

MOUTH:

DENTAL HYGIENE

Key Concepts:

1. Teeth play an important role in the digestive process.
2. Taking care of our teeth after meals and snacks keeps our teeth healthy and strong.
3. Some foods lead to tooth decay more than others.
4. Plaque produces acid from food which leads to cavities.
5. Cigarettes and spit tobacco may hurt the inside of your mouth and lips.

Lesson Summary:

Teeth are an important part of our digestive process. To properly take care of your teeth, you need to brush and floss teeth after meals and snacks. Some snacks are healthier for your teeth than others. Foods that are sticky, starchy, or sugary can provide the food that bacteria on your teeth use to make acids and cavities. Foods from the milk group are especially healthy snacks for your teeth. Crunchy and hard vegetables and fruit help clean teeth as they are chewed.

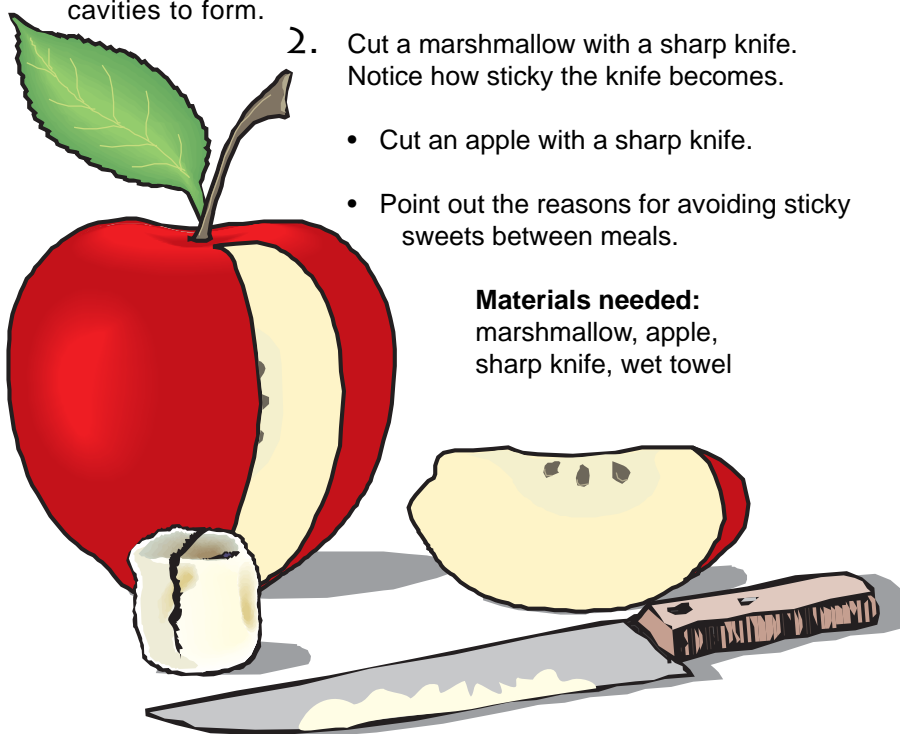
TEETH **DISCLOSING TABLETS**

Have dental health professionals set up an area where children can chew disclosing tablets and see where plaque has not been removed from their teeth. Demonstrate proper tooth-brushing technique and have students show how they can brush their teeth properly.



STICKY SNACKS

1. Give students two cups of water, one slice of carrot and one piece of candy. Have students feel the carrot and candy and discuss what they feel. Put the carrot and candy in the cups of water, wait a few minutes, have students feel the foods again. What do they feel like now? After eating sugary snacks some sugar sticks to your teeth. If you don't brush your teeth, sugar can stay in your mouth a long time and makes it easy for cavities to form.
2. Cut a marshmallow with a sharp knife. Notice how sticky the knife becomes.
 - Cut an apple with a sharp knife.
 - Point out the reasons for avoiding sticky sweets between meals.



Materials needed:
marshmallow, apple,
sharp knife, wet towel

TOOTH DECAY

Demonstrate how acid in the mouth can cause tooth decay. Submerge an egg (can be raw or hard-boiled) in vinegar. Check what happens in a few hours, overnight, and in two days. The shell will eventually be eaten completely away.

