

# **Grade 1 Sample Lesson Plan:**

# **Unit 3– Dental Care**

### **SOLs (Health Standards of Learning)**

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### **Objectives/Goals**

- Students will learn daily hygiene habits to take care of their teeth
- Students will learn why dental care is important

#### **Materials**

- Power Point (in handout section)
- Tagging noodles- 3 per 20 students
- Pool Noodles- 3 per 20 students
- Jump Ropes- 3 per 20 students
- Cones to designate jump rope area

#### **Procedure**

#### Step 1- Power Point

- Show the power point about dental care
- Answer any student questions

#### Step 2- Dental Tag

- Taggers carry small tagging noodles. They are food taggers.
- Students carrying large pool noodles are the toothbrush
- Everyone else is pretending to be a moving tooth
- Use cones to designate a corner of the gym for jump ropes. Keep non-jumping students out of this area.
- When tagged, students (teeth) pretend they have eaten a meal and are in need of cleaning.
- Tagged students need to brush and floss before re-entering the game.
- The tagged student holds a forearm plan position while waiting to be "brushed". Brushers thoroughly clean the planking student (for 10 seconds) to clean the tooth.
- After brushing, flossing comes next. 2 choices to floss: 1) the tooth can jump rope 10 times or can do the "floss" dance for 10 seconds.
- After flossing, the tooth reenters the game.

## Step 3- Class Discussion

- Why is good dental care important?
- What do we need to do every day to take good care of our teeth?

#### **Assessment Idea**

- Class Discussion Questions
- Exit Slip
- Cumulative Verbal Assessment: Questions included on handouts for all lessons in this unit

#### References

- Kids Health: <a href="https://kidshealth.org/en/kids/teeth-care.html">https://kidshealth.org/en/kids/teeth-care.html</a>
- Colgate Professional: <a href="https://www.colgateprofessional.com/education/patient-education/topics/systemic/why-a-healthy-mouth-is-good-for-your-body">https://www.colgateprofessional.com/education/patient-education/topics/systemic/why-a-healthy-mouth-is-good-for-your-body</a>

#### Handout

The next pages include:

- Dental Care Power Point
- Dental Care Tips Handout
- Exit Slip
- Cumulative Verbal Assessment

# **Dental Care Power Point**

Click on the slide below to access presentation

# **Dental Care**

How do I take care of my teeth?

# **Dental Care Tips**

### **Brush Your Teeth:**

- At least twice a day
- Use a soft bristle brush
- Take your time. Brush for about 2 minutes
- Be sure to brush every part of every tooth

#### Floss:

- Floss every day!
- Flossing helps get rid of tiny food particles that get stuck between your teeth

### **Visit the Dentist:**

• Twice per year

## **Eat Healthy**

- Eat lots of fruits and vegetables
- Limit sugary foods
- Drink water instead of soda and other sugary drinks

# **Exit Slip**

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# **Cumulative Verbal Assessment**

Teacher should ask these questions to each student verbally in a 1 on 1 setting

1)	Name 2 things you can do to protect yourself from the sun
2)	What are the 2 things we need to do every day to take care of our teeth?
3)	How many hours of sleep should we get each night?  A) 6 B) 8

- 4) Why is soda an unhealthy hydration choice?
- 5) To prevent getting sick, what should always we do before eating, after using the bathroom and after touching anything that might have germs on it?