

Lesson 5: The Dental Office: Who does what, and why go twice a year?

Overview:

Students will learn about the people that work in a dental office, and when and why it's important to visit them.

Time Needed:

45 minutes

Supplies:

- Visiting the Dentist Video
- [Dental Tool Visual Aid](#)
- [Dental Tool Line Matching](#) Activity Sheet
- *Guess Who* Activity
 - » A soft, medium-sized ball
 - » Space for students to gather in a circle

Indiana Standards:
(K-2: 1.1, 1.5, 3.1, 3.2, 4.2, 4.3, 5.2, 7.2)
National Health Education Standards:
(1.2.2, 1.2.3, 1.2.5, 1.2.6, 1.2.7, 3.2.4, 3.2.5, 4.2.2, 4.2.3, 5.2.1, 5.2.2, 5.2.3, 5.2.4, 5.2.5, 5.2.6, 7.2.1, 7.2.2, 7.2.3, 8.2.1, 8.2.2)

Review: "Are You Smarter Than a Sugar Bug?"

Briefly review Lessons 3 and 4 with your students.

1. The leftover food on and in our teeth becomes an all we can eat sugar buffet! This creates plaque. If we take good care of our mouth with healthy habits, we will not have as much plaque.
2. Plaque can form on our teeth in just 20 minutes. Rinsing our mouth with water after a snack or meal helps clear away leftover food and limit plaque buildup.
3. When we are between the ages of 2 and 18, we should have less than 25 grams, or 6 teaspoons, of added sugars each day.
4. Eating less sugar is a healthy choice that will make it easier to keep our teeth clean and healthy. Eating less sugar will make our whole body feel great too, but do not forget to take those sugar bugs to the dentist!



Introduction:

The dentist is a doctor who is specially trained to take care of our teeth. The dentist will count your teeth and make sure they are all happy and healthy.



? Ask students if anyone has ever been to the dentist before, and what happened when they went. Allow a few minutes for class discussion about different dental office experiences. Then, move into the lesson.

Steps:

Explain to students when and why we go to the dental office.

1. We need to visit the dentist every six months, or two times a year. When we visit the dentist office, they can help us learn how to keep our teeth strong and healthy. When we get our teeth cleaned at the dental office, dentists can spot problems like tooth decay, or cavities. After cleaning, they will apply something called **fluoride varnish**, or tooth vitamins, on your teeth. This helps the enamel on your teeth stay strong like a shield against germs and plaque.
2. If we go to the dental office twice a year, they can catch any problems early so they do not get worse. If there are any problems, like cavities, the dentist can fix them.
3. The dental hygienist can also tell us how we may need to change the way we have been brushing or flossing. They can also show us how to brush and floss our teeth the right way.

The dentist can also let us know how we can eat better. If our teeth have been hurting because we have been eating too much sugar, they can tell us what foods we can eat to help make our teeth feel better. Tell students about the different tools that are used in a dentist's office to look at, clean, and fix our teeth. Hold up the *Dental Tool Visual Aid* to allow students to see a visual representation of common dental tools.

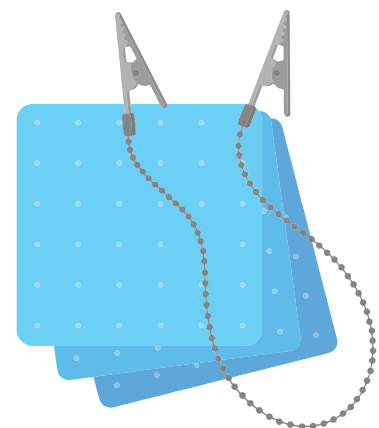
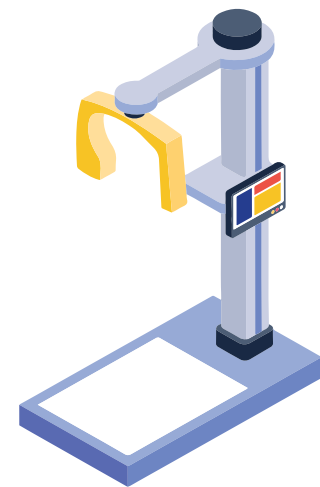
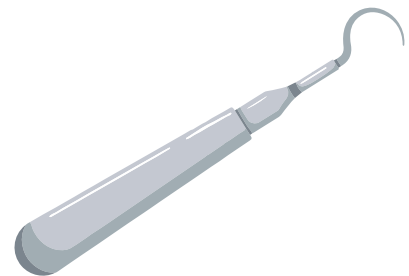
Point to the tool as you name it and discuss its role in the dental office.

1. **Masks and gloves:** The dentist wears these while they look at our teeth to protect against germs.
2. **Special lights:** These allow the dentist to get a good look at our teeth so they can clean them.