Supplies needed:

- 2 hard-boiled eggs
- 1 oz. Stannous fluoride from fluoride toothpaste or fluoride mouth rinse
- 3 cups of white vinegar

1. Put fluoride in a cup with water. Soak one egg in this solution for 24 hours.
2. Remove egg, rinse with clear water. Mark treated egg with an F.
3. Put the treated and untreated eggs each into clean cups.
4. Cover each with vinegar (vinegar represents mouth acids).
5. Note bubbles on the shell of the untreated egg. This shows the dissolution of calcium.
6. The treated egg remains unaffected by the acid for a considerable length of time.



SALIVA AND STARCH

The digestive juice you know the best is spit. Spit is made in salivary glands behind your jaw and under it. They are similar to sweat glands, but with many paunches that open through tubes under your tongue and in your cheeks. Their juice is 99 percent water, thickened with a little slippery mucus, laced with a trace of an enzyme.

Parents who, for convenience, feed babies baby food straight from the jar, and then save the leftovers for another meal, find out how powerful spit is. Just a bit of spit on the spoon will have digested bananas or sweet potatoes to liquid by the next meal. The same won't be true of chicken or spinach. Each enzyme digests only one kind of molecule, and spit is a starch digester. That's why a starchy cracker held in the mouth liquefies to mush; protein foods like meat get wet, but not digested.



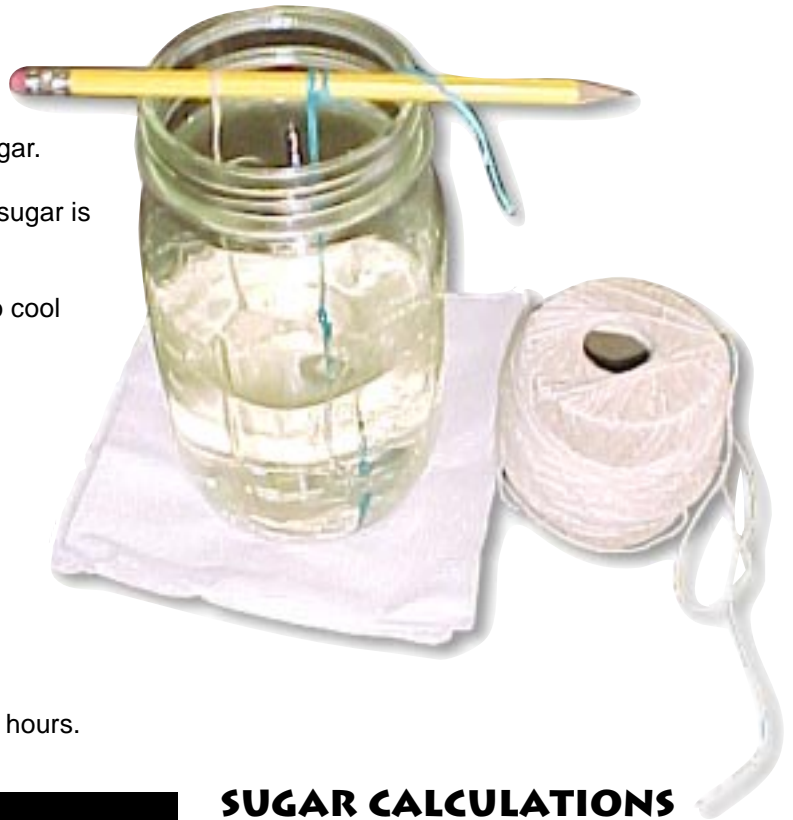
Experiment by spooning some baby food (vegetables work well) out of the jar, and put it into a small container. Mix some saliva with the food in the container, cover, and refrigerate overnight. Also refrigerate the food left in the jar. Show the students what happens to the food that was mixed with the saliva. Compare it with the food still in the jar. The food in the container becomes runny because the enzymes in the saliva have begun to break down the food. Yogurt can be used instead of baby food.

MOUTH

GROW SUGAR CRYSTALS

To explore sugar further, you may have students grow sugar crystals in class:

1. Add one cup of hot water to 1 3/4 cup of sugar.
2. Heat sugar water in a pan and stir until the sugar is completely dissolved.
3. Take the solution off the burner and allow to cool slightly.
4. Pour solution into a drinking glass or jar.
5. Tie pieces of clean string to the center of a pencil.
6. Tie a washer on the other end to act as a weight. Place the pencil over the mouth of the glass or jar to let the string hang in the solution.
7. Watch for sugar crystals to grow in the next hours.



