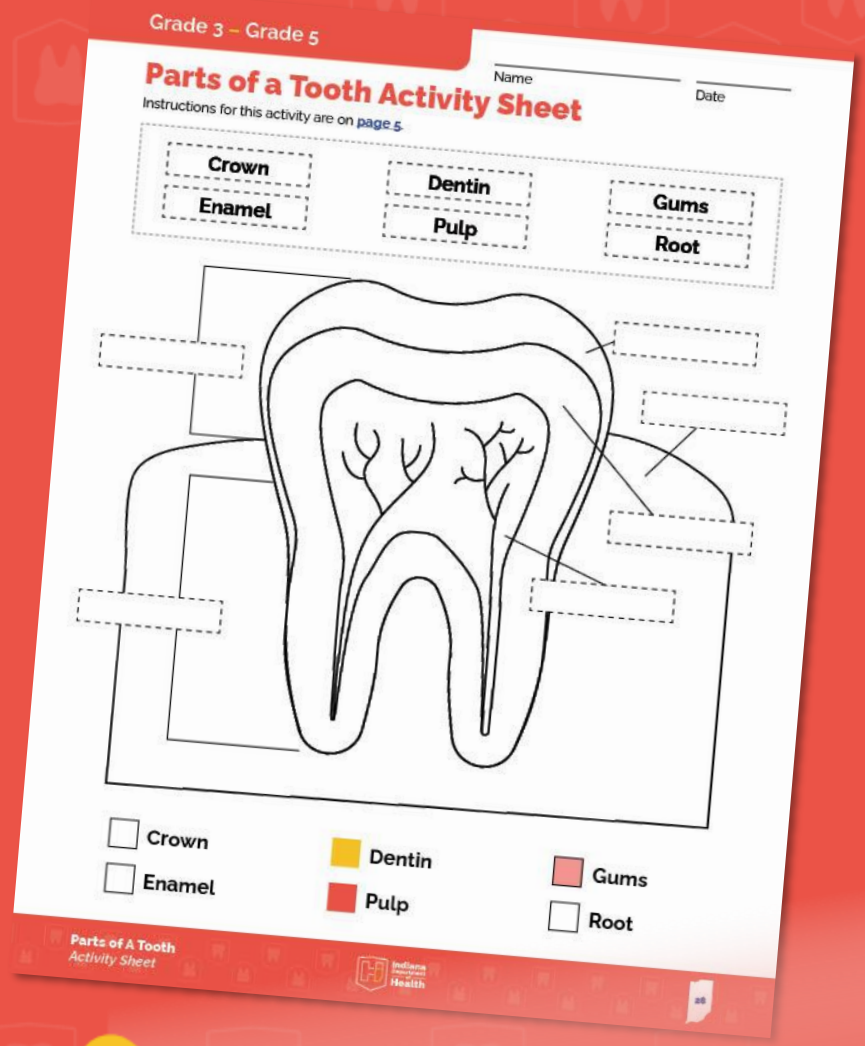
Root is the area of the tooth that we do not see because it's hidden in our gums.

» 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

Name _____ Date _____

Parts of a Tooth Activity Sheet

Instructions for this activity are on page 5.

Crown
Enamel
Dentin
Pulp
Gums
Root

Crown
Enamel
Dentin
Pulp
Gums
Root

Caregiver Handouts

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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