



## Grade 5 Lesson Plan: Dental Health

### Objectives/Goals

- Students will recognize the importance of caring for teeth.
- Students will identify steps necessary to maintain dental hygiene.

### Materials

- 3 yellow fleece balls
- 2 white short sleeved shirts or doctor's coats
- 2 toothbrushes
- 40 Cones
- Scavenger hunt sheets (1 per set of partners/group)
- Scavenger hunt cards (printed, laminated, and cut)

### Steps

#### *Introduction - Dental Health Tag*

- Three students are the plaque. The plaque students will be chasing the others with the yellow fleece balls. The yellow fleece balls cannot be thrown but must touch the person gently. If a student is touched with the fleece ball they are frozen and cannot move. The frozen student must wait for the dentist to help get rid of the plaque. The dentist wearing the coat and carrying the toothbrush gently brushes the frozen person's shoulder. The frozen person is now rid of plaque and can run. Change plaque taggers frequently.

#### *Discussion – Importance of dental hygiene as a part of personal hygiene*

- Who can name something important about taking care of our teeth?
- Five important ways to care for your teeth: Brushing, flossing, fluoride, regular checkups at the dentist, and healthy food and drink choices.
- Teacher will introduce dental scavenger hunt activity.

#### *Activity: Dental Hygiene Scavenger Hunt*

- Students will partner up to complete the scavenger hunt. Each set of partners will receive a scavenger hunt sheet, a clipboard, and a pencil.

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- Teacher will have set up 40+ cones in general space. Under each cone will either be an exercise card or a card that would help with dental hygiene. Once the hygiene cards are located, partners will check that particular item off of their sheet.
- Students are encouraged to be discreet when hygiene cards are found.
- A few cones can also be left empty.
- All exercises/activities must be completed by both partners before seeking out the next cone.
- If another student is already at a cone, they must find a different cone.
- When your sheet is completed see your teacher. (students can continue to hunt for more if time allows)

### *Closure: Review importance*

- What are some things you found on your scavenger hunt that are good for dental hygiene? (nutritious foods, water, dentist, toothbrush, floss, fluoride, mouthwash, etc.)
- Good oral health care provides many benefits that go beyond cavity prevention. It helps keep your whole body healthy and fit. It can help you do your best at school and in sports because you will feel better, both physically and mentally.
- Exit Verbal Response: What is one important way to care for your teeth?
- Allow students to take optional handout as they leave on dental hygiene.

### **Assessment Idea**

Scavenger hunt completion as well as a verbal assessment as students exit. Each student must tell teacher one important way to care for your teeth. (brushing, flossing, fluoride, regular dental visits, healthy food/drink choices.

### **References**

- Kids Health <https://kidshealth.org/en/kids/teeth-care.html>
- American Dental Association  
[https://www.mouthhealthy.org/~media/MouthHealthy/Files/Kids\\_Section/Educators%20Materials/watch\\_module01\\_be\\_smart.pdf?la=en](https://www.mouthhealthy.org/~media/MouthHealthy/Files/Kids_Section/Educators%20Materials/watch_module01_be_smart.pdf?la=en)
- UR Medical Center  
<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=1&ContentID=4062>

### **Handouts**

The following pages include the scavenger hunt, scavenger hunt cards, and optional dental hygiene handouts from the Crest and Oral B Dental Education Program.

## SCAVENGER HUNT

You and your partner are off on a dental hygiene hunt! You must locate the following items in any order. Every cone you encounter will either be empty, have an exercise you and your partner must complete, or be an item you may or may not need! Place a check next to each item as you find them. Please note that some items are repeated because there are more than one of them! You may not check off more than one at a time. Write the name of the food so you don't repeat and tally your exercises at the bottom. Good luck!

ITEM TO LOCATE	CHECK HERE!
Trip to the dentist	
Toothbrush	
Floss	
Nutritious food	Food name: _____
Nutritious food	Food name: _____
Mouthwash	
Fluoride	
Healthy drink	
Trip to the dentist	
Toothbrush	
Nutritious food	Food name: _____
Nutritious food	Food name: _____

**Tally your exercise amounts here:**

## **Dental Scavenger Hunt Card tips (40)**

- Duplicate as desired
- Laminate for longer use
- Place individually under cones spread out in playing area

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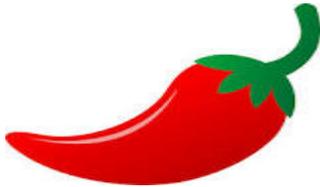


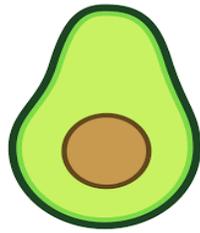
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<b>1 Lap around the gym</b>	<b>15 jumping jacks</b>
<b>5 push – ups</b>	<b>20 mountain climbers</b>
<b>20 crab kicks</b>	<b>Skip once around the gym</b>
<b>10 alternating lunges</b>	<b>15 squats</b>

