

A Lifetime of Healthy Smiles!

An engaging classroom lesson in good oral health habits for 2nd and 3rd grade students

A Lifetime of Healthy Smiles! will help your students develop good oral hygiene habits that can last a lifetime! This program from the American Dental Association (ADA):

- Encourages students to think about and discuss the importance of their teeth.
- Provides information on good oral health appropriate to their age and experience.
- Reinforces dentists' instructions on properly caring for teeth.

A Lifetime of Healthy Smiles! gives you tools that can help you teach students the fundamentals of good oral health care:

- A flexible, modular lesson plan
- Support materials
- Hands-on classroom demonstrations
- Student activity sheets
- Suggestions for further dental health activities

A Lifetime of Healthy Smiles! is also a valuable teaching tool for teachers, dentists, hygienists, school nurses, physicians and other health care professionals.

A Lifetime of Healthy Smiles!

A classroom lesson in good oral health care, with special activities for 2nd and 3rd grade students.

MESSAGE TO THE TEACHER OR CLASSROOM PRESENTER

A Lifetime of Healthy Smiles! is a flexible oral health education program that can be used as a stand-alone lesson or to supplement your existing health curriculum. It is a valuable teaching tool for dentists, hygienists, school nurses, physicians and other health care professionals.

A Lifetime of Healthy Smiles! is divided into three modules:

Module 1: "Teeth are Terrific!" approximate time: 8 minutes

Module 2: "Plaque Attack!" approximate time: 7 minutes

Module 3: "YOU Have the Power!" approximate time: 15 minutes

The lesson objectives, key messages, and discussion topics can be presented in as little as half an hour, or can be supplemented with extra activities and discussions to serve as a full unit on dental care. This allows you to choose the method that will work best with the students. The lesson plan is loosely scripted with discussion questions, explanations and activities that you can easily adapt to your own unique style of teaching.

HOW ***A LIFETIME OF HEALTHY SMILES!*** WILL HELP YOUR STUDENTS

This program, developed by the American Dental Association (ADA), will:

- Encourage students to think about, and discuss, the importance of their teeth.
- Provide students with information on good oral health appropriate to their age and experience.
- Reinforce their dentists' instructions on properly caring for their teeth.

A LIFETIME OF HEALTHY SMILES! LESSON OBJECTIVES

There are three easy-to-remember objectives for this program. Students will learn:

1. Teeth are important.
2. Healthy teeth are part of a healthy body.
3. Taking good care of our teeth is something that each of us can do.

BEFORE YOU START...

1. Read over the lesson plan and choose any of the supplemental activities you wish to incorporate.
2. Photocopy the *A-MAZE-ing Message* and *Something's Missing* activity sheets for the students.
3. Collect the following materials for demonstrations and examples: 1 paper towel; black crayon or permanent marker; black water-based marker; a sponge; a small container of water; several new toothbrushes in adult and child sizes; dental floss; yarn.
4. Have the support materials for this unit handy: *How to Brush*; *How to Floss*; *Primary Tooth Development*; *Permanent Tooth Development*; *Old and New Toothbrushes*; *Adult and Child-size Toothbrushes*; *Oral Care Calendar*.

Module 1: "Teeth are Terrific!" 8 - 15 minutes

Key Message

Teeth are important for eating, talking and having a nice smile.

Student goals

Upon completing this module students will better understand:

- Why their teeth are important.
- Why they are losing baby (primary) teeth and getting adult (permanent) teeth.
- That adult teeth need good care to last a lifetime.

Module Topics (with discussion points and questions)

1. *Why we need teeth.* Today we are going to talk about teeth. We may not think about our teeth very much, but they help us do a lot of important things. Let's make a list of things we can do better with teeth. [Discuss children's suggestions, which may include talking, eating or chewing, smiling, singing, playing instruments.]

ACTIVITY #1: How about frowning? Do you need your teeth to frown? Let's test it out. Turn to your neighbor and give a great big smile...Good. Now, give your neighbor a very unhappy frown...H-m-m-m. I guess you don't need teeth to frown! But since most of you laugh and smile a lot, your teeth are very important!

So now we know that:

Our teeth are important because they help us talk, eat and give us beautiful smiles!

2. *Number of sets of teeth people get.* How many sets of teeth do people get in a lifetime? Does anyone know? [If no one knows, ask if anything unusual has been happening to their teeth in the past year or so, and help them work out the correct answer.] Yes. People get two sets of teeth during their lifetime. Do you know what the first set is called? [Baby teeth, or primary teeth.] Does anyone know what your new teeth are called? [Adult teeth, or permanent teeth.] (Show *Primary Tooth Development* and *Permanent Tooth Development*.)

