

Lesson 2 – The Daily Path to Good Oral Health

El Camino Diario Hacia Una Buena Salud Oral

Health TEKS: 1A, 5A

National Standards: 1.2.5, 3.2.1, 7.2.1

Objective

After the lesson is taught the student should be able to:

1. **Identify** how many teeth they should have in their mouth.
2. **Distinguish** that the teeth they have are baby (primary) teeth and that they are temporary and will be replaced by permanent teeth.
3. **Explain** that most of them will have their first permanent teeth by 6 years old.
4. **Discuss** the importance of oral health and the relationship between oral health and general health.
5. **Explain** the importance of good nutrition.
6. **Discuss** the importance of regular visits to the dentist for check ups.

Lesson Summary

- Children usually have all twenty baby (temporary, primary) teeth by age two. This varies between children but they should definitely have all of their baby teeth by age four.
- Some children will have their first permanent teeth by age six.
- It is important to maintain good oral health.
- Good oral health may be maintained by good oral hygiene habits.
- There is a relationship between good oral health and good general health.
- Nutrition is important for proper function of the body and for healthy teeth.
- Regular visits to the dentist for check ups are important since the dentist is able to detect teeth problems and help to maintain good oral health.



Materials

- Student Workbook
- Pens or pencils

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Procedures

A. What do you remember?

- What are some healthy snacks to eat? (Vegetables and fruits.)
- Why is exercise important for your body? (Exercise makes your body big and strong.)
- Why is it important to follow the daily path? (So that we can lead a healthy life.)

B. Lesson Introduction

To start this lesson say something like:

“Today’s lesson is about oral health. Oral health deals with the health of the teeth and mouth. Good oral health is important to maintain good general health. Nutrition is important to maintain healthy teeth. Regular visits to the dentist for check ups can also help maintain oral health.”

“Hoy aprenderas sobre la buena salud oral. Salud oral trata sobre la salud de dientes y boca. Buena salud oral es importante para mantener buena salud general. Nutricion es importante para mantener dientes sanos. Visitas regular al dentista para examenes tambien ayuda mantener buena salud oral.”

C. Lesson Content

Directions:

1. Pass out Student Workbooks and pencils.
2. Direct the students to turn to the Workbook page for the Lesson Review & Activity Sheet: The Daily Path to Good Oral Health.
3. Teach the content bullets listed under each teaching concept in the Procedure section of the lesson.
4. The students should use the Lesson Review Sheet in the Workbook as a visual aid to follow along with the lesson.

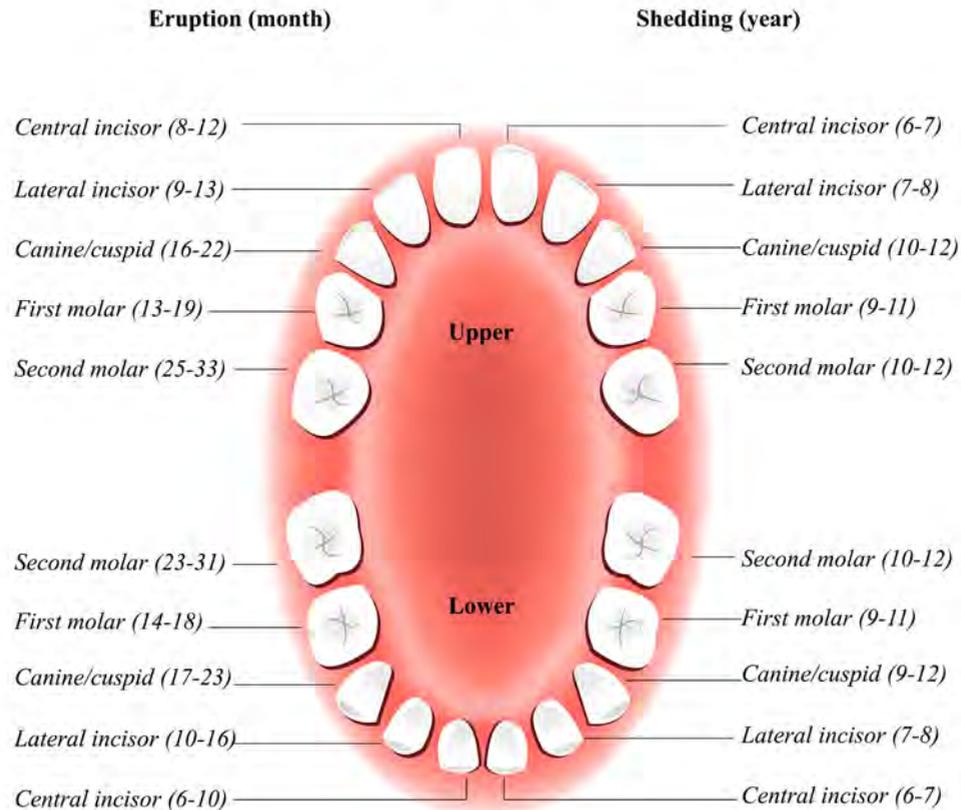
Teaching Concept 1

- Baby (primary) teeth are the first teeth children have. Baby teeth may also be called primary teeth or temporary teeth.
- Most children should have twenty baby teeth in their mouth by the age of two.
- The first permanent molar may erupt between ages five and six in some children.



