

# Lesson 1: Tour of Your Mouth

## Overview:

Students will learn about the different kinds of teeth and the jobs they each perform.

## Time Needed:

45 minutes

## Supplies:

- *Tour of Your Mouth* Video
- [Tooth Types Visual Aid](#)
  - » Sheet of scrap paper
- [Fill-in-the-Mouth](#) Activity Sheet
  - » Scissors
- *Dance Like a Tooth Party*
  - » Space to gather students in a large circle
  - » The class's favorite song
  - » A way to play their favorite song (speakers and computer or your phone)

## Introduction:

Ask students the following questions to help everyone start thinking about what's going on inside their mouth. Possible answers are shown in parentheses.

1. What do we have in our mouth? (*Teeth, tongue, gums, saliva*)
2. What do you use your tongue for? (*Taste things, move food around, talking, etc.*)
3. How do we use our teeth? (*Eating, chewing, singing, talking, smiling, etc.*)



## Steps:

**Explain to students how many teeth are in our mouth.**

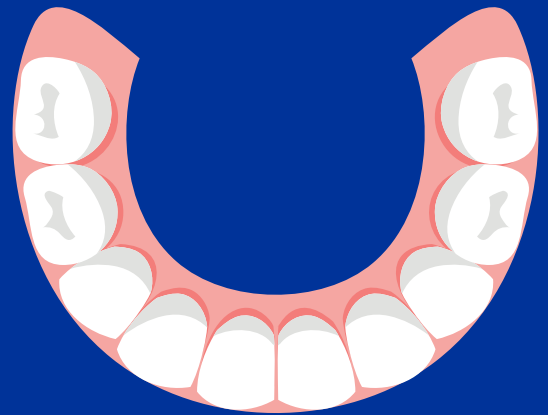
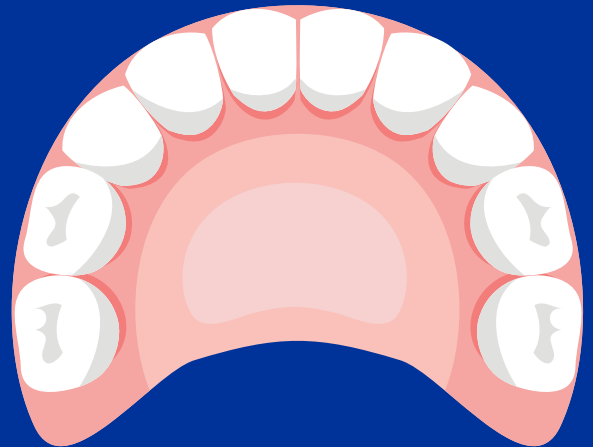
1. When our teeth first grow in, these are called our primary teeth. Sometimes we call them our baby teeth because they start to show up when we are babies, and as we grow, we get new ones called adult teeth!
2. Everyone usually starts with 20 primary teeth. As you grow bigger, your teeth will get wiggly and come out to make room for new adult teeth. This is what it means when someone loses a tooth.
3. Adult teeth grow out of our gums and are called permanent teeth. After we lose all our teeth and new ones grow in, we usually have 32 adult, or permanent teeth.

## ? Ask students:

- Has anyone here lost a tooth yet?  
(Allow students to shout out their answers)
- How many teeth does everyone have? (Allow time for counting and sharing numbers)

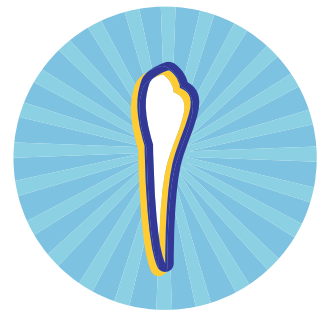
Use the [Tooth Types Visual Aid](#) to show children what each type of tooth looks like.

