

How to Take Care of Your Teeth

Learning Objectives

- I can describe the function of the teeth, how to take care of them, and the health professionals that help care for teeth, e.g., dentist, hygienist. (K.1h)

Teacher Notes

- Start this video and then watch the BrainPop Jr. video I reference at the beginning. As referenced below, you can also find the “Caring for Teeth” video on YouTube. Then I will go through three sections with reminders on dental care and the students pretending to be a toothbrush and trying three different types of brushing for 1 minute each.
- Vocabulary: dentist, cavity, floss
- The students will need enough space to do some exercises.

No equipment is needed for this video and there are no pause moments in the video either.

Lesson Steps: Video Outline

https://drive.google.com/file/d/1r9jV8_NBoDdBK6qRTsoeAunMOKUuNpoi/view?usp=sharing

Step 1 Introduction

- Ask before the video: What are some things we use to take care of our teeth. What do you call the “tooth doctor”?
- Play this lesson’s video. Near the beginning it will prompt you to watch the Brainpop Jr video here: <https://jr.brainpop.com/health/teeth/caringforteeth/>. If you don’t have a brainpop subscription it’s available on YouTube here: <https://www.youtube.com/watch?v=zncawl-do34>. The BrainPop Jr video is almost six minutes long. This video is approximately seven minutes long.

Step 2 Activity

- In each of the three rounds I mention: a way to brush your teeth, a pointer on doing a good job at brushing your teeth, and then give an exercise so the students can “be the toothbrush.”

Step 3 Closure

- Ask after the video: What’s one of the ways you can brush your teeth? How many times a day should you brush your teeth? What else can you do besides brush? (floss, stay away from sweets, eat calcium rich foods).



Assessments

- Pre-Assessment- Call and Response: What are some things we use to take care of our teeth. What do you call the “tooth doctor”? You can add questions or just keep it simple before the video.
- Post-Assessment- Call and Response: What’s one of the ways you can brush your teeth? How many times a day should you brush your teeth? What else can you do besides brush? (floss, stay away from sweets, eat calcium rich foods).

Extensions/Connections/Applications

- Who else works in the dental office? (hygienist) You can also find/discuss ways to take the fear away from dental visits.

Resources/References

- BrainPop Jr- <https://jr.brainpop.com/health/teeth/caringfor teeth/>
- YouTube- <https://www.youtube.com/watch?v=zncawl-do34>
- Other caring for your teeth videos-
https://www.youtube.com/results?search_query=brainpop+jr+caring+for+teeth