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Children dental chart



Ask: How many baby teeth do you have?

Answer: Twenty (22-24 for some of the 5 and 6 year olds whose molars have erupted).

Teaching Concept 2

- It is important to maintain good oral health.
- Poor oral health may lead to poor general health.
- Teeth have an impact on appearance, proper food chewing, and adequate nutrition for a healthy body.
- Good oral hygiene habits help to maintain good oral health.
 - a. Brushing teeth with a small toothbrush and fluoride-containing toothpaste.
 - b. Children's toothbrushing should be supervised by a parent/guardian.
 - c. Ensure that a pea-sized quantity of toothpaste is used and that none is swallowed.
- Teach children the activities they can accomplish at home and at school.

Ask: What is one of the things you can do to maintain good oral health?

Answer: Brushing teeth, have parents help, don't swallow toothpaste.

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Teaching Concept 3

- Nutrition is important for healthy teeth.
- Tooth decay may occur if there is too much exposure to sugary foods and drinks or if teeth are not cleaned (brushed properly).
- Healthy snacks such as fresh fruits, vegetables, skim milk, or water should be consumed between meals.

Ask: What are some healthy snacks?

Answer: Fresh fruits, vegetables, skim milk, water.

Teaching Concept 4

- Regular visits to the dentist are important.
- Dentists are trained to detect teeth problems and help maintain good oral health.
- Dentists look at your teeth with a light and sometimes take pictures to see all surfaces of the teeth.
- Dentists may place sealants on the teeth to prevent tooth decay.
- Sealants are material placed on the teeth to keep food particles out of the way.



C. Check for understanding

Ask the students the following questions as a lesson review.

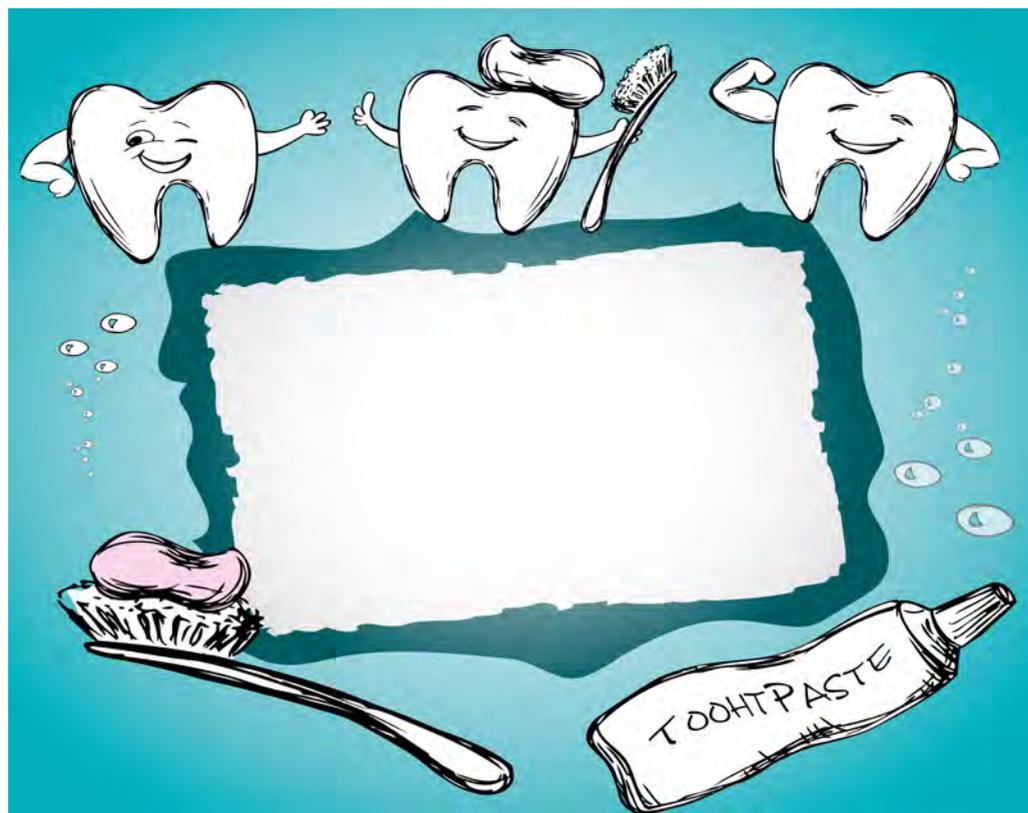
1. Ask if the students have any questions.
2. Ask the children to count the teeth in their mouths.

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Review Sheet - Student Workbook

SMILE . . . It Looks So Good On You!

Draw a picture of a healthy smile.



Don't Forget to Brush...

