



Dental Health Lesson Plan

I. Items Needed

Toothbrush
Dental Floss
Set of teeth
Picture of large molar
APIPA Coloring Book

II. Introduction

“Hi! My name is _____. What I would like to help you with is how to get healthy and stay healthy.”

“I came to talk to all of you about keeping something in particular healthy.”

- Can anyone tell me what these are?
Answer: Teeth
- Can everybody show me your teeth? “I see a lot of nice looking teeth out there”
- Who brushed their teeth before coming to school this morning? *(Raise hand)*
- Who has been to the dentist before? *(Raise hand)*

III. Going to the Dentist & Cavities

When you go to the dentist, what is the very first thing he/she asks you to do?
Answer: “Open your mouth”

Why does he/she ask you to do that?
Answer: “To look at your teeth”

(Display picture of large molar)

“This is what an entire tooth looks like.”

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(Explain names of parts of the tooth)

Now can anyone tell me what this is called? (Point at the crown of the tooth)
“This is a crown, the place where every cavity begins”

Can everyone say cavity?
“Cavity”

(Explain how cavities are developed from lack of brushing)

“That cavity is there because of left over candy, cookies, and chips that don’t get brushed away with your toothbrush. All of that left over food sits in your mouth and it turns into bacteria and germs. Bacteria and germs start to decay your teeth and that is what makes a cavity.”

(Discuss how to prevent cavities by brushing everyday)

IV. Introduce “Brushing Your Teeth”

“Now let me speak with you guys about the importance of brushing your teeth and having a good toothbrush. In order to have healthy smile you need to brush well with a good toothbrush.

“Everyone needs to brush their after every meal and go to the dentist for check-ups every 6 months to make sure you do not have any cavities.”

(Bring out a toothbrush)

Does everyone have one of these at home?

Discuss the importance of using the right size toothbrush

Discuss toothpaste, how much to use, and making sure it contains fluoride.

V. Brush Your Teeth

“Now we will begin brushing our set of teeth! I will go through all the steps on how to brush your teeth.”

(Note: Two important things to remember when brushing your teeth--How you hold your toothbrush and how you move your toothbrush.)

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Discuss brushing your teeth for 2 minutes each time or about the length of a song on the radio.

1. Visually show 45 degree angle vs. flat against teeth
2. Move toothbrush around mouth in a circle--Demonstrate with audience participation.

(Brush outside top & bottom)

(Brush inside top & bottom)

(Brush chewing surfaces of teeth, top & bottom)

Other than your teeth, do you know what else we are supposed to brush?

Answer: "Your tongue"

"Did you know that your tongue is a giant magnet in your mouth? It holds on to a lot of food and bacteria and that's what also gives you bad breath, so it doesn't matter how many times you brush your teeth, if you don't brush that tongue your mouth isn't going to be totally clean. We want to be sure to brush your tongue very well so your mouth is ALL clean."

Rinse and spit

"Now that you are all done brushing and have a mouth full of your favorite toothpaste, should we swallow it?"

Answer: No, we need to rinse

What should we use to rinse out our mouth? Pop? Juice?

Answer: Water

What do you do with the water when it is in your mouth? Do you let it sit in your mouth?

Answer: No, you rinse your mouth

"Everyone show me how you rinse your mouth. Good Job."

After you have rinsed your mouth you need to do what with the water?"

Answer: Spit it out

VI. Flossing

- Identify dental floss (different flavors & colors) & why you should only use dental floss to floss teeth.

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- Flossing fingers & how much floss to use
- Demonstrate on models (if possible, use volunteer from the audience to help hold teeth)

VII. Wrap Up

- Questions & Answers
 - Go over good foods for healthy teeth (fruit, veggies, milk)
1. The toothbrush is only for you. Do not share with anyone.
 2. Store toothbrush in a clean place wherever you brush your teeth so it's always ready for you.
 3. Toothpaste has fluoride to prevent cavities. Always use toothpaste with fluoride.
 4. Keep your cup clean to have ready for the next time you brush your teeth.

“BRUSH OUR TEETH!”

“What are you going to do before you go to school tomorrow?”

“BRUSH OUR TEETH!”

“Everyone take your crayons out. I will be passing out this APIPA coloring book. You can take this home to remind you to brush your teeth and other healthy tips.”

(Pass coloring book pages out to children)

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