

Weller Health Education Center

Dental Detectives
Hygiene
Grades 1-3

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Program Objectives

Program Description:

Learn how to care for your precious pearly whites with proper mouth care, eating healthy food and dental visits.

Standards:

PA 1.6.3A; 2.1.3A; 2.9.3D 10.1.3C; 10.2.3A; 11.3.3C

NJ 2.2.1.A2; 2.1.2.C1; 2.2.2.A4; 3.1.1.A1; 3.1.1.A4; 3.1.3H2; 3.3.2.A.4; 4.1.2.A1; 4.1.3.A1;
4.2.2A1; 4.2.2.B1; 4.2.3.B2

Objectives:

Upon completion of the program, students will:

1. Name the 3 different kinds of teeth in their mouth.
2. Name the layers of the teeth.
3. Explain the proper way of brushing teeth.

Terms:

Blood Tubes- deliver nutrients and oxygen to teeth

Bone- the place where teeth are attached to our body (Jaw)

Canine- to tear food (2 on top and bottom)

Dentin- inside layer, spongy

Enamel- outside layer, hardest part

Incisors- to bite food (top and bottom 4)

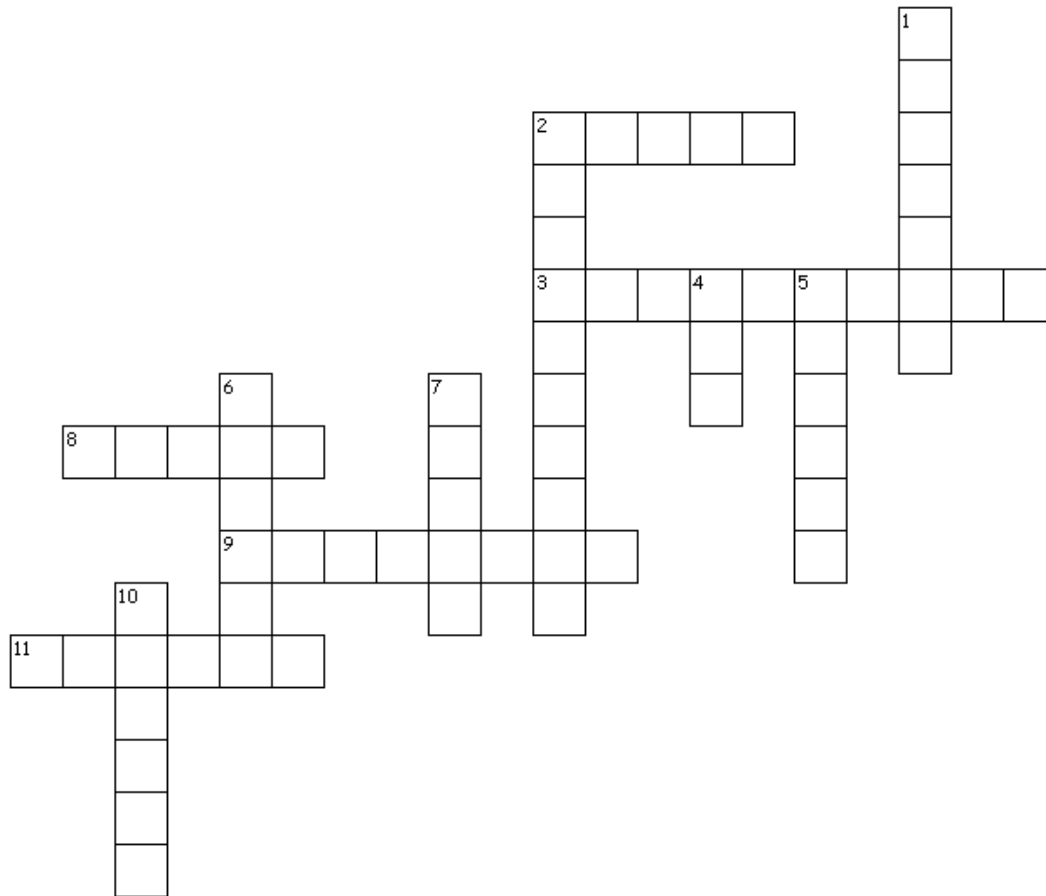
Molars- to grind, crush and chew food (4 on top and bottom)

Nerve-give us feeling of pressure, hot, cold, and pain



Crossword Puzzle

Directions: Read each hint and use the word bank to fill in the answers.



Across

- Teeth in the back of your mouth used for crushing and grinding food.
- The stuff we put on our toothbrush to help clean our teeth.
- This is in food and causes cavities.
- The name for the four flat teeth up front on top and bottom.
- This is the name of the outside surface of the tooth.

Down

- A special doctor just for your teeth.
- Something you wear to protect your teeth when playing sports.
- The number of times a day we should brush our teeth.
- A sticky build up of food and germs that can cause cavities.
- The name of the two pointy teeth on the top and bottom.
- A string that helps clean the food from in between your teeth.
- This is a hole in your tooth.

Word Bank:

CANINE
CAVITY
DENTIST
ENAMEL
FLOSS
INCISOR
MOLAR
MOUTHGUARD
PLAQUE
SUGAR
TOOTHPASTE
TWO



Sing A-Long

(Sing the words to the tune of Row Your Boat!)

