

**Objective:** To learn how to floss properly and observe that brushing alone does not remove all plaque from tooth surfaces.

**Explain “Healthy Snacks for Teeth” vs. “Unhealthy Snacks for Teeth.”**

**5 Food Groups for Healthy Teeth:**

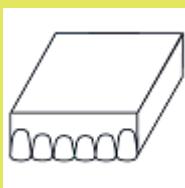
**1) fruits; 2) vegetables; 3) bread, cereals, and other whole-grains; 4) milk, cheese, and yogurt; 5) meat, fish, poultry and proteins, such as dry beans, nuts, and eggs.**

**You Will Need:**

- Shoe box mouth model
- 18" of dental floss
- Scissors
- Rubber glove
- A mixture of corn syrup and molasses
- Plastic knife
- Toothbrush
- Toothpaste
- Printout: [How to Floss](#)

**Procedure:**

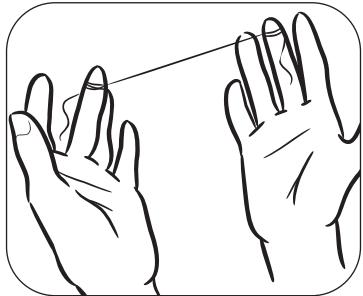
- 1) Ask students to raise hands if they brush their teeth at least twice a day.
- 2) Ask students to raise hands if they floss at least once a day.
- 3) Tell the class that both are important and that they are going to learn why and how to floss.
- 4) Take the floss and wrap it around your index fingers as if you were about to floss.
- 5) Demonstrate proper technique on the shoe box mouth model.
- 6) For homework, ask students to practice flossing at home, and put a star on their “Oral Care Calendars” for each time they floss.



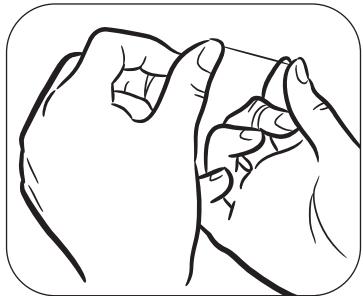
**How to Make a Mouth Model:**

Remove the cover of a shoebox and cut the sides of the shoebox into the shape of teeth.

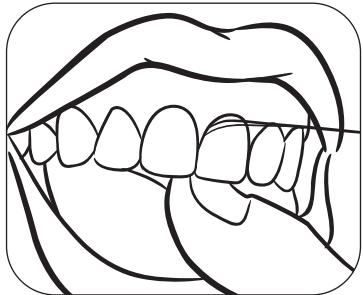
# How to Floss



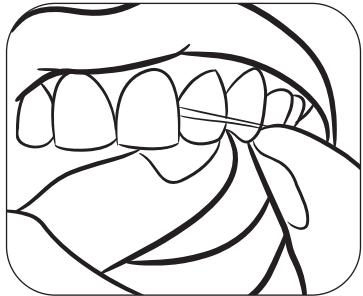
- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.



- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



- Floss all your teeth. Don't forget to floss behind your back teeth.