

Teacher:

School:

February's Healthy Habits Campaign Message is:
Control decay! Brush your teeth every day!

Oral health is one important component of lifelong health. Specific skills for brushing and flossing, as well as information about the importance of dental health, are important aspects of comprehensive health education for elementary students. To help promote February's healthy habit, this packet contains:

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Wendy Seymore, the Public Health Hygienist for Chatham County is a great resource for dental health treatment and information. Contact Wendy at (919) 777-0225.

The key points to focus on this month are:

- **Your teeth help you out a lot!** Just think, your teeth help you eat, smile, laugh, and talk, all things that are necessary and fun!
- **Your teeth have a lifetime of work to do for you!** Once your adult teeth come in, you're going to have them for the rest of your life. Taking care of your teeth everyday will help keep them healthy and help keep you smiling now and in the future.
- **Dental health doesn't stop at brushing!** Brushing and flossing every day is very important, but your teeth also like it when you don't eat a whole lot of sweets and when you do eat foods with lots of calcium.

Thank you for your help promoting the health of Chatham County's students!

Healthy Teeth Basics

Our teeth are important—teeth let us smile, eat, talk, laugh, etc – and we only get 2 sets, the set that we start with and the ones that replace them! It’s important to do everything we can to protect our teeth from decay so that we can smile, eat, talk and laugh for many years to come.

Eating for dental health:

Along with how we clean our teeth, the way we eat and what we eat can affect how much our teeth decay. Here are some easy ways to eat for dental health:

- Avoid sugary foods! The worse kinds of sugary foods for your teeth are things like candy and cough drops with sugar, that dissolve in your mouth over a long period of time.
- Avoid sugary beverages, such as soda and putting lots of sugar in your coffee/tea.
- Limit the number of snacks that you eat. Each time you eat food that contains sugars, the teeth are attacked by acids from the sugars for about 20 minutes.
- Foods that are eaten as part of a meal cause less harm. More saliva is released during a meal, which helps wash foods from the mouth and helps lessen the effects of acids.
- If you do snack, choose nutritious foods, such as cheese, raw vegetables, plain yogurt, or a piece of fruit. Low-fat dairy foods are particularly helpful for the dose of calcium you get from them. Crunchy fruits and vegetables are good because eating them massages your gums.

Other tooth-Friendly Actions

Obviously, along with eating right, it’s really important to clean our teeth thoroughly every day by brushing and flossing and every 6 months, by going to the dentist.

- Brush and floss *at least* 2 times per day.
 - Brushing teeth is extremely important. Brushing your teeth removes plaque, which is an invisible layer of bacteria on your teeth that contributes to decay and can cause cavities. Cavities can be painful and expensive to fill.
- The time when your teeth are decaying most is the 20 minutes right after you have eaten. Rinse, floss, brush, or chew gum in that time-frame to keep your teeth healthy and free of decay.
- Visit your dentist regularly for a cleaning and a checkup! At the dentist’s office, the hygienist will clean your teeth thoroughly and the dentist will come in and examine your teeth to see if you have any cavities forming. They make take x-rays, too, so that they can see under the surface of the teeth a little bit more easily. Your dentist can help prevent problems from occurring and catch those that do occur while they are easy to treat.

Source: American Dental Association at www.ada.org

Educational Game	Dental Health Trivia
<i>Standard Course of Study Objectives and Essential Standards</i>	3 rd grade: <ul style="list-style-type: none"> • 2.02 • 3.PCH.1.2, 2.1
<i>Time Needed</i>	10-15 minutes
<i>Organization/ Equipment</i>	<p>Organization:</p> <ul style="list-style-type: none"> • The game is played in teams. Depending on the size of your class, 2, 3 or 4 teams should work. <p>Equipment:</p> <ul style="list-style-type: none"> • The list of questions at the end of the packet • A piece of paper (answer sign) for each team, on which they will write “T” on one side and “F” on the other.
<i>Teacher Introduction</i>	In this activity, students will get to test their knowledge about oral health by playing a true/false trivia game in teams. The activity will help reinforce their current knowledge about dental health and will help them learn new items.
<i>Rules and Directions</i>	<p>Intro/Review:</p> <ul style="list-style-type: none"> • Ask the students what they know about ways to keep their teeth healthy. You’ll probably get a broad range of answers. Make sure the following are mentioned: eating high calcium foods and those with low added sugar, brushing teeth, flossing teeth, going to the dentist regularly. <p>Activity:</p> <ul style="list-style-type: none"> • Tell the students that they will get a chance to test their knowledge of dental health by playing a true/false trivia game. • Explain that you will read a statement and each team will have to decide if they think the statement is true or false. A point will be awarded to either/both/all teams that are correct. After everyone has answered, you will review the correct answer to make sure all the students understand why it is correct. • This game will be played in teams. After each statement is read, the teams will have 10-15 seconds to discuss and decide their answers. At that point they will hold up their answer signs showing either “T” or “F” to indicate whether they thought the statement was true or false. You can add other movement into this activity if you like, for example, asking students to run in place when they answer. Before you start to play, have them write “T” and “F” on their answer signs. • Ask if there are any questions about how to play. • Play the game. <p>Wrap-Up: Ask the group the following questions</p> <ul style="list-style-type: none"> • Were there any answers that surprised you? • What is one new thing you learned about oral health? • How will that new information change what you do for your teeth?
<i>Variation</i>	<ul style="list-style-type: none"> • Change the list of questions • Play as a large group rather than teams playing against each other • Play in smaller groups (for example, 2 against 2)

