

10 Minutes for Teeth

Simple Oral Health Education for grades K-6



About

Dental pain is the #1 reason kids miss school.

10 Minutes for Teeth was designed to help teachers convey the importance of oral health to K-6 students with quick, easy, and fun lesson plans.



Goals

To improve children's oral & overall health.

In order for students to adopt behaviors needed to achieve good oral health, it is vital for kids to be given fun, easy-to-learn information on a regular basis.



Reasoning:

Let's face it...teachers are BUSY and time in the classroom is precious. 10 Minutes for Teeth provides FREE, easy-to-use online lesson plans for grades K-6.

Welcome to 10 Minutes for Teeth!

There are many comprehensive oral health education curriculums currently available to teachers; however, most are not being utilized in the classrooms. These are too complicated and often take too much time away from classroom curriculum.

The purpose of *10 Minutes for Teeth* is to provide teachers with a simplified, time efficient curriculum they will actually use in their classrooms...a plan that is easy to teach, fun to learn, and developed by a practicing dental hygienist.

The primary goal of 10 Minutes for Teeth is for kids to achieve good oral health AND for teachers to have happy and healthy learners in their classrooms.

10 Minutes for Teeth includes:

- **Lesson Plans:** Nine 10-minute lesson units (one for each school month) including subject matter and materials relative to classroom grade level.
- **Activities:** A classroom/student activity, such as a hands-on activity or related video.
- **Handouts:** A printable handout or monthly brushing chart with a review of lesson learning points on the reverse side for families. Includes information on how to support their child's good oral health habits at home as well as valuable dental resources available in their area.
- **Supplemental Materials Option:** Additional teaching materials if you would like to offer extended learning in the classroom or additional take-home materials.
- **Special Needs Materials:** Optional materials and activities for children with special needs (i.e. sensory disorders or those on the autism spectrum).

Acknowledgements

10 Minutes for Teeth was created by Amber Juliano RDH, BS, of Toothsavers of Washington (School-Based Oral Health Program) in collaboration with:

- Arcora Foundation, the foundation of Delta Dental of Washington
- Communities in Schools of Spokane County

For questions about this oral health education curriculum, contact Stacy Torrance, Arcora Foundation Senior Program Officer, at storrance@arcorafoundation.org



How to Use 10 Minutes for Teeth

This **10 Minutes for Teeth: Grades 3-4 Curriculum Guide** contains lesson plans, parent handouts, and supplemental materials to complete all nine lesson units for these grade levels. These lessons are designed to be used monthly (one lesson unit for each school month), but these can be used at a cadence that best meets the needs of your classroom.

Specific instructions for each lesson unit are detailed on their respective lesson plan.

Navigating Table of Contents

Each lesson unit has a teacher lesson plan and family handout. Simply click on the title of the lesson unit to be brought to those materials.

Using Resource Pages

All lesson videos and supplemental materials are linked at the end of this guide under “Resources Page.” Use this page to access all videos in one place, or to find additional readings, videos, activities, etc. to support specific lessons.

Exporting/Printing Individual Pages

You can also save or share individual pages to share with students and/or family via email or printed handout.

To save or share only the desired lesson plan(s) and/or family handout(s):

1. On your PDF reader (i.e. Adobe Reader), go to **File > Print**
2. For **Printer**, choose
 - a. PC: Microsoft Print to PDF
 - b. Mac: Save as PDF
3. For **Pages to Print**, select the Pages option and type in the pages you wish to save/share
4. Click **Print**
5. Rename and save to your desired location on your computer

Questions?

Email Stacy Torrance, Arcora Foundation Senior Program Officer, at storrance@arcorafoundation.org

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10 Minutes for Teeth



3rd and 4th Grade

Lesson 1

Taking Care of Our Teeth



THEME: Daily routine review on how to properly take care of our teeth.



TARGET: Students will review how to properly care for their teeth at home.



