

Tips for Terrific Teeth!

PREVENTIVE DENTISTRY

OVERVIEW

The *Tips for Terrific Teeth* vignette covers: use of toothbrushes and floss; nutrition; fluoride; and the need for dental check ups.

EDUCATIONAL STANDARDS ADDRESSED

Tips for Terrific Teeth addresses these areas of the Sunshine State Standards for Health Education: health literacy; advocate and promote healthy living; and responsible health behavior.

PRE-K TO 2: knows names of body parts; understands positive health behaviors that enhance wellness; identifies common health problems of children and possible ways to prevent these problems; classifies food and food combinations according to the Food Guide Pyramid; recognizes that decisions about personal behavior may be healthy or unhealthy; knows and practices good personal health habits; identifies safe and unsafe behaviors.

GRADES 3-5: understands the functions of the human body systems; knows how personal health behaviors influence individual well-being; knows the indicators of physical, mental, emotional and social health during childhood; knows the most common health problems of children; knows why health problems should be detected and treated early; knows how childhood injuries and illnesses can be prevented and treated; knows the nutritional values of different foods; knows various methods for predicting outcomes of positive health decisions; knows the importance of assuming responsibility for personal health habits; compares behaviors that are safe to those that are risky or harmful; uses strategies for improving or maintaining personal health.

OBJECTIVES

The student will be able to:

- 1) Practice proper brushing.
Answer: Brush three surfaces of teeth, including the tongue, and brush at least twice a day (preferably after meals).
- 2) Practice proper flossing.
Answer: Gently slip the floss between the teeth, wrap around the tooth forming a "C" shape and move up and down along two surfaces of the tooth.
- 3) Explain reasons for brushing and flossing teeth.
Answer: Brushing and flossing remove plaque from the teeth. Plaque causes decay and gum disease.
- 4) Categorize food into the groups needed for proper nutrition and a healthy mouth and body.
Answer: People should eat six to 11 servings from the bread, cereal, rice and pasta food group; three to five servings from the vegetable group; two to four servings from the fruit group; two to three servings from the milk, yogurt and cheese group; two to three servings from the meat, poultry, fish, dry beans, eggs and nuts group. Fats, oils and sweets should be eaten sparingly.
- 5) Identify the kinds of foods to avoid to maintain healthy teeth.
Answer: Junk foods and sweets should be limited to keep teeth healthy.
- 6) Describe preventive dentistry techniques.
Answer: Practice proper oral hygiene, use fluoride mouthrinses or toothpastes, avoid foods containing sugar, limit between-meal snacks and have a dental check-up at least twice a year.
- 7) Describe the problems associated with the loss of teeth.
Answer: Missing teeth can affect a person's speech. The loss of teeth can allow remaining teeth to shift, which will not allow proper chewing and digestion, leading to other health problems. Replacement of lost permanent teeth could be costly. Lost teeth in an adult also affects a person's smile!

- 8) Explain the benefits of fluoride and its sources.

Answer: Fluoride is a naturally occurring element and is found in some city and county drinking-water supplies. It also can be added to the water by the local government. Fluoride also is available in toothpastes and mouthwashes. The dentist and dental-team member can apply fluoride directly to the teeth. The dentist also can provide fluoride as a vitamin supplement. Fluoride strengthens the enamel of teeth to protect them from dental decay and disease. Studies show that children who live in fluoridated communities have fewer cavities than those who drink non-fluoridated water.

SUGGESTIONS FOR ACTIVITIES AND DISCUSSION:

- 1) Use the supplemental materials in the *Introduction* section.
- 2) Draw self-portraits with healthy smiles.
- 3) Practice brushing and flossing in class.
- 4) Create a living "Food Pyramid." Assign a food name or picture to each student and assign areas of the classroom/playground for each group.

REVIEW GUIDE MATERIALS

- 1) Key Terms
- 2) Review Guide answers
- 3) Primary review
- 4) Intermediate review

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PREVENTIVE DENTISTRY – REVIEW GUIDE