**WATCH NOW:**  
Tooth Types Visual Aid



# Tooth Types

1. **Incisors** are the teeth in front of our mouth. We have eight incisors in our mouth: four on the top and four on the bottom. These teeth are sharp and flat to help us take bites of our food and cut it into smaller pieces.
  - a. Demonstrate the cutting motion of incisors by making "scissors" with your pointer finger and middle finger.
  - b. Give students an example of scissors cutting a ribbon into pieces.
2. **Cuspids** are the teeth in the corners of our mouth. Cuspid teeth are sometimes called canines. We only have four canine teeth, one for each corner! These teeth are sharp and pointy and work well to hold onto or tear apart food.
  - a. Demonstrate the holding and tearing motions of canine teeth by using your scrap sheet of paper. Grip each side of the paper in one of your hands and tear the paper in half. Remind students that canine teeth work together in the mouth just like your hands worked together to tear the paper.
  - b. Give students an example of two hands tearing lettuce leaves into smaller pieces.
3. **Molars** are the teeth in the back of our mouth. These are our biggest teeth. We have eight molars, two behind each cuspid in our mouths. Molars have big, flat tops called *chewing surfaces* that we use to crush and grind our food into small enough pieces to swallow.
  - a. Demonstrate the crushing and grinding motions of molars by making your hands into fists, placing one on top of the other, and rubbing your knuckles together.
  - b. Give students an example of using the back of a spoon to crush a grape.



## ⚡ Activity Time

Describe to students the different kinds of teeth and the different jobs they do in our mouth.

Hand out the [Fill-in-the-Mouth](#) Activity Sheet.

1. Explain to students that they will cut out the types of teeth and glue them where they should go in the large mouth template.
2. Provide time for students to cut the teeth out and color the mouth on their activity sheet.
3. Walk around the room and observe as students work.
4. When students are finished or time is up, ask students why they glued teeth where they did and the way they did.

## Next, gather students in a circle for *Dance Like a Tooth Party*.

1. Explain the rules of the *Dance Like a Tooth Party* to students.
  - a. You will point to or name someone and call out a type of tooth.
2. The student you picked must act out the motion of that kind of tooth. Remind students of the motions that different teeth make in our mouth.
  - a. **Incisors:** Cut with "scissors" with fingers. Have students repeat the motion.
  - b. **Cuspids** or **Canines:** Pretend to hold and tear a sheet of paper in half with your hands. Have students repeat the motion.
  - c. **Molars:** Make two fists and grind your knuckles together. Have students repeat the motion.
3. Start the music and the dance party!
  - a. Encourage students to use their whole bodies to dance along as they use their hands to act out the tooth motion.
  - b. Let students know that everyone can dance while the music is playing so long as they stay in their spot in the circle. Only the chosen student must act out the tooth motion.
  - c. Keep the music volume low enough to hear each other speak.



### Prepare students for what's coming in Lesson Two!

In the next lesson, you will see the first “Are You Smarter Than a Sugar Bug?” section of the lesson plan. But first, what is a sugar bug, and how can your students be smarter than a sugar bug?

Similar to the game “Are You Smarter than a 5th Grader”, we have developed this fun review to help students remember important points from each lesson.

Remember! A sugar bug is not an actual bug. A sugar bug is a tiny germ. Sugar bugs feed on the sugary foods that are left over from when we eat. Sugar bugs can also cause tooth decay, or cavities.

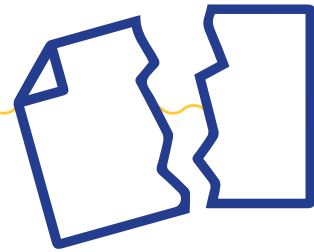
Remind your students: to keep our teeth healthy, we must be smarter than a sugar bug!



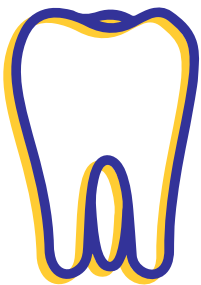
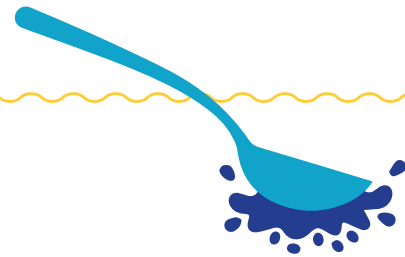
## Tooth Types Visual Aid



**Incisors** are the sharp and flat teeth in the front of our mouth that help us take bites and cut food up.



**Cuspids, or Canines,** are the sharp and pointy teeth in the corners of our mouth that hold and tear apart food.



**Molars** are the big, flat-topped teeth in the back of our mouth we use to crush and grind food before we swallow it.

## Fill-in-the-Mouth

Students are to cut the different types of teeth in the spots where they go to fill in the mouth. Gums are also able to be colored in.