TIME: 10 min

Preparation:

- Print or click Lesson 1 [discussion points, videos, handouts, activities, and pictures]
- Have brushing charts ready to handout at end of presentation.
- Have your mouth model and toothbrush ready for demonstration. [pre-make a mouth model]
- Have all activity materials & a wrapped toothbrush laid out for each child at their desk/station. [see supplemental materials for toothbrush donation resources]

Discussion Points: 3 minutes

- **Review: What do we use our teeth for?** [allow kids to share their ideas first.]
 - Eating, chewing, talking, smiling, singing
- **How do we take care of our teeth?**
 - Brush our teeth 2 times per day, morning, and night for 2 minutes each time
[use this picture; [L1-1](#) and your model to demonstrate proper brushing method) You may print and handout if you'd like.
 - Listen to your favorite song, which is about 2 minutes, or have an adult set a timer for you.
 - Brush in circles, round and round and up and down on all sides of the teeth.
(demonstrate with premade mouth and brush example you premade for activity)
 - Floss your teeth once per day. Show [L1-2](#) picture.
 - Go to the dentist for checkups and teeth cleaning 2 times per year.
 - Make healthy food and drink choices such as milk, water, cheese, apples, meats, and carrots.
 - Limit unhealthy food and drink choices like soda, candy, crackers, raisins, and cookies and save them only for special occasions.
 - Throw out your old toothbrush and use a new one every 3 months or if you get sick.
 - Do not share toothbrushes with anyone else, we do not want to share germs.

Activity (7 minutes)

[Mouth Model Activity](#)

Handout [Lesson 1 gr 3-4 brushing chart](#)

(Print double sided, can be printed in color or black/white)

- Explain how it works: Kids will put on their bathroom mirror, X off a tooth on the chart with a crayon or pencil each time they brush for 2 minutes, morning and night. When the chart is full students can turn into you for a reward.
*The chart will look mostly the same for each month & grade level but, will have different information on the reverse side based on the monthly topic discussed in class as well as dental resources for families.

[Click to Access Supplemental Materials](#)

Visual: L1-1

HOW TO BRUSH YOUR TEETH



























































Visual: L1-2



I BRUSHED MY TEETH!

NAME: _____

	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Parents/Guardians: please see reverse side for valuable information



10 Minutes for Teeth

Lesson 1 Grades 3-4



What my child learned today

- **Review: What do we use our teeth for?**
 - *Eating, talking, chewing, smiling, singing*
- **What should we do to take care of our teeth?**
 - *Brush teeth 2 times per day, morning and night for 2 minutes each time*
 - *You can listen to your favorite song, which is about 2 minutes, or have an adult set a timer for you.*
 - *We should brush in circles, round and round and up and down on all sides of the teeth. (demonstrate with premade mouth and brush example you premade for activity)*
 - *We should be flossing our teeth once per day*
 - *We need to go to the dentist for checkups and teeth cleaning 2 times per year*
 - *Make healthy food and drink choices such as; milk, water, cheese, apples, meats, and carrots.*
 - *Limit unhealthy food and drink choices like soda, candy, crackers, raisins, and cookies and save them only for special occasions.*
 - *You should throw out your old toothbrush and use a new one every 3 months or if you get sick*
 - *We never share toothbrushes with anyone else, we do not want to share germs.*
- ***A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month they will receive a reward.**

What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits -drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

Family Resources

*For help finding a dentist in your area please visit: www.dentistlink.org

*For information on eligibility for the Medicaid Apple Health Program, which covers dental services please call (800) 562-3022 or visit www.hca.wa.gov

*More information & resources on children's oral health:

www.cdc.gov/oralhealth

<https://www.themightymouth.org/resources>

Videos to watch at home: <https://www.deltadentalwa.com/blog/entry/2020/04/tooth-fairy-videos-for-childrens-oral-health-at-home>

10 Minutes for Teeth



3rd and 4th Grade

Lesson 2

Flossing



THEME: Flossing Teeth



TARGET: Students will review how to properly floss their teeth.



TIME: 10 min

Preparation:

- Print or click Lesson 2 [discussion points, handouts, videos, activities, and pictures]
- Have brushing charts ready to handout at end of presentation as well as prizes for completed charts turned in.
- Have activity materials set out [activity below]
- Have video synced and ready [linked below]

Discussion Points: 3 minutes

What is dental floss?

- A special string used to remove food and plaque in from in between the teeth, where your toothbrush cannot reach.
- Floss comes in a string or sometimes a piece of plastic with string on it called a flosser. [Suggestion: have a few types of dental flosses and flossers to show the class]

Why do we need to floss AND brush our teeth?