FOOD	SUGAR CONTENT
Soda (12 oz)	38 grams
Toaster Pastry (1)	20 grams
Yogurt (6 oz)	27 grams
Milk 1% (8 oz)	11 grams
cheese pizza (1 slice)	23 grams

SUGAR CALCULATIONS

Have students calculate how much sugar they eat in a day.

List the foods on the blackboard:
 FOOD SUGAR CONTENT

1. Instruct students to look at the list and try to think how many of the things on the list they had in the last day.
2. Write them down and total the teaspoons of sugar.
3. Have the students take turns spooning out how many teaspoons they each had into a plastic cup.
4. To see how much sugar the whole class ate in a day, combine each of the individual cups together. Is it a lot or a little?

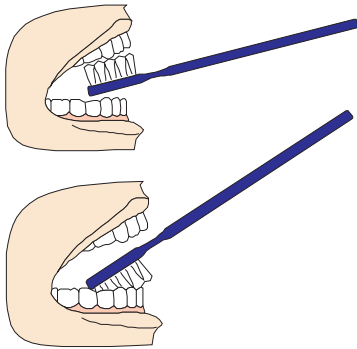
CLEAN SMILES

HOW TO BRUSH**Supplies needed:**

Obtain an appropriate sized toothbrush and enough floss for each student.

Activity:

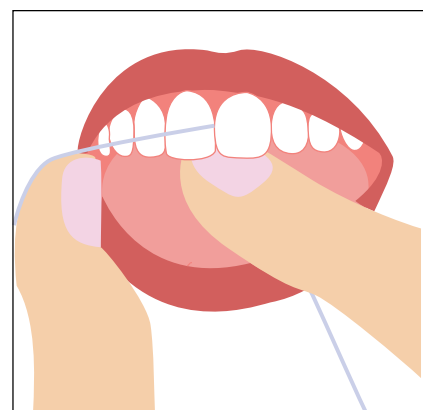
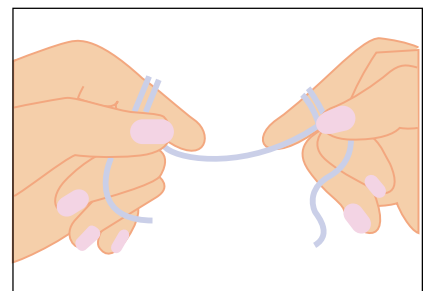
1. Ask students to hold the toothbrush at a 45 degree angle, so the bristles point toward their gums. This helps clean along the gum line where plaque builds up.
2. Have them move the brush in small circles, like you are trying to clean each tooth individually. This helps make sure every single tooth is being brushed well.



3. Tell them to brush the back of your teeth as well as the front. Brushing only the outside is like washing only one of your hands!
4. Have them to use the tip of their toothbrush when cleaning the inside of your front teeth. Remind them to brush in small circles.
5. Brush the biting surface of your teeth really well, using a back and forth motion. This helps remove all food particles trapped in your teeth.
6. Replace your toothbrush every 3 to 4 months.

**PROPER FLOSSING TECHNIQUE**

1. Provide each student with 18 inches of floss. Tell them that from the tip of their middle finger to their elbow is about 18 inches.
2. Show students how to wind most of the floss around one of their middle fingers and to wind the remaining floss around the same finger of the opposite hand. This finger will take up the floss as it becomes dirty. Hold the floss tightly between your thumbs and forefingers.
3. Ask them to guide the floss between their teeth using a gentle rubbing motion, curve it into a C shape against one tooth when the floss reaches the gum line and, gently slide it into the space between the gum and the tooth.
4. Now have them hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up and down motions.
5. Ask them to practice on their other teeth.
6. Tell them not to forget the back side of their last tooth.



FLOSSING MY TEETH

Purpose

- Demonstrate proper technique.
- Gives the children an opportunity to practice flossing.