A person gets two sets of teeth during their life: baby teeth (or primary teeth) and adult teeth (or permanent teeth).

3. *The number and purpose of baby (primary) teeth.* Here's an easy question: When did you get your baby teeth? [When you were a baby!] Why do babies need teeth? [To learn how to talk and so that they can eat solid food.] Now I have a really hard question. How many baby teeth do children get?

Children get 20 baby (primary) teeth.

4. *Why children lose their baby teeth.* So why are you losing your baby teeth? [As children get bigger they need bigger, stronger teeth.] How many of you already have some of your adult teeth? That's most of you! How are your new adult teeth different from your baby teeth? [They are bigger].

We lose our baby teeth to make room for our adult teeth because we need bigger, stronger teeth to last the rest of our lives.

5. *The number of adult (permanent) teeth.* Would anyone like to guess how many adult teeth people get? It's a lot more than the 20 baby teeth. [Thirty-two.] (Teachers may want to discuss losing primary teeth and getting permanent teeth in more detail. Visit www.adacatalog.org for additional resources.)

You will have 32 adult (permanent) teeth.

6. *How long adult teeth should last.* How many years will you have your adult teeth? [Discuss answers.] Many people live to be 80 years old, or older. If all of their teeth have grown in by the time they are 18, then that means that they will need their adult teeth for at least 62 more years! That's a very long time.

Your adult teeth are made to last for your whole adult life if you take good care of them.

Summary: *Teeth are a very important part of our bodies. They help us talk properly, chew our food and have a nice smile.*

Module 2: “Plaque Attack!” approximate time: 7 minutes

Key Message

Plaque can hurt teeth by making acids that cause cavities.

Student goals

Upon completing this module students should know:

- What plaque is.
- How plaque can harm teeth.
- What a cavity is.

Module Topics (with discussion points and questions)

1. *Healthy teeth.* Do everyone’s teeth always stay strong and healthy? [Solicit a few stories].
2. *Things that prevent teeth from staying healthy.* What can happen to teeth that keeps them from staying healthy? [They get cavities, they can get broken or knocked out.]
3. *What a cavity is.* Let’s talk about cavities and what causes them. What is a cavity? [A little hole in your tooth.]

A cavity is a small hole in a tooth.

4. *What plaque is.* Does anyone know what causes cavities? [You may get a variety of answers, but they may not include plaque.] Those are all interesting answers, but there is one thing that plays a big part in causing decay, or cavities, in your teeth. It is called “plaque.” [Write “plaque” on chalkboard.] Has anyone heard that word before? If you do not brush your teeth before you go to bed at night, how does your mouth feel when you wake up in the morning? [Tastes bad, smells bad, teeth feel sticky or “fuzzy.”] That is because plaque has been forming in your mouth all night. Plaque is a sticky, clear film that is forming on your teeth all the time.

Plaque is a sticky, clear film that is constantly forming on your teeth.

5. *How plaque contributes to decay.* Plaque is bad for your teeth because it contains germs. When a person eats or drinks sugary or starchy foods, the sugars and plaque mix together to make an acid. Does anyone know what acid does? [It makes holes in things.] The acids in your mouth attack your teeth and can make cavities.

The sugars and the germs in plaque mix together to make acid.
The acids in your mouth attack your teeth and
can make cavities.

6. *Repeated acid attacks make cavities grow.* Every time a person eats or drinks, plaque and sugar mix together to make acid. Each acid attack can last 20 minutes, and make a cavity get bigger and bigger. Let's do a demonstration to help us understand how a cavity grows.

Repeated acid attacks make cavities grow bigger.

ACTIVITY #2: How a Cavity Grows. Draw a large tooth on a paper towel with a crayon or permanent marker. Using a black watercolor marker, make a heavy dot on the tooth to represent a cavity. Add a drop of water to the cavity to represent another acid attack. After a few minutes look at the tooth and see how the "cavity" has spread.

7. *Repairing cavities.* What happens when someone gets a cavity? Does it heal itself like a scrape or cut on your knee? [No. You have to go to the dentist to get it fixed.] That's right; only your dentist can fix a cavity, by removing the decay and putting a special filling material in the hole.

Cavities cannot go away by themselves.
They must be fixed by a dentist.

Summary: *Plaque and acid can hurt your teeth, making holes that are called cavities.*

Module 3: “YOU have the Power!”

approximate time: 15 minutes

Key Message

A healthy mouth and teeth are important parts of a healthy body. There are many things that children can do to keep their teeth clean, strong and healthy.