- Floss can get where our toothbrush does not always reach. Toothbrushing removes most of the food and plaque off our teeth but, cannot clean between the teeth.

When do we floss?

- It is best to floss after you brush at night before bed.
- Flossing between all your teeth at least once per day will help keep your teeth and gums healthy.

Let's watch a video that shows how to floss our teeth.

Video: 2 minutes [flossing video 3-4](#)

Flossing Activity: 5 minutes

Supplies:

- Each student's mouth model from last month's [Mouth Model Activity](#).
- Roll up and place a small ball of green playdough or clay between the teeth. See [L2-1](#) picture.
- Yarn - cut into 12-inch strips.
- Have students floss out the "food and plaque" out from between the teeth.

Handout [Lesson 2 Gr 3-4 Brushing chart](#)

*Briefly review proper brushing technique at the end each lesson. (Up and down, round and round on all sides of teeth for 2 minutes, 2 times per day)

[Click to Access Supplemental Materials](#)

Visual: L2-1



10 Minutes for Teeth

Lesson 2 Grades 3-4



What my child learned today

What is dental floss?

- A special string used to remove food and plaque in between the teeth.
- Sometimes it comes in a string, sometimes a piece of plastic with string on it called a flosser or flossing stick. [we recommend flossers for this age, as sometimes string is too hard to use for young kids under 10]

Why do we need to floss when we brush our teeth?

- Floss can get where our toothbrush does not always reach. Toothbrushing removes most of the food and plaque off our teeth but, cannot always get between the teeth.

When should we floss?

- It is best to floss after you brush at night before bed but, you can floss any time of day
- As long as you are flossing between all of your teeth at least once per day it will help keep your teeth and gums healthy.

Activity: We used our mouth models to practice proper use of dental floss.

***A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month they will receive a reward.**

Family Resources

*For help finding a dentist in your area please visit: www.dentistlink.org

*For information on eligibility for the Medicaid Apple Health Program, which covers dental services please call (800) 562-3022 or visit www.hca.wa.gov

*More information & resources on children's oral health:

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<https://www.themightymouth.org/resources>

























































Videos to watch at home: <https://www.deltadentalwa.com/blog/entry/2020/04/tooth-fairy-videos-for-childrens-oral-health-at-home>

What can I do to help my child care for their teeth?

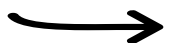
- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits -drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

I BRUSHED MY TEETH!

NAME: _____

	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Parents/Guardians: please see reverse side for valuable information



10 Minutes for Teeth



THEME: Plaque Attack



TARGET: Students will understand what plaque (sugar bugs) are and how they affect teeth.



TIME: 10 min

3rd-4th Grade

Lesson 3

Plaque Attack

Preparation:

Print or Click Lesson 3 [discussion points, video, handouts, activities & pictures]
Have plaque baggies ready to go [instructions & materials listed below]

Lesson 3 toothbrush charts printed for handout to each student

Have rewards prepared for completed brushing charts to handout after class with new charts

Discussion Points: 6 minutes

What is plaque?

- It's a sticky film made up of germs that grows on our teeth.
- Remember hearing about the sugar bugs before? Plaque is made of the waste left behind by sugar bugs.
- If we leave food on our teeth and do not brush it off, plaque will form and attack our teeth.
[pass out plaque baggies] Be sure to tell students not to open baggies or you will have a mess.

What happens if plaque stays on our teeth?

- We can get cavities, holes in our teeth.
- Plaque makes our teeth look and feel sticky & dirty. [Show [L3-1](#)]
- We will get bad breath because plaque is stinky.
- Plaque can make our gums sick. Gums are the pink skin that hold our teeth in place. [show same picture [L3-1](#)]

Video: 2 minutes [Germs in your mouth](#)

Plaque baggies: Pass around plaque baggies during discussion.

- 4 quart size freezer or storage bags
- 2 sticks or 2 cups of Crisco (butter flavor to be yellow tint)
- 4 tablespoons coffee grounds

Mix ½ cup or stick Crisco, 1 tbsp coffee ground in each baggie.