Supplies Needed

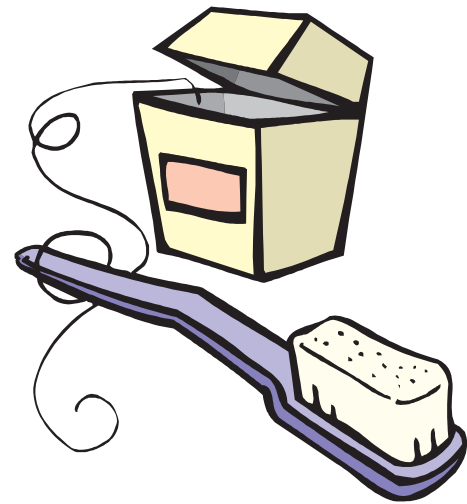
- Egg Carton Bottom
- White Yarn
- Scissors

Advanced Preparation

- Cut the bottom of an egg carton into three pieces—each should have four sections of the carton.
- Cut long lengths of white yarn to use as floss.

How To Do This Activity

1. Turn the egg carton upside down to act as teeth.
2. Demonstrate wrapping the yarn around your fingers and flossing the teeth.
3. Have each child take a turn flossing.





MAKE A TOOTHBRUSH HOLDER

Purpose:

Learning about dental care, and making toothbrush holders, helps children develop and improve; art and life skills.

Materials:

Clay (self-hardening or bakeable)
Paint supplies
Toothbrush for each child

Ask the students:

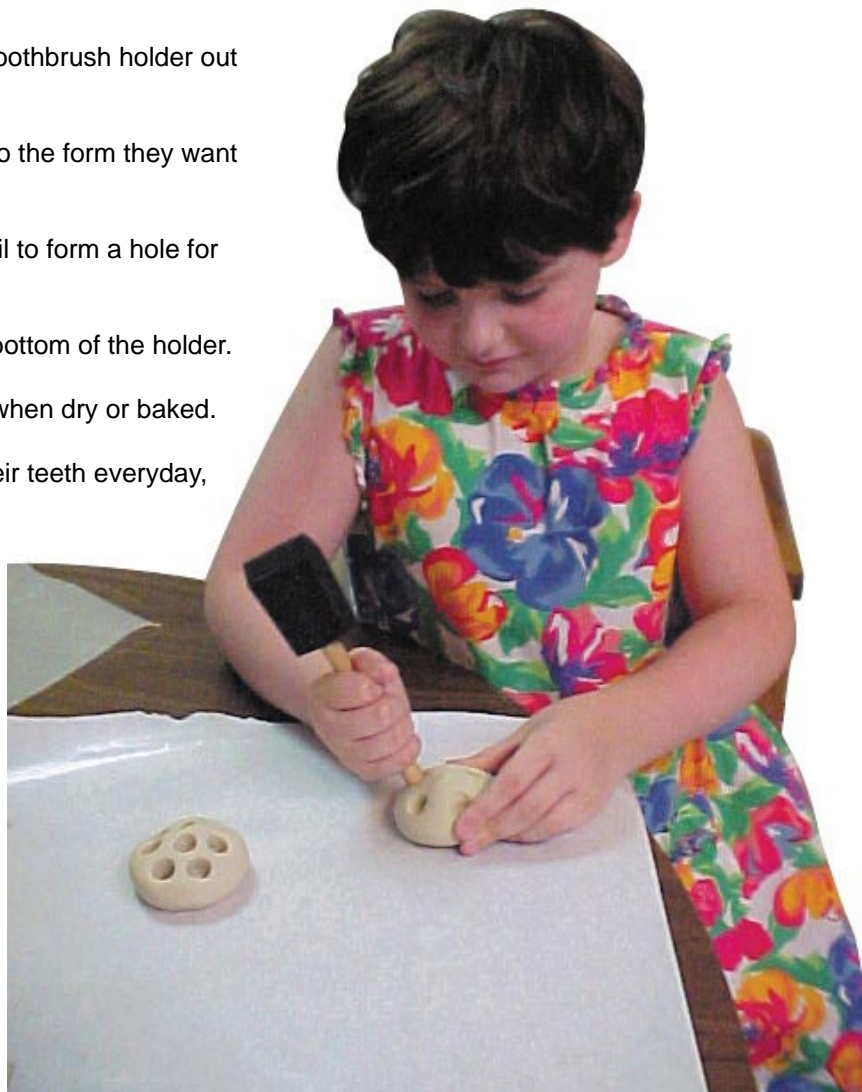
- When do kids start losing their baby teeth?
- What happens after you've lost a baby tooth?
- Invite students to share their knowledge and questions about these and other toothy topics.