Student goals

Upon completing this module students should be aware of four steps for good oral health:

- Brush with fluoride toothpaste twice each day. Spit out all the toothpaste!
- Floss once a day with a grown-up’s help.
- Eat and drink nutritious foods and beverages and limit snacks.
- Visit their dentist regularly.

Module Topics (with discussion points and questions)

1. *Feeling healthy.* How do you feel when you are healthy? [List things: feel strong, have lots of energy, feel happy, etc.] Can someone really be healthy if their mouth and teeth are not healthy? [No.] Why not? [Because a clean mouth feels nicer, your breath smells nice, etc.]

Healthy teeth and mouth are part of a healthy body.

2. *Keeping teeth healthy.* What can you do to fight plaque and help keep your teeth healthy? [List answers, which may include brushing, visiting the dentist, good food and drink choices and flossing.] Let’s talk about some of these.

3. *Proper brushing.* How many of you brush your teeth? Great! How often should you brush your teeth? [Twice a day.] What do you put on your toothbrush? Yes, toothpaste. Why do you use toothpaste? [Cleans better than water, gets the food and plaque off your teeth, makes your breath smell good, makes your mouth taste good.] Those are all good answers. There is also something very important in most toothpastes that helps strengthen your teeth. Does anyone know what it is called? It’s “fluoride.” [Write “fluoride” on chalkboard.] Fluoride prevents cavities by strengthening and protecting the teeth from acid. By the way, after you’ve brushed your teeth, spit out all the toothpaste! Don’t swallow it. Toothpaste is for cleaning your teeth, not your stomach!

**Brush twice a day with a fluoride toothpaste.
Fluoride prevents cavities by strengthening and
protecting tooth enamel.
Always spit out all the toothpaste!**

Did your dentist, or the hygienist in your dentist's office, show you how to brush your teeth? Move the brush back and forth gently in short strokes. Brush the top, front, and back sides of each tooth.

[NOTE: Ideally, an adult will brush and floss a child's teeth until he or she is at least 6 years old. By age 6 or 7, children should be able to brush their own teeth twice a day – with supervision until about age 10 or 11 — to make sure they are doing a thorough job. Since adults at home do not always supervise tooth brushing, you might want to suggest to your class that they ask a grown-up to watch them brush, so they can show how well they do it! Flossing demands more manual dexterity than very young children have, and children are not usually able to floss well until they are age 10 or 11, and even then they should be supervised.]

ACTIVITY #3: Here is a picture of one good way to brush your teeth. It says...
(Show *How to Brush* and read instructions. Ask for questions and comments.)

**Move the brush back and forth gently in short strokes.
Brush the top, front and back sides of each tooth.**

4. *Toothbrushes*. What kind of toothbrush do you use? [Get several answers.] I'm going to ask you a question and give you four answers. You tell me which answer you think is the right one. (Pass around a couple of toothbrushes in adult and child sizes, or show *Adult and Child-size Toothbrushes*.) Here's the question:

What kind of toothbrush would be easiest for you use?

- a) The biggest one you can find
- b) One with a fancy handle
- c) A child-size toothbrush that is easy to hold
- d) A purple one

You're so smart! You should use a child-size toothbrush that is easy to hold.

**Use a toothbrush that has soft bristles and is
comfortable to use.**

ACTIVITY #4: (Show *Old and New Toothbrushes* and discuss when to get a new toothbrush.) Here are two toothbrushes. Which one looks new? How can you tell if you need a new toothbrush? [If the bristles are bent or broken.] Yes, you should get a new toothbrush when the bristles are bent and worn out.

Replace your toothbrush when the bristles are bent and worn out.

5. *Flossing.* Is there anything else we can do to clean our teeth? [Use floss.] Who knows what dental floss is? [Looks like string or thread.] Dental floss is a special kind of string for cleaning between your teeth. How many of you floss your teeth? Cleaning between your teeth is just as important as brushing. Do you know WHY? [Flossing helps remove bits of food and plaque from between the teeth where your toothbrush can't reach. It helps keep your teeth and gums healthy.] Flossing is not as easy for children to do as brushing, so you should ask your parents or another grown-up to help you floss. You should floss your teeth very gently, once a day.

Floss your teeth very gently, once a day, with a grown-up's help.

