

## Health

### 2.PCH.1.2

Execute the proper techniques for brushing

#### **Materials:**

- 2 hard boiled eggs – 1 regular, 1 soaked in cola overnight
- My Kids Dentist Video (3:29): <http://www.youtube.com/watch?v=hDZXSMU2IAk>
- Toothbrushes (enough for each student)
- 4-sided linking cubes – 20 for each student **OR** half of an egg carton for every pair of students
- 18” floss for each student
- Permanent Tooth Eruption Chart (ADA)
- How to Brush Diagram (ADA)
- How to Floss Diagram (ADA)
- Appendix A: Healthy Mouth Word Search (created by Terri Mitchell using Discovery Education)

#### **Focus Step:**

Our smile is often the first thing people notice about us, so we want to take care of it. Once our permanent teeth come in, these are the only teeth we will have for the rest of our lives. If we live to be 80 years old, our permanent teeth will be more than 70 years old!

Show students the white hardboiled egg. Ask students how their teeth are like an egg (white, hard covering). Show the egg that was placed in soda all night. What does it mean if the egg turned that color? It is similar to how if you don't take care of your teeth. If we don't take care of our teeth they can turn brown and decay. Decay is when teeth get weaker because of the germs and sticky layer of plaque.

#### **Statement of Objectives:**

In today's lesson we will review the importance of dental hygiene and discuss the proper techniques of teeth brushing.

#### **Teacher Input:**

Watch My Kids Dentist Video. Ask: How do we take care of our teeth? (Brushing & Flossing)  
How many times per day should we brush? (2+) Floss? (1+)

The video says that we should brush our teeth for two minutes. How many seconds are in one minute? (60) So, how many seconds are in two minutes? (120) Let's practice counting to 120. Using a timer to help with pacing, have students count to 120. Explain that we do not want to count too quickly otherwise we won't be brushing our teeth long enough.

Show students the diagram of the primary teeth (see link under materials). Count the teeth together as a class by 1's and 2's and go over the names for each tooth.

Use 10 connecting cubes to construct a model of the top primary teeth and 10 connecting cubes to construct a model of the bottom primary teeth. Using a toothbrush, show students the diagram for how to brush and model each step of the process (How to hold the toothbrush, brushing the outer surfaces, inner surfaces, and the tops of the teeth (or chewing surfaces). Introduce the How to Floss diagram and model flossing on the connecting tubes reminding students to keep the floss in a C shape and to move the floss gently up and down.

**Assessment:**

Have students collect a set of 20 connecting cubes to construct their own models of the upper and lower primary teeth. Alternatively, students could use egg cartons cut in half to represent some of the top and bottom teeth.

Give each student a toothbrush and a piece of floss to use for learning purposes; remind them not to put them in their mouths. Allow students time to practice brushing and flossing with their models (tops of the teeth, insides, and outsides) Once students have had a chance to practice, reintroduce the 2-minute brushing recommendation and time students for 2 minutes to practice brushing. Have students count to 120 using a second hand clock.

Finally provide students with Appendix A, Healthy Mouth Word Search. After students have completed the search go through each of the terms and have students explain how it relates to a healthy mouth.

**Closure:**

You've done a great job demonstrating how to brush and floss properly. I know that you will all continue to take good care of your teeth so you will have a great smile and a healthy mouth.

## Healthy Mouth Word Search

S S O L F Y Y U C B D Y T T D  
G B G K H M P H S N U E O E V  
C R Y N E B D Y T Z O C N C A  
P E R M A N E N T L I B G I F  
T E F I O K Q H Y L A R U W E  
X O D V U E X D P B C E E T K  
Z D O I S O F K I N A V H H V  
Z Y U T R E Z O D N I B R W I  
Y R Q D H O I N J M D H X G P  
M O L A R B U T A K Q I E X E  
O M O N V L R L I P S N J N H  
W Q Q A O C I U F V T Z I Z T  
T F J X C K G G S L A N E C O  
E U Q A L P U K E H A C R Z O  
O J V K T R M P L C Y N Z O T