Activity:

1. The students will be making a toothbrush holder out of clay.
2. Have the child mold the clay into the form they want their toothbrush holder to be.
3. Have students use a wide pencil to form a hole for the toothbrush to fit into.
4. Etch each child's name on the bottom of the holder.
5. Children can paint their holder when dry or baked.
6. Encourage children to brush their teeth everyday, especially after eating.

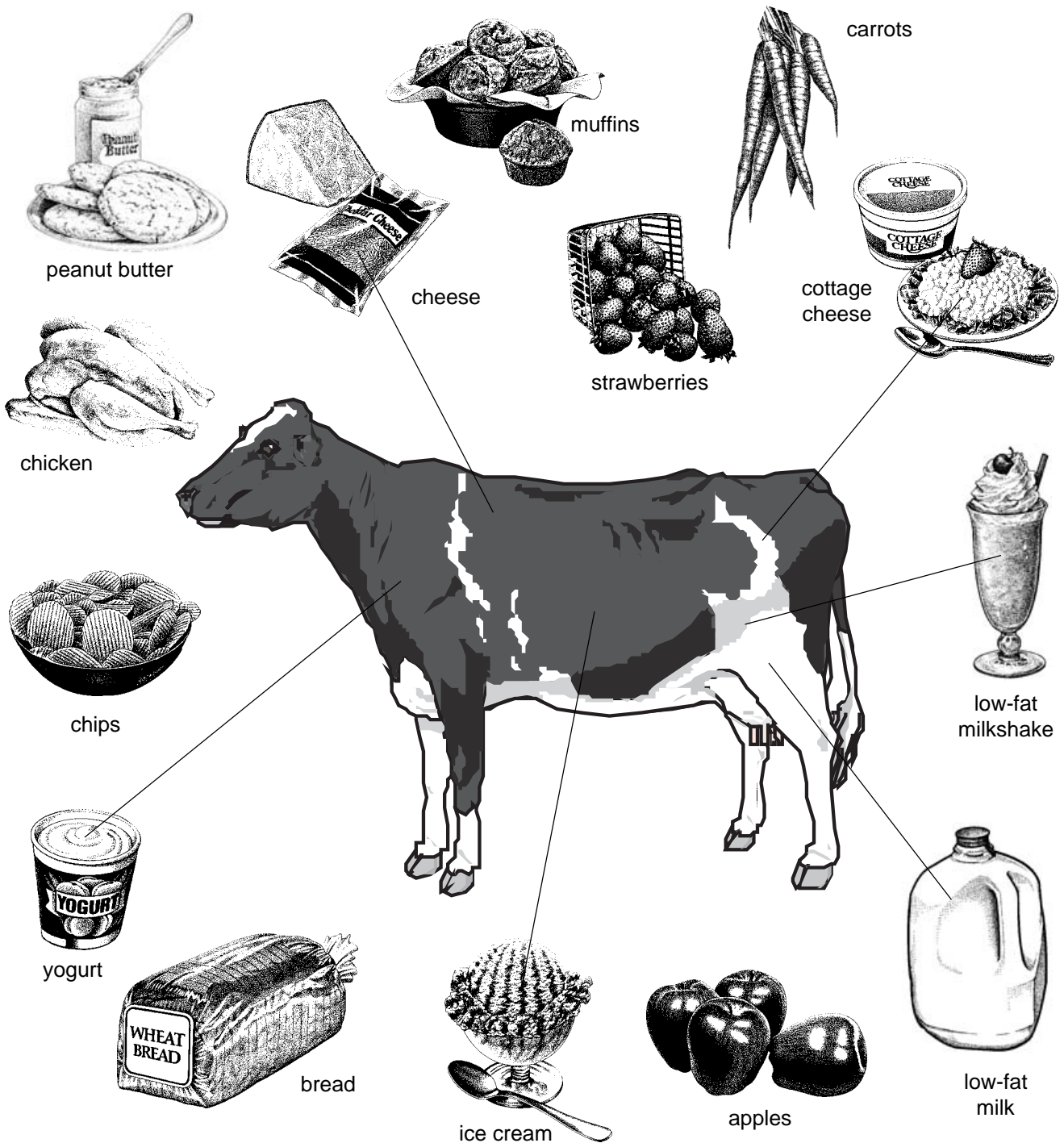
Additional Activities:

- Invite a dentist or dental hygienist to your class. She/he may be able to bring additional information for the students to take home to their families.