ACTIVITY #5: Show floss and explain the technique used in *How to Floss*. Ask for a student volunteer, and demonstrate the following flossing technique using yarn: The child holds hands together with fingers straight up and tight against each other. These are the teeth. Use the yarn to floss between the student's fingers. Arrange students in pairs, give each pair a length of yarn, and allow them time to practice "flossing" each other's fingers. (One variation of this is to smear tempera paint between the fingers of the child representing the teeth, and then use the yarn to "floss." In this way, the children will actually see the "floss" cleaning between the teeth.)

5. *Good nutrition.* Brushing and flossing are very important ways to keep teeth clean and healthy, but there are a few more things that each of us can do. Any ideas? I'll give you two hints: It has to do with plaque and germs and ACID. It also has to do with keeping the rest of your body healthy. Yes. The foods we eat and the beverages we drink are very important for keeping our teeth healthy. So let's talk about food.

ACTIVITY #8: Nutritious Foods. Does anyone know (remember) the food groups? [List on board.] Eating a mix of foods from these groups for breakfast, lunch and dinner is the best way to keep your teeth and whole body in good shape. [Discuss healthy eating for a few minutes.] (Visit www.mypyramid.gov for resources.)

But what about snacks, soda pop, and sweets? [Get opinions.] Who remembers what happens in our mouths after we eat? Yes, plaque and sugar mix to form acid. Then the acid attacks our teeth. The more often we eat snacks and drink sugary liquids, the more acid attacks we have. But that doesn't mean that all snacks are bad for you. Sometimes growing children need to eat between meals. If you are hungry and need a snack, choose nutritious foods like fruit, low-fat cheese, low-fat yogurt or raw vegetables. Save the sweets to eat and drink with your meals. A full meal produces lots of saliva in your mouth that helps wash away the acids from your teeth.

**Eating a nutritious mix of foods from the food groups is the best way to keep your teeth and body healthy.
If you have sweets, eat or drink them with your meals.
If you snack, eat nutritious foods.**

What about chewing gum? [Get opinions.] Chewing gum immediately after a meal or snack is okay as long as the gum is sugarless. In fact, sugar-free gum makes your mouth produce more water, called saliva, which can help rinse the acid off your teeth. Of course, if your parents don't like you chewing gum, then you shouldn't, and we never chew gum in school. And — don't forget — throw your gum away in a trash can when you are finished!

Chewing sugarless gum increases saliva and helps wash out food and acid.

6. *Protect your teeth!* Another way to keep your teeth in good shape is NOT to chew on hard things — like ice cubes, pencils, or hard candy. Your teeth are strong, but it is possible to crack or chip them. It's a good habit to keep things out of your mouth that don't belong there!

Don't chew on hard objects like pencils, ice cubes or hard candy.

7. *Dental visits.* So now we know four important ways to take care of our teeth — brushing, flossing, eating nutritious foods and not chewing on hard objects. There is one more very important thing we should all do to keep our teeth healthy. Who can tell me what it is? Yes! Visit your dentist regularly. Your dentist will tell you when your next visit should be. What are some of the ways the dentist helps you take care of your teeth? [Checks your teeth to see if they are healthy. Tells you how to take good care of your teeth. Fixes cavities and repairs teeth.] Great! [If time allows, discuss the children's experiences at the dentist's office.]

Visit your dentist regularly.

We have learned a lot about our teeth today and how to take good care of them.

1. Our teeth are important.
2. Healthy teeth are part of a healthy body.
3. Taking good care of our teeth is something that each of us can do.

Summary: *Healthy teeth can last a lifetime if they are cared for properly.*

ACTIVITY #9: Have students work individually or in pairs to complete the activity sheets *A-MAZE-ing Message* and *Something's Missing*.

SUPPLEMENTAL ACTIVITIES

1. Ask the children to sing, or say a tongue-twister, without using their teeth. (For example: *She sells seashells by the seashore*, or *There are thirty-three thousand things to thoughtfully think through*.)
2. Ask for stories about what it is like to be missing a front top tooth.
3. Have several children act out a visit to the dentist as a lead-in to a discussion.
4. Invite a dentist to your class. (Dental Organizations often provide a list of speakers. Visit the Dental Organizations section of ADA.org, to search for a State or Local Dental Organization nearest you. <http://www.ada.org/goto/organizations/index.asp>)
5. For more online classroom resources, visit the Students & Teachers section of ADA.org. <http://www.ada.org/public/education/index.asp>
6. Distribute copies of the Oral Care Calendar to students. Create an incentive program for students who bring in a completed calendar.