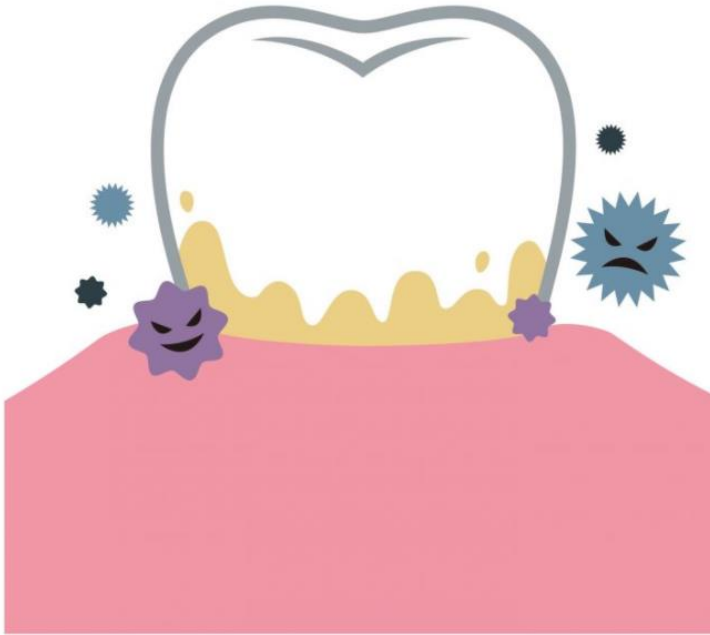
Handout:

[Lesson 3 Brushing chart](#)- [remind students to turn in when complete for a reward]

**Review Brushing: 2 times per day, 2 minutes each, round & round & up & down on all sides of the teeth. You will want to reinforce this when handing out brushing charts every month.*

[Click to Access Supplemental Materials](#)

Visual: L3-1



10 Minutes for Teeth

Lesson 3 Grades 3-4



What my child learned today

What is plaque?

- It's a sticky film made up of germs that grows on our teeth.
- If we leave food on our teeth and do not brush it off, plaque will form and attack our teeth.

What happens if plaque stays on our teeth?

- We can get cavities, holes in our teeth.
- Plaque makes our teeth look and feel sticky & dirty. [Show [picture](#)]
- We will get bad breath because plaque is stinky.
- Plaque can make our gums sick.

We passed around baggies of fake "plaque" for kids to see how icky it can be.

We watched the video: <https://youtu.be/vocrP-3dRBE> Germs on Your Teeth

***A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month they will receive a reward.**

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What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits -drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

I BRUSHED MY TEETH!

NAME: _____

	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
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10 Minutes for Teeth

3rd-4th Grade

Lesson 4

Gums are important too!



THEME: Gums are important too!



TARGET: Students will learn what gums are in the mouth and why gum health is important too.



TIME: 10 min

Preparation:

- Print or Click Lesson 4 [discussion points, video, handouts, activities & pictures]
- Lesson 4 toothbrush charts printed for handout to each student.
- Have activity supplies ready at student workstation.
- Have rewards prepared for completed brushing charts to handout after class with new charts.

Discussion Points: 4 minutes

What are gums? Show [L4-1] picture.

- Gums are the pink skin that surround the teeth.

Why are gums important?

- They (along with bone) are the supporting structure that hold our teeth in place.
- Without gums our teeth would fall out.

How can I take care of my gums & keep them healthy?

- Brush two times per day for two minutes, making sure to brush in circles around your gums as well.
- Floss between all teeth in an up & down motion at least once per day.
- Make healthy food and drink choices.
- Get your teeth cleaned at the dentist office 2 times per year.

What happens if gums are not healthy?

- You can get **gingivitis**, which means your gums are sick from the plaque and germs on your teeth. See [L4-2].
- Gingivitis makes gums red, puffy and they can bleed. Gums should be pink like this [L4-3] when they are healthy.
- Stinky breath! [L4-4] if you have gingivitis you probably have stinky breath too!

Activity: 6 minutes - Gums [Coloring Page](#)

Supplies:

- Coloring page printed for each student.
- Crayons or markers

Instructions:

Have students color what they think an unhealthy mouth looks like. i.e. red gums for gingivitis and bad breath

Handout:

[Lesson 4 Brushing chart](#) - [remind students to turn in completed chart for a reward]

*Review Brushing: 2 times per day, 2 minutes each, round & round & up & down on all sides of the teeth. You will want to reinforce this when handing out brushing charts every month.