Academic Connections	Toothpaste Tally
<i>Standard Course of Study Objectives</i>	3 rd grade: <ul style="list-style-type: none"> • 2.02 • 3.PCH.1.2, 2.1 5 th grade: <ul style="list-style-type: none"> • 2.08 • 5.PCH.3.1
<i>Time Needed</i>	15-20 minutes
<i>Organization/ Equipment</i>	<i>Organization:</i> <ul style="list-style-type: none"> • Students will work both as a large group and individually or in pairs during this lesson. <i>Equipment:</i> <ul style="list-style-type: none"> • One “Toothpaste/Flossing Tally” chart for the class. • “Toothpaste Math” worksheets for all students. • Index cards on which students can write their dental health goals.
<i>Teacher Introduction</i>	This activity provides an opportunity for the students to practice math skills using dental health information. At the end, students will be asked to write out three goals for improving or maintaining their dental health based on the data they have analyzed about the class’ brushing and flossing habits.
<i>Rules and Directions</i>	<p>Warm-up:</p> <ul style="list-style-type: none"> • Tell the students that in this activity they will be doing a poll of their classmates’ dental health habits and they will get to set some goals for their dental health habits. • Before, beginning the activity, ask students a couple of warm-up questions about dental health that review what was learned in the last activity and/or set up this activity. <p>Toothpaste Tally:</p> <ul style="list-style-type: none"> • Explain to the students that they are going to do a math activity that has to do with toothpaste and flossing. They are going to find out how many people in the class use certain flavors of toothpastes and have certain dental health habits. Once they chart this information, they will need to use it to complete a worksheet. • Ask if there are any questions so far. • Tell the students that for the first part of the activity, you will be sending around a chart on which they will mark what flavor toothpaste they use, and how often they brush and floss. • Once the chart has data from all students, put total counts on the board so that all students can see the information. Then, hand out the “Toothpaste Math” worksheets and give students directions for filling them out. • Once they finish their worksheets, do a quick debrief of what they found. Ask students the following questions: (1) How many people filled out the chart? (2) Which flavor toothpaste is the most popular? (3) How many people always floss their teeth? Choose any other questions you want to ask from the worksheet. <p>Goal-Setting:</p> <ul style="list-style-type: none"> • Refer to the information that students gave on the tally sheet to set-up the goal setting section. Tell the students that they are going to get a chance to set some goals/write some things down they’d like to do better with regards to dental health. <ul style="list-style-type: none"> ○ If your class is doing really well with brushing and flossing, congratulate them! Ask if they think there are other things they can do for their dental health. Brainstorm out loud with the students for a second, and then distribute the goal-setting cards. Remind the students that their goals should include a start date and be reasonable – that is, not so hard that they will never achieve them. Decide if/where you want students to keep these cards in the classroom so that they can refer back to them and check-in on their progress, or send them home with students.