Brush your teeth, Brush your teeth,

Give your teeth a treat.

Brush up and down and all around,

To keep them clean and neat.

Brush them once, Brush them twice,

Brush three times a day.

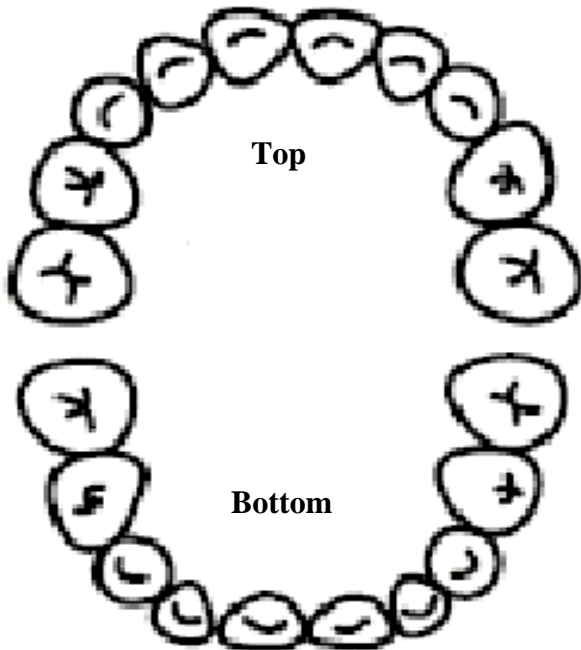
Brush up and down and all around,

Keep cavities away!



Color and Count

Name: _____ Date: _____



Directions

1. Color the last 2 teeth on top and bottom Green on both sides of the mouth. They are your Molars and they are for crushing food up.
2. Color the tooth next to the green one Blue. They are your canine teeth for tearing food apart.
3. Color the rest of the teeth left Red. They are your incisors and used for biting food.

How many red teeth are on the top and bottom? _____

How many blue teeth are on the top and bottom? _____

How many green teeth are on the top and bottom? _____

How many teeth are there on the bottom? _____

How many teeth are there on the top? _____

How many teeth do you have all together? _____



Brushing Our Teeth Demonstration

Materials: Large White Tile, Display Plate Holder, Jar of Baby Food, Toothbrush, Tile Cleaner, Water

1. Take a large piece of white tile and smear baby food onto it.
2. Sit tile on the plate holder in front of the classroom.
3. Take tile cleaner and put it on the tooth brush representing tooth paste and demonstrate the proper way to brush teeth.

Egg Carton Flossing Demonstration

Materials: White Egg Carton, Knife, Construction Paper, Glue, Tape, Floss

1. Cut several white egg cartons into strips so you have one row of bumps.
2. Glue each strip to a piece of construction paper and tape it to the table.
3. With a knife, carefully cut half-inch slits in between each egg cup.
4. Give each student a length of dental floss and have the students practice flossing teeth. Make sure students go all the way down and back up.

Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called “Dental Detectives” presented by the Weller Health Education Center. This program reviewed daily health habits and focused specifically on student’s responsibility in dental care. The students learn about their teeth, primary and secondary, and the importance of taking care of them. Through song, students learn the correct technique of how to brush properly. The students learn about the dentist and what they often look for on our teeth during a checkup. Lastly, we reviewed the importance of eating healthy foods and how that can affect the health of our teeth. The Weller Health Education Center emphasizes the importance of engaging in good dental care, along with other health habits, that build the foundation for future healthy choices.

New federal reports show that, although cavities in school-age kids and teens have decreased, younger kids aren't doing as well. More kids are getting cavities in their baby teeth today than twenty years ago. Studies have linked childhood cavities with lower than ideal body weight and emerging research suggests that improper oral hygiene may increase a child’s risk of eventually having babies with low-birth-weight, and developing heart disease or suffering a stroke as an adult. Dentists say the most important part of dental care occurs at home. Brushing and flossing properly, along with regular dental checkups, can help prevent tooth decay and gum disease. It’s important to teach children the long-term effects of daily dental care in hopes that they continue the habit as they age. It has also been found that people with poor dental hygiene end up with bleeding gums. Scientists are warning that bad teeth, bleeding gums and poor dental hygiene can lead to heart disease. They also say that this can lead up to 700 different types of bacteria found in our mouths with an entry to the bloodstream that will increase the risk of a heart attack.

Below you will find some sample activities to guide you in taking steps to improve your family’s dental care habits. These activities can help to continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at www.wellercenter.org.

Sample Activities:

1. Limit or avoid sugary drinks and excess fruit juices, especially before sleep.
2. You can help your child to see personal hygiene as less of a chore by making it more appealing to them. Make it fun by using brightly colored toothpaste with sparkles, a toothbrush in your child’s favorite color or decorated with their favorite cartoon character.
3. Set a good example with your dental habits. Help reinforce the message by describing what you are doing while doing it.
4. If you do not have dental insurance or are not regularly visiting a dentist, there may be resources to help. Check with the school nurse for recommendations on clinics and services that may be available in your area that offer free or low cost services. Many local hospitals and community health departments offer dental services as well.

Yours in good health,
Weller Health Education Center