WATCH NOW:
Visiting the Dentist



3. **Exam chair:** This seat moves up and down so the dentist can see right to the back of our mouth.
4. **A mouth mirror:** Dentists use this small round mirror on the end of a stick to see the backs of our teeth.
5. **An explorer:** These are used to count or feel the teeth and help the dentist check for cavities.
6. **A dental scaler:** A tool with a sharp end on it for cleaning plaque and tartar off of the teeth.
7. **A water hose:** The dentist uses this to spray water in our mouth to clean away the mess from our teeth while they work. It makes a whistling sound as it sprays water!
8. **A suction hose:** The dentist uses this to suck the water out of your mouth after they spray your teeth clean. It can tickle when it touches your cheeks.
9. **An x-ray machine:** Dentists use these machines to take pictures of the insides of our mouth and teeth. X-rays show if our teeth are healthy or have cavities in them that the dentist cannot see with their eyes.
10. **A heavy apron:** The dentist puts this on us for safety during x-rays.
11. **A paper bib:** We wear this around our neck to keep us clean from toothpaste, water, drool, and tools the dentist uses to clean up our teeth.



⚡ Activity Time

Pass out the [Dental Tool Line Matching Activity sheet](#).

1. **Explain to students how the game works:**
 - a. Students have to look through each column and match the parts that go together.
 - b. One column has names for the tools that are found in the dental office. The other column has images of common dental tools.
 - c. Students will draw a line to connect the matching pieces from different columns.

Discuss with students the different people that work in a dentist office and what they all do.

1. The Receptionist

- Is the first person you see when you go to the dentist!
- Will check you in for your appointment and have your caregiver fill out any papers that are needed.
- Lets the rest of the dental team know you have arrived!

2. The Dental Hygienist

- Cleans our mouth and removes the plaque and tartar from our teeth so the dentist can see our teeth better.
- Tells us how to brush or floss our teeth better.
- They might ask us what flavor of toothpaste we want for a cleaning. We spend the most time in the dental office with the dental hygienist. We see the hygienist before we see the dentist.
- They might try to talk to us when our mouth is full.

3. The Dentist

- Will make sure our teeth, gums, and tongue are healthy.
- Checks for plaque, chips or holes, broken teeth, and cavities.
- Checks to see how many teeth we have and where they are.
- Checks our whole mouth with a bright light to make sure everything looks good.



- e. If the dentist sees something that looks different than it should, they can fix it!
- f. After they fix a problem, the dentist tells us how to take better care of our mouth to protect our teeth from having any more problems.



4. The Dental Assistant

- a. Helps the dentist while they look at our teeth and mouth.
- b. Cleans the room for the next person after we are done seeing the dentist.
- c. Helps take x-rays to see the insides of our teeth or put the heavy apron on us before x-rays start.

Gather students in a large circle for the *Guess Who* Activity:

1. Explain the rules of the game:

- a. Game play starts when you toss the ball to a student of your choice.
- b. Give an example of something that happens at the dentist office (*Check-In, X-rays, Examinations, Cleaning, Fillings, Root Canal*). The student holding the ball must say which person in a dental office does it.
- c. If the student is correct, they throw the ball to a classmate of their choosing. If the student is incorrect, they throw the ball back to you and you pick another student to toss the ball to.
- d. Give the next student another example of something that happens in the dentist office. The student must say who does it.
- e. Continue for multiple rounds, or until you run out of examples of actions that take place in a dental office.

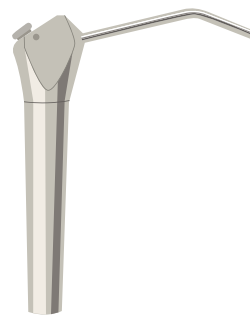
Dental Tool Visual Aid



Mask & Gloves



Dental Scaler



Water Hose



Mouth Mirror



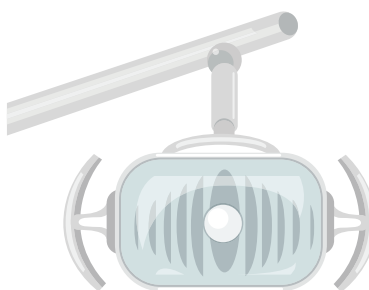
Explorer



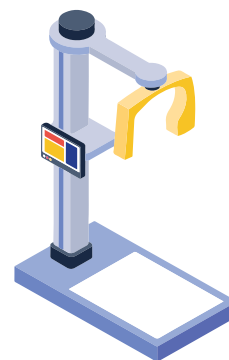
Suction Hose



Exam Chair



Special Lights



X-ray Machine



Heavy Apron



Paper Bib & Clip

Dental Tool Line Matching Activity

Match each dental tool to its picture by drawing a line between them.

Mask & Gloves

Special lights

Exam Chair

Mouth Mirror

Explorer

Dental Scaler

Water Hose

Suction Hose

X-ray Machine

Heavy Apron

Paper Bib & Clip

