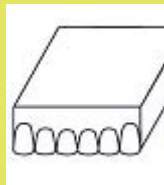


MODULE 3: “TAKING CARE OF TEETH TO KEEP THEM TOUGH”

Module Preparation



- ❖ Gather materials for Activities
- ❖ Create a “mouth model” out of a shoebox
- ❖ Have a dentist or dental hygienist speak to the class, if possible.



How to Make a Mouth Model: Remove the cover of a shoebox and cut the sides of the shoebox into the shape of teeth.

Question and Answer:

Q. What is Dental Hygiene?

- A. Dental hygiene is a type of personal hygiene. Hygiene is doing activities on a regular basis to take care of your health and prevent diseases. Dental hygiene means taking care of your teeth in a way that people who study teeth and dentist suggest. That means brushing twice a day with a toothbrush that isn't worn out and flossing once a day with 18 inches of floss. It also means going to the dentist at least once a year for a good cleaning that the toothbrush and floss can't do alone and to check for any cavities or other oral health problems.

Q. How can you keep your teeth strong?

- A. You can keep your teeth strong by practicing good dental hygiene and eating a healthy diet with vitamins and minerals that are good for your teeth, mouth, and entire body. You should also not do activities that harm your teeth, such as eating “**junk food**”, drinking sugary drinks, and using **to-bacco** products, like smoking cigarettes. Tobacco products can cause gum disease, tooth loss, and **cancer**. Eating junk food, drinking sugary drinks, and using tobacco are activities that are not only harmful to teeth and mouth, but your whole body.

Q. What foods help with oral health and with keeping a healthy body?

- A. You need foods from the five food groups everyday:
- Fruits
 - Vegetables
 - Bread, cereals, and other whole-grain products
 - Milk, cheese, and yogurt (sources of calcium for strong teeth)
 - Meat, poultry, fish and alternates, such as dry beans, peas, eggs, and nuts

Curriculum Objectives:

K.2.1) *Describe the importance of personal hygiene and practise it in order to reduce the spread of germs and disease*

1.3.1) *Understand, develop and maintain a healthy lifestyle.*

1.3.2) *Explain how good eating habits contribute to health and well-being;*

1.3.3) *Identify habits and products that are harmful to our health.*

2.5.2) *Compare properties of familiar liquids and solids and investigate how they interact.*