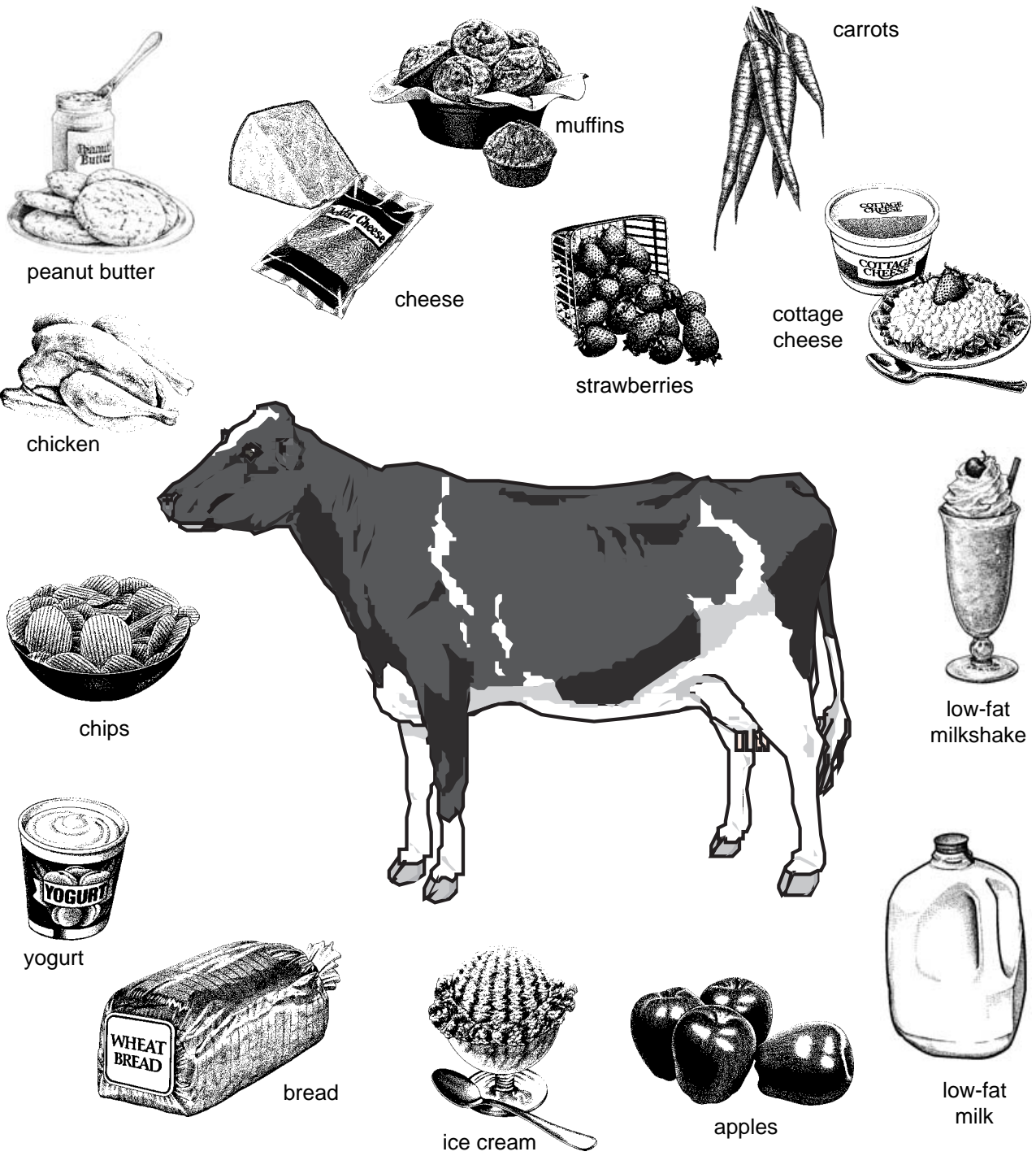
CALCIUM RICH FOODS

Milk products contain a lot of calcium. Calcium is important because it helps you to grow strong bones and work right. Children should eat 3 servings a day. Choose low-fat varieties. Milk is used to make other foods. Draw a line from the foods that are made from milk to the cow. (A blank copy is provided on the back of this page.)



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peanut butter

cheese

muffins

carrots

cottage cheese

strawberries

chicken

chips

low-fat milkshake

yogurt

bread

ice cream

apples

low-fat milk