REVIEW KEY TERMS

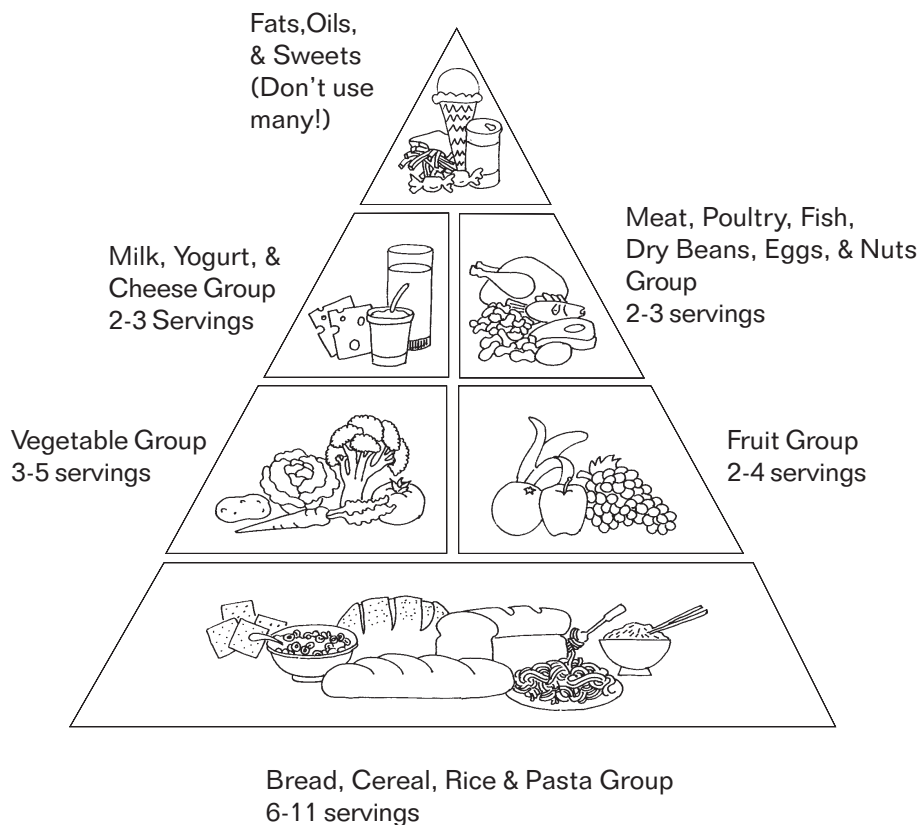
- 1) fluoride**
Fluoride is a chemical found in nature that strengthens teeth.
- 2) brushing**
Brushing your teeth cleans three sides of the tooth – the inside, outside and chewing surface.
- 3) flossing**
Flossing your teeth cleans two sides of the tooth – on each side between the teeth.
- 4) preventive care**
Preventive care means doing things that will help keep you from getting cavities and gum disease.

PRIMARY – REVIEW GUIDE ANSWERS

- 1) a,b,c,d,e
- 2) floss

INTERMEDIATE – REVIEW GUIDE ANSWERS

- 1) e
- 2) once, gently slide, C, 2
- 3) a) grooves on chewing surface
b) at the gum line
c) between the teeth
- 4) Food pyramid

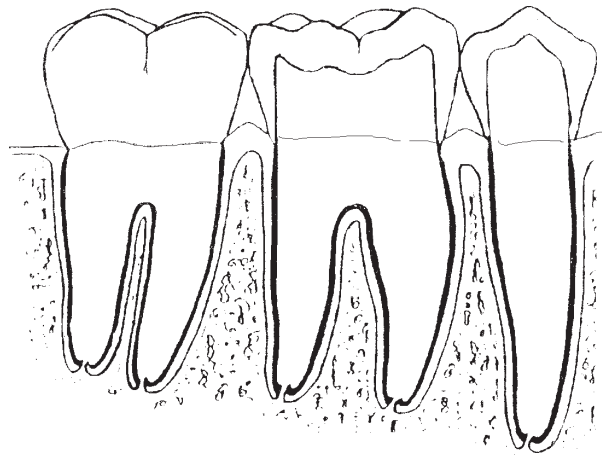


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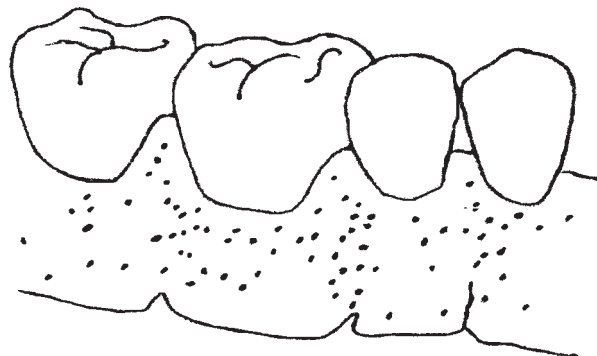
- 1) A toothbrush should (circle all correct answers):
 - a) have soft bristles
 - b) be used to clean three sides of the tooth
 - c) be used to brush the gums and the tongue
 - d) be used at least two times a day
 - e) should be used after eating sugary foods

- 2) The thin string that cleans between the teeth is called SFOLS.

Write the unscrambled word _____ .
Show how you wrap it in a C-shape around your teeth.