SUPPORT MATERIALS: CHARTS AND DIAGRAMS

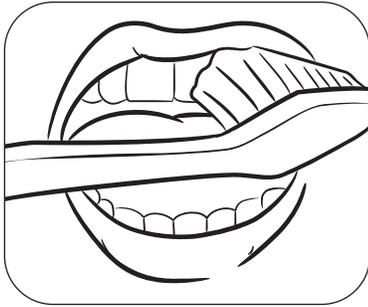
- *How to Brush*
- *How to Floss*
- *Primary Tooth Development*
- *Permanent Tooth Development*
- *Old and New Toothbrushes*
- *Adult and Child-size Toothbrushes*
- *Oral Care Calendar*

STUDENT ACTIVITY SHEET(S)

- *A-Maze-ing Message*
- *Something's Missing*

Additional educational materials are available for purchase by calling 1-800-947-4746 or by visiting www.adacatalog.org.

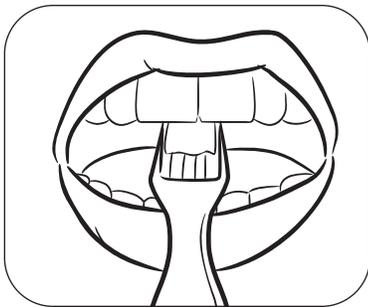
How to Brush



- Place the toothbrush at a 45-degree angle to the gums.

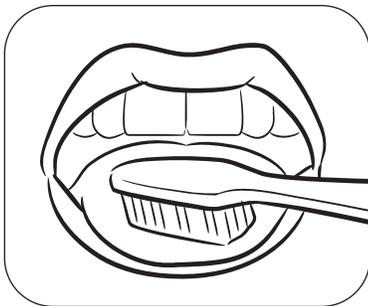


- Move the brush back and forth gently in short strokes.



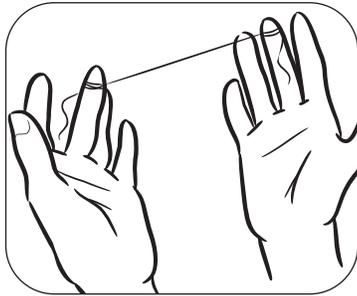
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.

- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



- Brush your tongue to remove bacteria and keep your breath fresh.

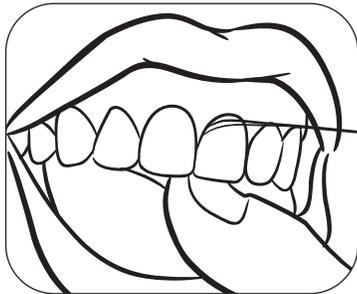
How to Floss



- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.