	<ul style="list-style-type: none"> ○ If your class isn't doing so well with brushing, flossing, or both, discuss with them the challenges to brushing/flossing and reiterate that it's important that they get into the habit of brushing and flossing regularly. Brainstorm with the students some ways it could be easier (write a note to yourself to remember; brush your teeth before you get in bed to read your book or watch a little bit of TV; get a kind of toothpaste you like more; use the mint-flavored floss; etc.). Then distribute the goal-setting cards. Remind the students that their goals should include a start date and be reasonable – that is, not so hard that they will never achieve them. Decide if/where you want students to keep these cards in the classroom so that they can refer back to them and check-in on their progress, or send them home with students. <p>Wrap-Up:</p> <ul style="list-style-type: none"> • Ask the students if there was anything surprising to them about what they learned in the Toothpaste Tally activity. • Ask several students to share their goals with the group.
<i>Variations</i>	<ul style="list-style-type: none"> • Create a “Wordle” or word cloud for your class with their goals (http://www.wordle.net/) and post it in the classroom to show their collective commitment to dental health. • Create your own chart and/or worksheet for the students to use. Chart something else relevant to dental health – times brushing teeth this week so far, times flossing, etc. • Tie this lesson into Valentine’s Day and promote consuming just a moderate amount of candy that day.
<i>Sources</i>	http://www.educationworld.com/a_lesson/04/lp332-02.shtml

List of questions for Dental Health Trivia

When you brush your teeth, the brush should do its work at a 45 degree angle to your gums. <i>(Brushing at a 45 degree angle keeps from damaging the gums. See if students can show you what a 45 degree angle to the gums looks like.)</i>	True
Saliva helps prevent tooth decay. <i>(Yes, this is true. Saliva helps decrease the bad effects of the acids from sugars in foods.)</i>	True
Brushing one time per day is enough. <i>(It's recommended that kids brush at least 2 times per day.)</i>	False
Drinking soda all the time is bad for your teeth. <i>(Yes, this is true. Drinking it every so often isn't horrible, but it shouldn't be something you drink every day.)</i>	True
If I can't brush my teeth, there are other things I can do to clean my teeth after eating. <i>(You can chew sugarless gum or rinse with water or mouthwash.)</i>	True
It's best to brush your teeth at the end of the day rather than at the beginning. <i>(At the minimum, you should brush your teeth in the morning and in the evening.)</i>	False
An example of a way to decrease decay right after eating is to chew a piece of sugarless gum. <i>(This is true – chewing gum releases saliva, which helps reduce decay from the acids in sugars.)</i>	True
It's best for my teeth to snack all day long. <i>(This is false. Every time you eat something, acids attack your teeth for at least 20 minutes, so the fewer times over the course of the day that you eat, the better it is for your teeth.)</i>	False
Besides brushing your teeth two times a day, you should also floss in between your teeth at least once per day. <i>(Flossing is really important because the toothbrush can't usually get the things that get stuck in between your teeth. Flossing can get those things.)</i>	True
When you floss, you don't need to worry about the back side of your very last back teeth. <i>(Don't leave those last teeth out! Just like all the other teeth, they need to be flossed and cleaned out on both sides.)</i>	False
If you are going to snack, nutritious foods like vegetables, plain yogurt and fruit are the best options. <i>(Although these options, and most other options, contain some sugars, they are much healthier than candy, soda, cookies, and pastries that have added sugars.)</i>	True
Going to the dentist on a regular basis is an important part of your dental health. <i>(This is true. The dentist can detect potential cavities early – and he/she gives you a thorough cleaning!)</i>	True
When you brush your teeth, you should never brush your tongue. <i>(It's a good idea to brush your tongue- it will help keep your breath fresh.)</i>	False

Toothpaste/Flossing Tally Chart

Flavors	How Many People Like Each Flavor? (Put a check mark below next to the flavor of toothpaste you like the best.)	TOTAL
Mint		
Fruity		
Cinnamon		
Other		
	How Often Do You Brush? (Put a check mark below next to how often you brush.)	TOTAL
<u>Less than 2</u> times each day		
<u>2 times</u> each day		
<u>More than 2</u> times each day		
	How Often Do You Floss? (Put a check mark below next to how often you floss.)	TOTAL
Sometimes		
Every day		

Toothpaste Math

1. How many people filled out the chart? _____
2. How many students like mint toothpaste? _____
3. How many students like cinnamon and fruit-flavored toothpaste? _____
4. What fraction of students like mint toothpaste the best? _____
5. How many times is a person supposed to brush their teeth per day? _____
6. How many of your classmates brush 2 times each day? _____
7. Compare your answers to questions 5 and 6. Is your class brushing their teeth enough? _____
8. If you brush your teeth two times every day, how many times do you brush your teeth each week? _____
9. How many people floss sometimes? _____
What fraction of your classmates floss every day? _____
10. Is your class flossing as much as is recommended? Why is it important to floss the recommended amount?