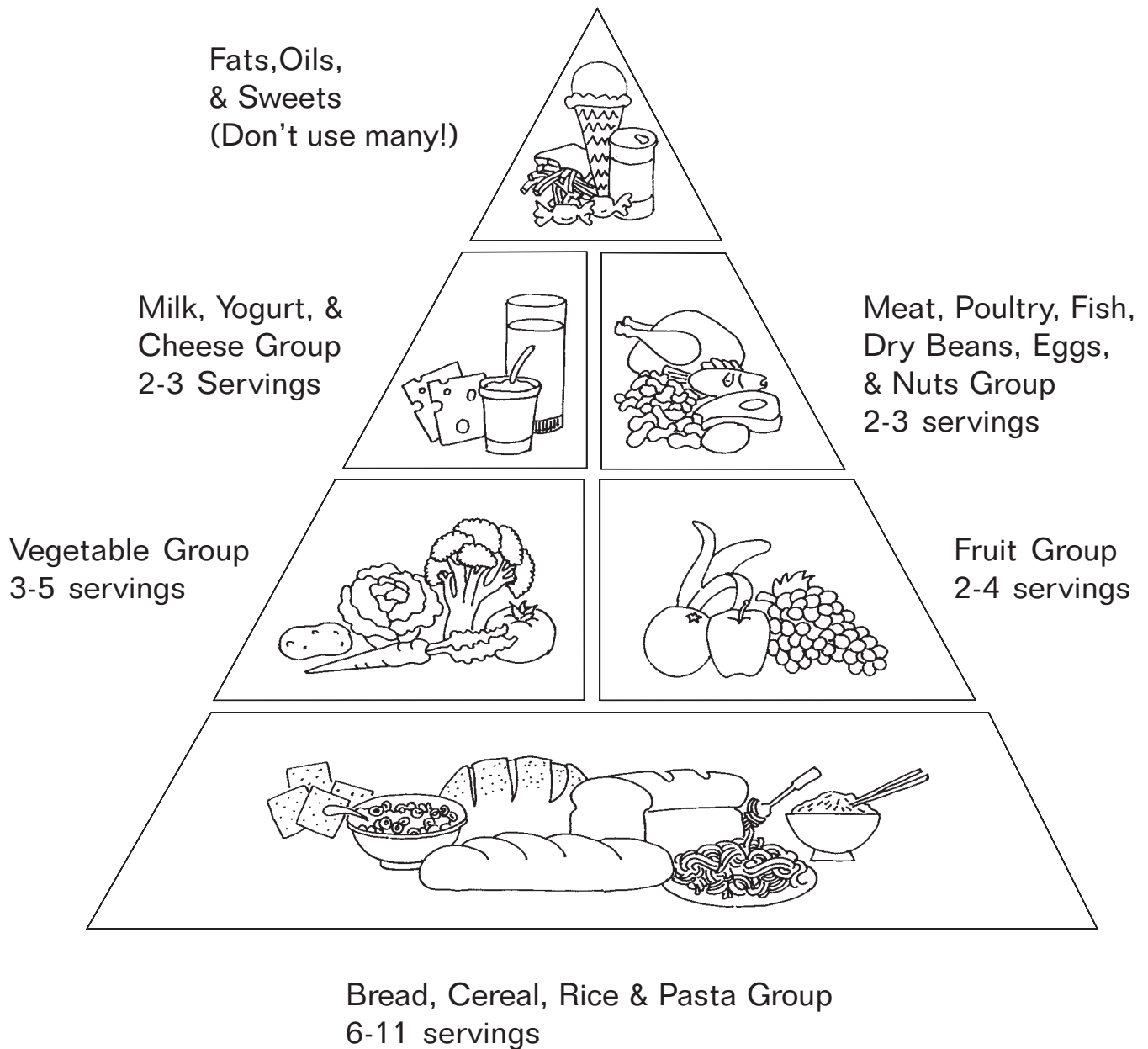
- 3) Plaque likes to hide in the grooves of the chewing surface, at the gumline and between the teeth. Color the places where the plaque likes to hide.



- 4) Foods that are good for your body are also good for your teeth and gums. Eat a well-balanced diet by choosing foods from all six food groups. Circle your favorite food in each group.

FOOD GUIDE PYRAMID

A Guide to Daily Food Choices



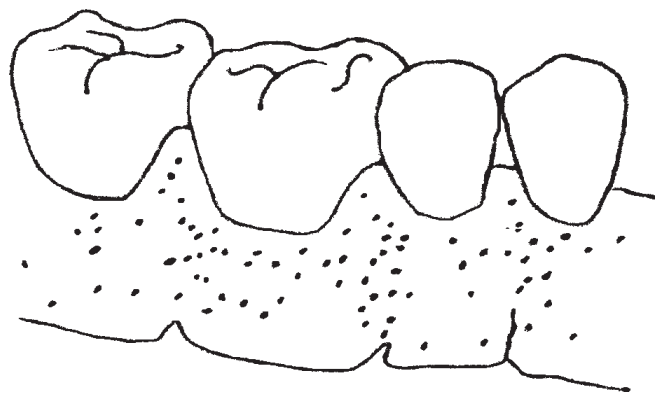
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- 1) Circle the correct answer. The proper method of brushing your teeth should include:
- a) brushing at a 45-degree angle to reach under the gums
 - b) brushing at least twice a day
 - c) brushing three sides of the teeth
 - d) brushing your tongue
 - e) all the above

- 2) Circle the correct answers:

Floss should be used at least **once / five times** a day. To clean between the teeth, you must gently **slide / snap** the floss below the gum. Wrap the floss in a **S- / C-** shape to clean **two / four** sides of the tooth.

- 3) Darken and label the three areas where plaque likes to hide.



- 4) Cut out foods from a magazine or newspaper. Put them at the right level on the food pyramid.