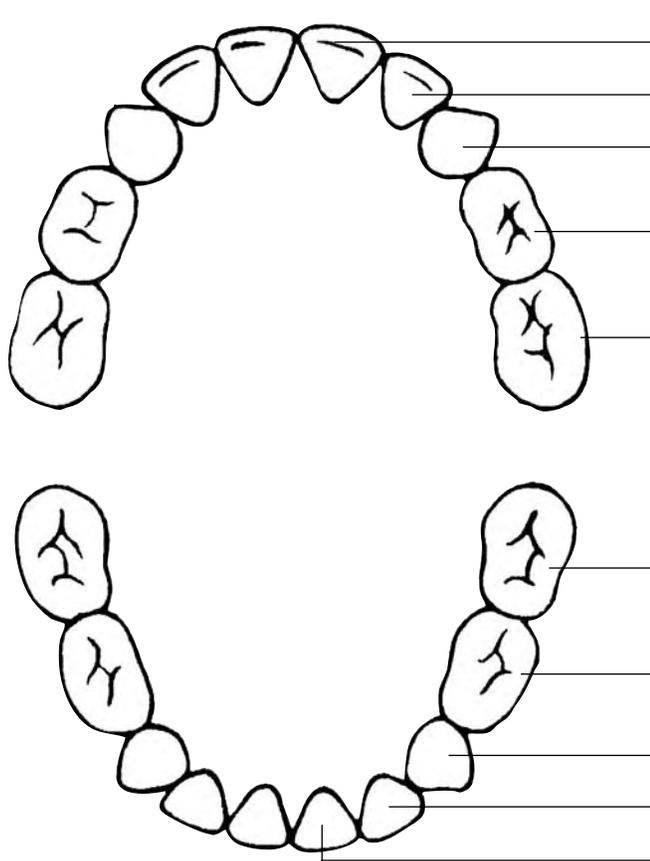


- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



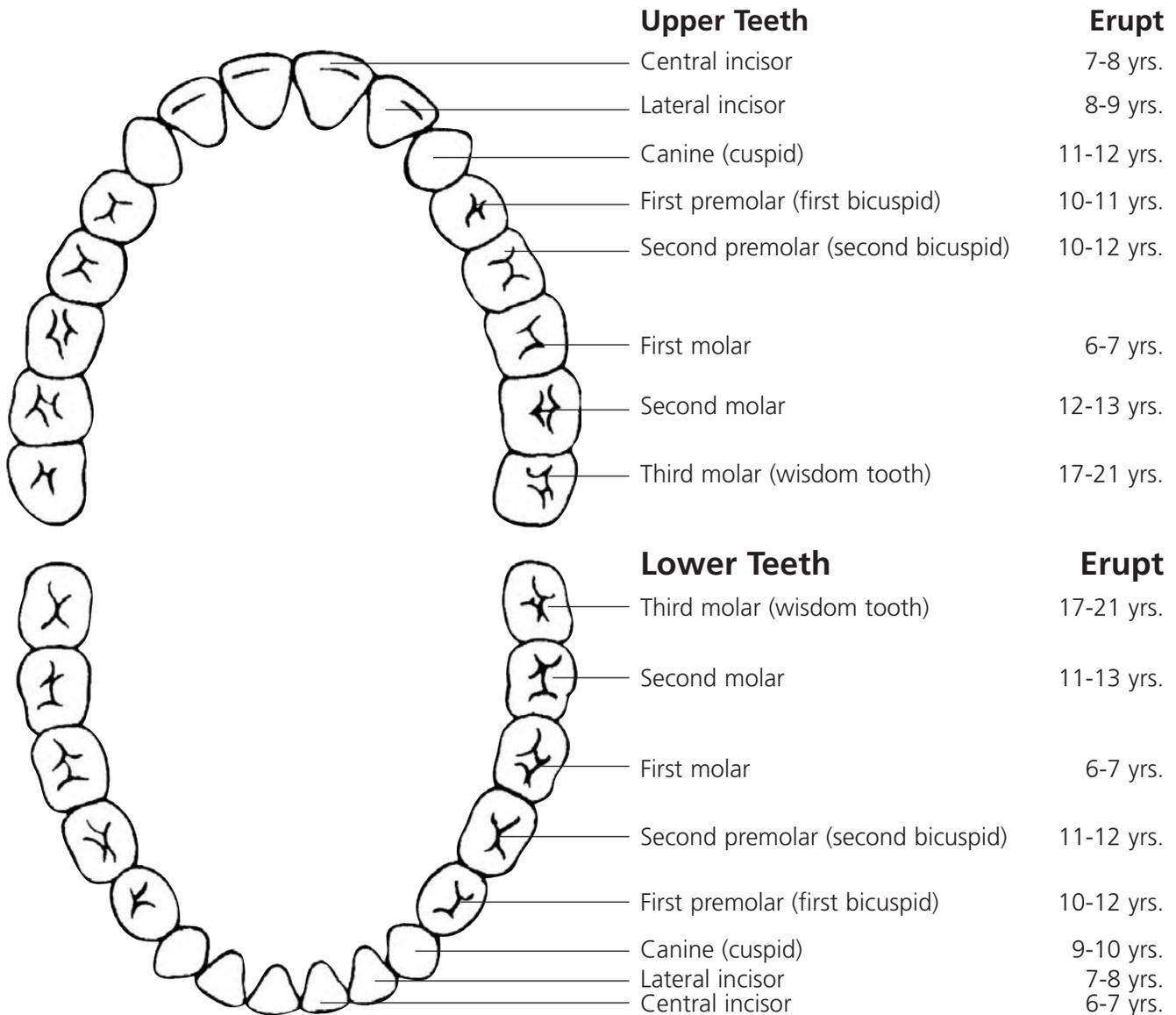
- Floss all your teeth. Don't forget to floss behind your back teeth.

