

Health
5.PCH.3.1
Implement a personal dental health plan to include brushing, flossing, nutrition, and injury prevention.

Materials Needed:

- Appendix 1 – Take Note! What We Need to Know about the Care of Teeth and Gums
- Appendix 2 – Letter to Parents about Dental Health Plan
- Appendix 3a, b – My Dental Health Plan

Statement of Objectives:

In lower grades, you have learned about dental health. Your family has also stressed the importance of taking care of your teeth and gums. In today’s lesson, we will combine the information and skills you have learned into a personal plan. By the end of the lesson, you will be able to carry out a plan to have dental health for a lifetime.

Focus:

Tell students to try to say the word TEETH without touching their tongue to their teeth. It is difficult and the word is not as clear as it should be. Say, Teeth are valuable for many reasons, including speech, digestion, and appearance. You may remember being about age six and losing front teeth. It was harder to say certain words. Imagine trying to eat corn on the cob without front teeth: also pretty hard to do. Now that you have your permanent teeth, it is extra important that you have a plan to keep them healthy for the rest of your life.

Teacher Input:

Much of the lesson on dental health will be a review of lessons in earlier grades. Share copies of Appendix 1, Take Notes! What We Need to Know about the Care of Teeth and Gums. Students may know many of the answers. Ask them to complete the sentences by filling in the missing words as you go over the material.

Responses should be:

- | | |
|---|--|
| 1, 2, 3: for chewing (aids digestion), speech, appearance | 15, 16, 17: milk, yogurt, cheese |
| 4. sticky | 18. cavities |
| 5. two | 19. bacteria |
| 6. once | 20. acid (in plaque) |
| 7. tartar | 21. decay |
| 8. decay | 22. hard |
| 9. recede | 23, 24, 25: basketball, soccer, football |
| 10. medium | 26. milk |
| 11. 45 degree | 27. dentist |
| 12. gumline | 28. between |
| 13. calcium | 29. gums |
| 14. bones | 30. upwards |

Students will need to refer to the note-taking form to be able to create their dental health plan in the next step.

Assessment:

Provide each student with one copy of the letter about this project (Appendix 2) and copies of My Dental Health Plan, Appendix 3a, b. Explain they are to write a paragraph with details about each of the four dental health practices: brushing, flossing, nutrition, and injury prevention. In the paragraph, they are to describe the purpose of the practice (why it is important to floss each day, for example), what is needed to accomplish the task, how they will communicate with their family members about each practice, and how they will remember to complete each practice.

Emphasize the importance of writing clearly in a coherent paragraph. If the plan is clearly stated, it will be easier to follow.

The writing assignment is to be finished in class, the pages are to be taken home to assist the students in implementing their plans and to record how well they accomplished their plan on two weekdays and one day during the weekend. They are to ask their parent or guardian to sign off on the plan to acknowledge they are keeping up with the assignment.

Closure:

Taking care of dental health will be important for the rest of your life. Today you created a personal plan to ensure that you will be able to speak clearly, chew your food, and have a dazzling smile. Having a plan, though, is only helpful if it is followed.

Take Note!

What We Need to Know about Care of Teeth and Gums

What are three reasons we need teeth?

#1, #2 and #3

Plaque is a #4____, yellowish substance that builds up on teeth. It is removed by brushing #5____ times each day and flossing #6____ each day). If it is not removed, it turns into #7____, which causes teeth to #8____ and gums to #9____.

If a tooth is knocked out, find the tooth and place it in a glass of #26____. It may be possible to have a #27____ reinsert



Nutrition is super important. #13____ is needed for strong teeth and #14____. Good sources of this nutrient are #15____, #16____, and #17____. Eating sweets "only sometimes" helps reduce #18____. Sugar plus #19____ makes #20____ and (if left too long on the teeth) equals tooth #21____.

One should choose a #10____ toothbrush and brush the sides and tops of each tooth. A #11____ degree angle where teeth meet the #12____ is important.

Injury Prevention:

Avoid biting on objects that are too #22____.

Avoid rough play and fighting.

Always wear a mouth guard for activities such as #23____, #24____, and #25____.

Flossing removes plaque from #28____ teeth. Care should be taken not to cut into the #29____. Loop the floss around the base of each tooth and pull #30____ to remove plaque.

Dear Parent or
Guardian of

Your child is studying dental health. One of our fifth grade objectives is to: *Implement a personal dental health plan to include brushing, flossing, nutrition, and injury prevention.*

Each student in class has written a personal plan and has been asked to discuss dental health with you by describing what he or she will do about brushing, flossing, nutrition, and injury prevention.

In addition to creating a plan, your student will keep track (with your help) of how well the plan is implemented. Please help your child keep track of each practice for three days (two weekdays and one weekend day).

The assignment is _____ due
on

Thank you for assisting with this assignment to support healthy decisions about care of teeth and gums.

Sincerely,

My Dental Health Plan _____

Dates:

Dental Health Practice	My Plan for Healthy Teeth and Gums (Describe why , when , and how each practice should be accomplished.)	Check by Parent/Guardian
Brushing (at least twice each day)	Example: brush teeth after breakfast.	Day One:
		Day Two:
		Day Three:
Flossing (once each day)	Example: floss teeth after brushing before bedtime	Day One:
		Day Two:
		Day Three:

Dental Health Practice	My Plan for Healthy Teeth and Gums (Describe why , when , and how each practice should be accomplished.)	Check by Parent/Guardian
Nutrition (eating nutrient-dense foods and calcium-rich foods, limiting sugary foods)	Example: eating carrot sticks for a snack instead of candy	Day One:
		Day Two:
		Day Three:
Preventing injury	Example: wearing a mouth guard when playing soccer	Day One:
		Day Two:
		Day Three:

How can I improve my plan for dental health? _____