<b>10 curl-ups</b>	<b>20 wall jumps</b>
<b>20 second wall-sit</b>	<b>20 cross jacks</b>
<b>10 squat jumps</b>	<b>20 Alternating shoulder taps push-up hold</b>
<b>Walk backwards once around the gym</b>	<b>You choose! Do at least 10 reps.</b>

## Brushing, Flossing and Rinsing

### Everyday Ways to Prevent Tooth Decay

#### Brushing

- Dentists recommend a child-sized toothbrush with soft bristles.
- Use a pea-size amount of fluoride toothpaste with cavity protection that is also gentle on enamel, and spit out the remaining toothpaste when finished brushing. Children under 2 years should consult a dentist prior to use of fluoride toothpaste.
- Brush at least **twice a day**, morning and bedtime, for about 2 minutes each time.
- Toothpaste works with a combination of fluoride to help repair and strengthen tooth enamel; gentle abrasives (such as silica) to help remove stains and plaque, and polish teeth; detergents (such as sodium lauryl sulfate) to create a foaming action that makes brushing easier; and other ingredients to help whiten teeth, freshen breath, etc.

#### Flossing

- Helps remove plaque between teeth and below the gum line, and also helps prevent gingivitis, an early form of gum disease.
- Children should floss as soon as their teeth begin to touch.
- Until about age 8, most children need parents' help because they don't have the dexterity to floss. A plastic-handled "flosser" can make it easier.
- Floss regularly.

#### Rinsing

- An antimicrobial rinse can kill germs that cause plaque, gingivitis and bad breath. Rinsing for 30 seconds, twice a day, can kill more plaque than brushing alone.
- A fluoride rinse can help strengthen teeth and prevent cavities.
- Children 6-12 years of age can use a rinse with adult supervision. Always read and follow the directions for the mouthrinse that you use.
- After rinsing, spit the rinse in the sink (don't swallow it).
- Rinse should be used in conjunction with brushing and flossing.

#### How to Brush



Brush the outer tooth surface of 2-3 teeth at a time along the gumline using a gentle circular motion. Move brush to the next group of 2-3 teeth and repeat.



Brush the insides of the front teeth by tilting the brush vertically; use the "toe" of the brush (the front half) with gentle, short up-and-down strokes.



On the chewing surfaces hold the brush flat and use a gentle scrubbing motion. Don't forget to brush the top of your tongue to remove bacteria that can cause bad breath.

#### How to Floss



Hold the floss between your thumbs and forefingers. Leave about 1" of floss between your hands.



Gently work the floss between your teeth. When you reach the gumline, curve into a "C" shape around the tooth, making sure to go below the gumline.



Gently glide the floss up and down several times between each tooth, including your back teeth. Apply pressure against the tooth while flossing. Unwind new floss as needed.

#### When Using a Flosser



Guide floss between teeth using a gentle back-and-forth motion. Move up and down against tooth to remove plaque and food (repeat for each tooth). Discard after use.

# Fluoride, Checkups and Healthy Eating

For a Lifetime of Good Dental Health

## Fluoride

- A mineral that helps strengthen tooth enamel — and repair damaged enamel.
- Helps enhance tooth strength with the body's own minerals, such as calcium.
- Protects teeth from acid attack.
- Inhibits bacteria in plaque from producing acid.
- Children can get fluoride through:
  - Water
  - Fluoride supplements (usually tablets)
  - Professional fluoride treatments
  - Fluoride gels, rinses, toothpastes



## Dental Checkups

Ideally, children should visit a dentist:

- Within 6 months of the eruption of their first baby tooth.
- Then twice a year or as recommended by the child's dentist.

At a checkup, the dentist and/or dental hygienist will:

- Examine the child's mouth for early signs of decay or other problems.
- Monitor tooth growth.
- Clean the teeth.
- If necessary, strengthen the teeth with a fluoride treatment.
- Dentists sometimes recommend sealants — clear plastic coatings over the chewing surfaces of back teeth, where decay most often occurs. Sealants shield uneven surfaces from food and plaque.

If children are anxious about going to the dentist, you can ease their fears with a few simple facts:

- Dentists and dental hygienists are friendly people who help to keep teeth healthy.
- Explain what happens at a dental checkup and why.
- Explain the instruments and equipment the dentist might use in the office.
- Explain why dentists and hygienists wear gloves and masks.
- Ask a local dentist or hygienist to visit your class.

## Healthy Eating

**Snacks** – Sugars and starches can contribute to tooth decay. Encourage students to:

- Limit the number of snacks they eat.
- Choose nutritious snacks such as raw vegetables, fruits and low-fat cheese.
- Limit sugary sodas and sports drinks. Note: Snacking or sipping on sugary food or drink over extended periods of time throughout the day can be especially harmful.