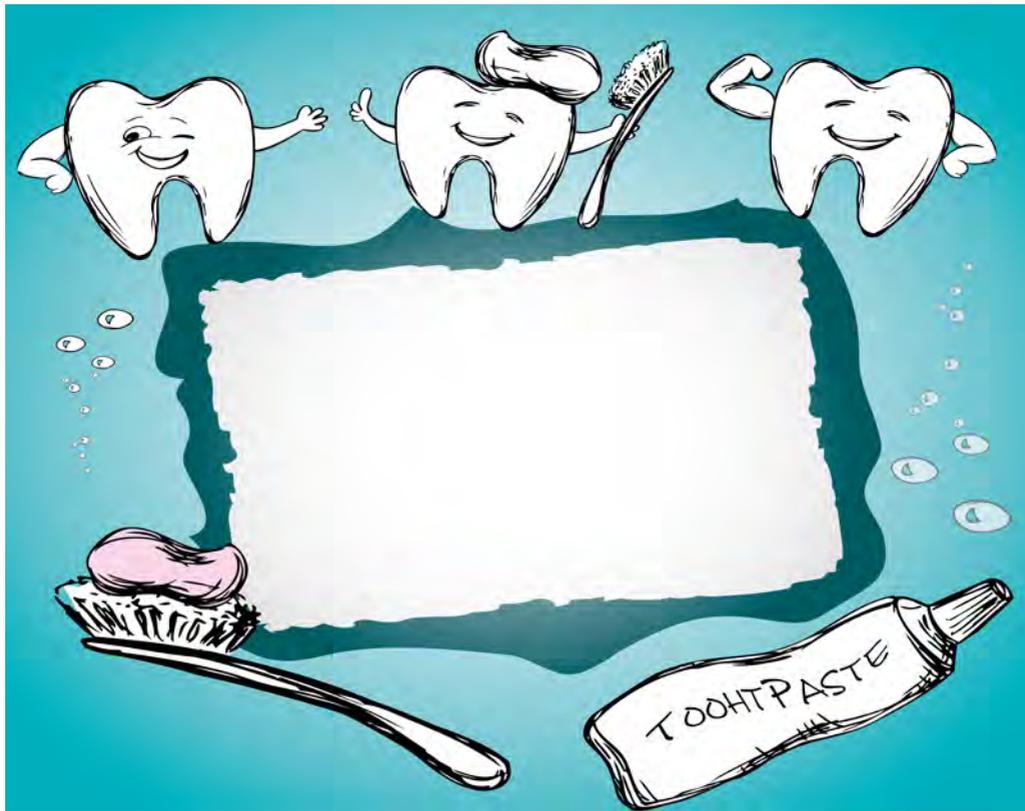
1. The front of your teeth.
2. The top of your teeth.
3. The back of your teeth.

Lección 2 – El Camino Diario a la Buena Salud

Hoja de Actividades – Libro de Ejercicios del Estudiante

SONRIE . . . Se Ve Muy Bien En Ti.

Haz un dibujo de una sonrisa saludable.



No Olvides Cepillar...

1. Enfrente de tus dientes
2. Arriba de tus dientes.
3. Detras de tus dientes.

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Review Sheet - Student Workbook

SMILE . . . It Looks So Good On You!

WHAT YOU and YOUR FAMILY NEED TO KNOW

Usually, at age two all twenty temporary (baby, milk, deciduous, primary) teeth have erupted in your mouth.

HOWEVER, remember we are all different and there may be some differences in time when these teeth appear.

By age four, all temporary teeth should be present.
The first permanent molar erupts at age six for most children. In many places, this tooth is called the “six-year molar.”

In some children, the first permanent molar may erupt at age five or between the fifth and sixth birthday.

Children need an adult to assist with thorough brushing until they are 8 or 9 years old.

** ASK an adult to help you with brushing your teeth.

So, eat healthy, exercise, drink plenty of water, brush those teeth with a fluoride toothpaste after each meal, ask your parents to schedule your appointment with the dentist, and SMILE because it looks so good on you!



Lección 2 – El Camino a la Buena Salud Oral

Hoja de Actividades – Libro de Trabajo del estudiante

SONRIE . . . Se Ve Muy Bien En Ti.

Lo que tu y tu familia debe saber.

Usualmente a la edad de 2 todos los 20 dientes temporarios (primarios) deben de haber brotado.

Sin embargo, todos somos diferentes y puede que haya diferencia en cuando brotan.

A la edad de 4, definitivamente los dientes temporarios deberan de estar presentes.

El primar molar permanente en la mayoría de niños brota a la edad de 6. En muchos lugares este diente le dicen "molar de 6-años."

En algunos niños el primer molar permanente brota entre la edad de 5 y 6.

Niños necesitan un adulto que les asisten cepillar bien los dientes hasta la edad de 8 o 9 años.

** Pidale a un adulto que les ayude a cepillar los dientes.

Asi que coman saludable, hagan ejercicio, tomen bastante aqua, cepillen con floruro despues de los alimentos, pidan a sus padres que hagan una cita con el dentista y SONRIAN porque se te ve bien!

