

## Lesson Plan – How to Keep My Teeth Happy

**Student Name(s):** Madison Crowder and Kayla Jones

**Topic:** How to keep your teeth healthy and strong.

**Objective:** Upon completion of this lesson, the students will be able to properly brush and floss their teeth. They will know how often to brush, how often to floss, how often to go to the dentist, what causes cavities, and how to protect their teeth from getting cavities.

**Grade Level:** 1<sup>st</sup> grade

**Preparation Time:** 1 hour to prepare plan and five minutes to set up

**Duration of lesson:** 30 minutes

**Required Materials:** Happy tooth, sad tooth, big tooth, crayons, stickers, stuffed animal from school- with his toothbrush, brushing and reading chart, solve the maze, draw yourself brushing templates for the children to take home.

**Online Resources:**

Big tooth- <https://www.deltadentalmi.com/MediaLibraries/Global/documents/Big-Tooth.pdf>

Sad tooth- <https://www.deltadentalmi.com/MediaLibraries/Global/documents/Sad-Tooth.pdf>

Happy tooth- <https://www.deltadentalmi.com/MediaLibraries/Global/images/Happy-Tooth.pdf>

Brushing and reading chart-

<https://www.deltadentalmi.com/MediaLibraries/Global/documents/Delta-Dental-Brushing-and-Reading-Chart-v2.pdf>

Solve the maze- <https://www.deltadentalmi.com/MediaLibraries/Global/documents/Solve-the-Maze.pdf>

Draw yourself brushing- <https://www.deltadentalmi.com/MediaLibraries/Global/documents/Draw-Yourself-Brushing-Your-Teeth.pdf>

**Outline:**

Opening: Introduce ourselves, ask students questions about their teeth.

Introduction of new information: Explain what plaque is, demonstrate how to brush and floss on the stuffed animal.

Activities: happy tooth or sad tooth, I use my teeth to...

Questions: “Who knows good ways to take care of your teeth?”

“Have any of you lost a tooth?”

“How many teeth do you have?”

“How many times a day do you brush your teeth?”

“What is it in candy that makes your teeth sad?”

“How many times a year should you go to the dentist?”

Review: Asking five questions at the end and rewarding the students who can

answer correctly with a sticker and toothpaste.

**Assessment:** How will you know what the students have learned?

--By having the students correctly answer the five questions at the end.

Assessment questions:

1. How many times a day should you brush your teeth to keep them healthy?
2. How many times a year should you see your dentist to get your teeth cleaned?
3. Are carrots healthy for your teeth?
4. Are chocolate chip cookies healthy for your teeth?
5. What is a good way to take care of your teeth?

Descriptions of activities:

## 1. HAPPY TOOTH/SAD TOOTH

- Overview:
  - i. Students will identify nutritious foods and drinks that can keep our teeth healthy, and foods and drinks that can hurt our teeth
- Supplies:
  - i. happy and sad tooth template
  - ii. pictures of good/bad foods and drinks (on PPT)
- Steps:
  - i. Lead the class in reviewing the importance of teeth and explain that teeth help us chew healthy food, which keeps our bodies healthy, and helps us to learn. The choices we make in our foods and drinks can help or hurt our teeth.
  - ii. Help students brainstorm a list of foods and drinks that they think would be healthy for our teeth and why.
  - iii. Each student gets a happy and sad tooth sheet
  - iv. Madison and I will show different foods/ drinks on a PowerPoint presentation and students will raise either their happy or sad tooth

## 2. I USE MY TEETH TO...

- Overview:
  - i. Students will review the important things their teeth help them do and why we need to take care of our teeth
- Supplies:
  - i. Blank big tooth picture for each student
  - ii. crayons
- Steps:
  - i. Before lesson: print out a Big Tooth for each student and write on the paper "I use my teeth to..."
  - ii. Lead the class in reviewing what teeth help us do (chew, talk, sing, smile, etc.). It is important to take care of our teeth so that we can do all of these things. (What about talking? Is it easy to talk without using your teeth? Let's try it. Say "thirty-three thirsty thieves" without letting your tongue touch your teeth... That was very hard to do!)
  - iii. Give each student a tooth and have them work in groups to brainstorm what they use their teeth for. Students can either write or draw their answers on the paper with the crayons.

iv. Have students share the important things they use their teeth to do.

Activities from: <https://www.deltadentalmi.com/MediaLibraries/Global/documents/1st-Grade-Oral-Health-Lesson-Plans---Delta-Dental.pdf>