Primary Tooth Development

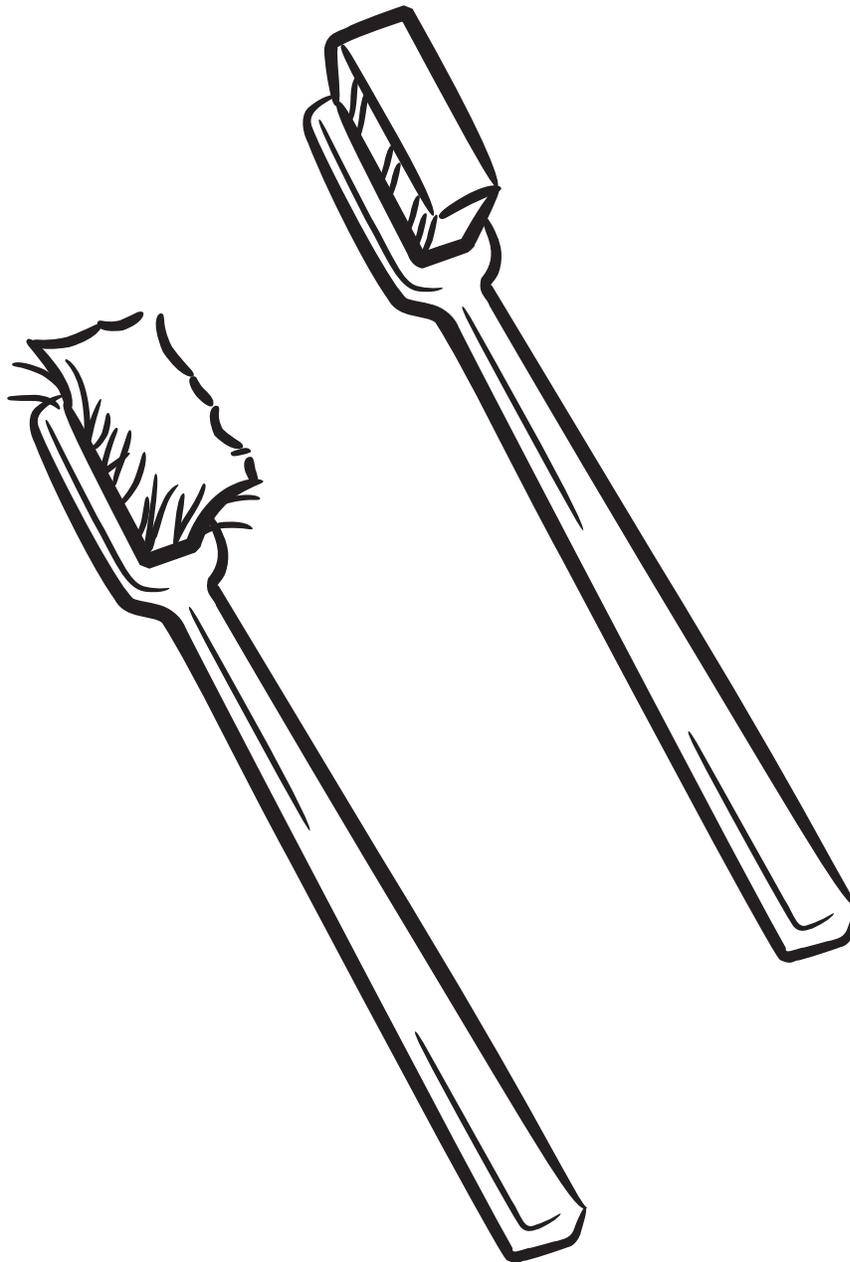


Upper Teeth		Erupt	Shed
Central incisor		8-12 mos.	6-7 yrs.
Lateral incisor		9-13 mos.	7-8 yrs.
Canine (cuspid)		16-22 mos.	10-12 yrs.
First molar		13-19 mos.	9-11 yrs.
Second molar		25-33 mos.	10-12 yrs.
Lower Teeth		Erupt	Shed
Second molar		23-31 mos.	10-12 yrs.
First molar		14-18 mos.	9-11 yrs.
Canine (cuspid)		17-23 mos.	9-12 yrs.
Lateral incisor		10-16 mos.	7-8 yrs.
Central incisor		6-10 mos.	6-7 yrs.

Permanent Tooth Development



Old & New Toothbrushes



Adult and Child-Size Toothbrushes

Which one would be easiest for him to use?

