

Potential Integration:
ELA

Health
3.PCH.2.1 Recognize plaque and lack of dental hygiene result in gum disease and cavities.
3.PCH.2.2 Implement proper flossing to prevent tooth decay and gum disease.

Materials:

Appendix 1, “What is the Missing Word?”

The Berenstain Bears Visit the Dentist, Stan and Jan Berenstain

Five Steps to a Flawless Floss from the ADA <https://www.mouthhealthy.org/en/az-topics/f/flossing-steps>

Yarn (enough for each child to have an 18 inch piece)

Appendix 3, “Good Dental Health” handout (chart from the South Dakota Department of Health, public domain)

Focus:

Distribute handout “What is the Missing Word?” (Appendix 1).

We are going to begin class with a riddle or puzzle. I have a poem for you to read. The same word has been left out throughout the poem. Your assignment is to figure out the missing word. When you have done so, write it on the bottom of your paper and turn your paper over.

What was the correct answer? Teeth

How did you know?

Statement of Objectives:

As you can tell by the poem, keeping our mouths and teeth healthy is very important. Today we are going to talk about dental hygiene, or taking good care of your teeth and mouth, as well how to floss your teeth. By the end of this lesson, you will be able to list ways to take care of your dental health and how to properly floss.

Teacher Input:

Summary of the book: Sister Bear watches Dr. Bearson fill Brother Bear's small cavity. Then it's her turn in the chair to have a dangling baby tooth removed. An entertaining story for preschoolers of a cheerful and informative visit to a dentist.

After reading the book aloud, ask the following questions:

- What is the story about?
- What is the main idea of this story?
- Who are the characters in the story?
- Why did Brother and Sister Bear visit the dentist?
- What did the dentist need to do to one of Brother Bear's baby molars?
- What foods can help your teeth stay healthy?
- What foods should you limit so you don't get cavities in your teeth?

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- How often should you visit the dentist to help keep your teeth healthy?
- What else do you need to do to keep your teeth healthy?

The other part of this lesson is to ensure that you all know how to floss your teeth properly.

Go to the Five Steps link (<https://www.mouthhealthy.org/en/az-topics/f/flossing-steps>) and distribute the pre-cut pieces of yarn. Tell students to follow your instructions as you read the instructions aloud, pretending to floss, but not putting the yarn in their mouths.

Ask why it is important to brush and floss one's teeth. (To remove plaque and food particles from between the teeth and under the gum line.)

Assessment:

Distribute the Handout "Good Dental Health" (Appendix 3). Ask students to take a moment and write down the answers to the questions previously asked:

1. What foods can help your teeth stay healthy?
2. What foods should you limit so you don't get cavities in your teeth?
3. How often should you visit the dentist to help keep your teeth healthy?
4. What else do you need to do to keep your teeth healthy?

Review the responses then tell students they can take the handout home and hang it in their bathrooms to remind the family why it is important to have good dental health. Students (and family members) can chart whether they brushed and flossed daily. Tell them you will check in with them at the end of a week to see how they did.

Closure:

This lesson focused on good dental health, taking care of our teeth and mouths. Take the charts home to track your progress with brushing and flossing and I will ask how you did.

What is the Missing Word?

Photocopy, then cut into two sections.

Can you see my _____?
I use them to chew.
I chew things like carrots
so my teeth stay like new.

Can you see my _____?
I use them to bite.
I bite things like apples
so my teeth will stay white.

Can you see my _____?
I use them to speak.
I say "t" and "f"
every day of the week.

Can you see my _____?
I use them to smile.
I brush until my grin
is as wide as a mile!

Missing word:

Can you see my _____?
I use them to chew.
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Missing word:





























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Good Dental Health

1. What foods can help your teeth stay healthy?
2. What foods should you limit so you don't get cavities in your teeth?
3. How often should you visit the dentist to help keep your teeth healthy?
4. What else do you need to do to keep your teeth healthy?

My Brushing and Flossing Chart

Draw a smiley face, or place a star or sticker in the tooth when you brush and floss.
Draw a sad face in the tooth if you forgot.

Family Names	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
_____							
_____							
_____							
_____							

South Dakota Department of Health – <http://doh.sd.gov/oralhealth>
This chart can be reprinted and used freely.