BABY

CANINE

CAVITIES

FLOSS

FLUORIDE

GENTLE

GUM

HEALTHY

MOLAR

PERMANENT

PLAQUE

TONGUE

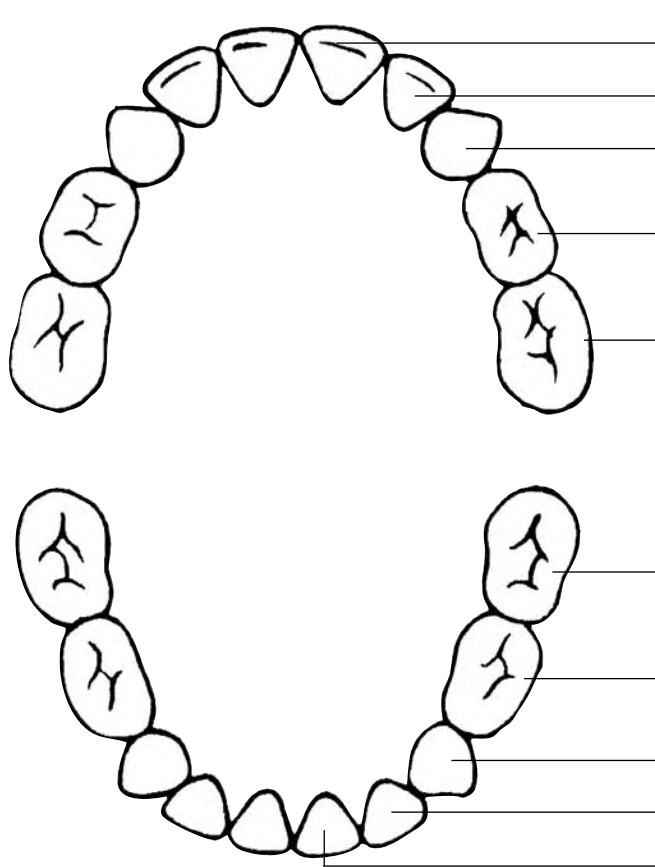
TOOTH

TOOTHBRUSH

TWICE

TWO

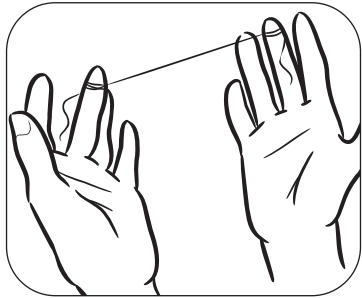
# Primary Tooth Development



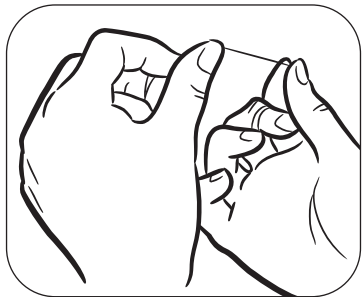
The diagram illustrates the primary teeth in both the upper and lower arches. Lines connect the teeth to their respective labels in the adjacent table. The upper teeth are labeled from top to bottom: Central incisor, Lateral incisor, Canine (cuspid), First molar, and Second molar. The lower teeth are labeled from bottom to top: Central incisor, Lateral incisor, Canine (cuspid), First molar, and Second molar.

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.

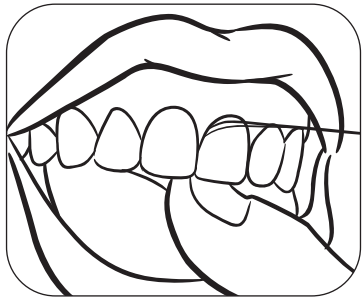
# How to Floss



- 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.

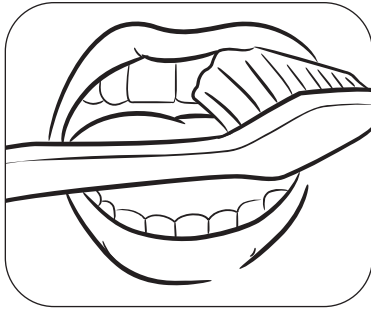


- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.

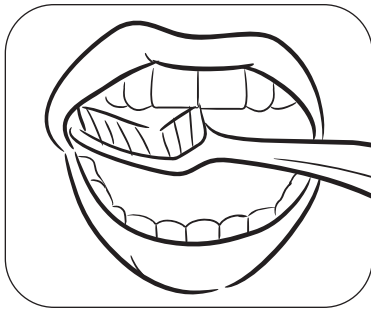


- Floss all your teeth. Don't forget to floss behind your back teeth.

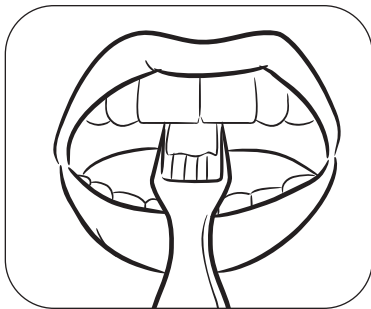
# How to Brush



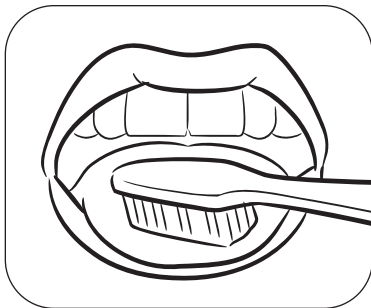
- Place the toothbrush at a 45-degree angle to the gums.



- 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.