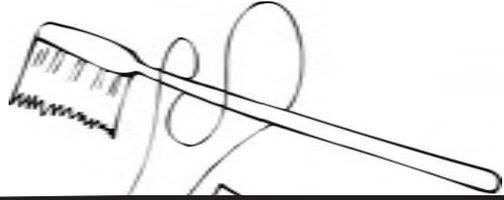




Oral Care Calendar

Put a happy face in the box when you brush twice each day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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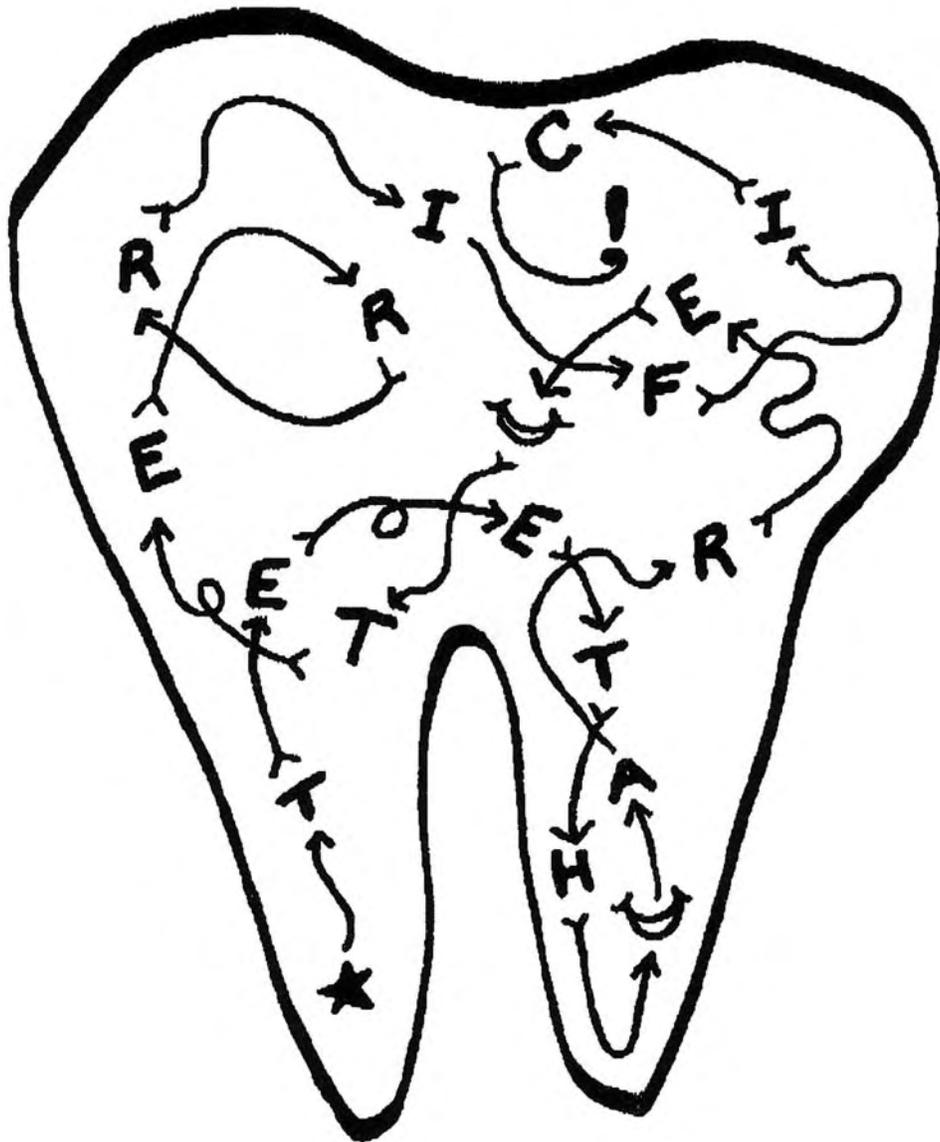


A-MAZE-ing Message

There is a message hidden in the tooth. Start at the star and follow the arrows.

Write down the letters on the spaces below as you come to them.

A smile means the end of a word. The next letter starts a new word.



----- !

Something's Missing

All the vowels (a, e, i, o, u) are missing from these dental words.

How many can you complete in two minutes?

(The answers are at the bottom of the page.)



br _ s h

j _ w s

c _ v _ t y

m _ _ t h

ch _ w

m _ _ t h g _ _ r d

cl _ _ n

n _ t r _ t _ _ n

d _ c _ y

pl _ q _ _

d _ n t _ s t

t _ _ t h b r _ s h

fl _ s s

s m _ l _

fl _ _ r _ d _

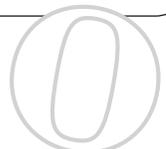
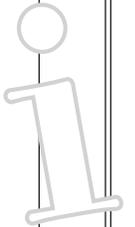
t _ _ t h

f _ _ d

t _ _ t h p _ s t _

g _ m s

X - r _ y



Answers: brush, cavity, chew, clean, decay, dentist, floss, fluoride, food, gums, jaws, mouth, mouthguard, nutrition, plaque, toothbrush, smile, tooth, toothpaste, X-ray



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