[Click to Access Supplemental Materials](#)

Visual: L4-1



Visual: L4-2



Visual: L4-3



Visual: L4-4



10 Minutes for Teeth

Lesson 4 Grades 3-4



What my child learned today

What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits -drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

What are gums?

- Gums are the pink skin that surround our teeth and bone around the teeth.

Why are gums important?

- They (along with bone) are the supporting structure that hold our teeth in place
- Without gums our teeth would fall out

How can I take care of my gums & keep them healthy?

- Brush two times per day for two minutes, making sure to brush in circles around your gums as well.
- Floss between all teeth in an up & down motion at least once per day
- Make healthy food and drink choices
- Get your teeth cleaned at the dentist office 2 times per year

What happens if gums are not healthy?

- You can get **gingivitis**, which means your gums are sick from the plaque and germs on your teeth.
- Gingivitis makes gums red, puffy and they can bleed. Gums should be pink when they are healthy.

***A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month they will receive a reward.**

Family Resources

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*More information & resources on children's oral health:

























































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I BRUSHED MY TEETH!

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10 Minutes for Teeth



THEME: Fluoride



TARGET: Students will learn the important role fluoride can play in the health and strength of their teeth.



TIME: 10 min

3rd-4th Grades

Lesson 5

Fluoride

Preparation:

- Print or Click Lesson 5 [discussion points, video, handouts, activities & pictures]
- Lesson 5 toothbrush charts printed for handout to each student.
- Have video prepped.
- Have rewards prepared for completed brushing charts to handout after class with new charts.

Discussion Points: 5 minutes

What is fluoride?

- Fluoride is a safe & natural mineral that helps fight cavities and makes teeth stronger.
 - Fluoride can be in your toothpaste [show toothpaste picture [L5-1](#)].
 - You swish with a fluoride rinse at home, where you swish it and spit it out. [Show [L5-2](#) picture]
 - Fluoride can be in your drinking water [show [L5-3](#) picture] and will coat your teeth when you drink it or swish it.
 - Fluoride is brushed on your teeth at the dentist office or at your school. [Show [L5-4](#) picture]
 - Even your regular doctor can brush fluoride on at the doctor's office. [Show [L5-5](#) picture]

Why is fluoride good for teeth?

- It coats our teeth with a protective layer or shield to help keep bacteria and acid from hurting the teeth.
- It makes our enamel, which is the outside of our teeth, stronger, preventing cavities. Show [L5-6](#) picture]

Activity: Video & Handouts (5 minutes)

Video: [ADA Fluoride](#)

Handouts (take home):

1. [Lesson 5 Brushing chart](#)
2. [ADA Dental Word Search](#)

[Click to Access Supplemental Materials](#)

Visual: L5-1



Visual: L5-2



Visual: L5-3



Visual: L5-4



Visual: L5-5



Visual: L5-6



10 Minutes for Teeth

Lesson 5 Grades 3-4



What my child learned today

What is fluoride?

- *Fluoride is a safe, naturally occurring mineral that helps fight cavities and makes teeth stronger.*
 - *Fluoride is in your toothpaste.*
 - *You can swish with a fluoride rinse at home, where you swish it and spit it out*
 - *It can be in your drinking water and will coat your teeth when you drink it or swish it. Some cities have it in their drinking water, some do not. If not, you can find fluoridated bottled water at the store.*
 - *It is brushed on teeth by a dental helper at the dentist office or at your child's school.*
 - *Even your child's doctor can brush it on at the doctor's office.*

Why do we need fluoride?

- *It coats our teeth with a protective layer or shield to prevent cavities.*
- *It makes our enamel, which is the outside of our teeth, stronger*

For more information on the safety and proper use of fluoride visit:

<https://www.mouthhealthy.org/en/babies-and-kids/moms-guide-to-fluoride>

***A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month they will receive a reward.**

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What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits -drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

I BRUSHED MY TEETH!

NAME: _____

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MONDAY								
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10 Minutes for Teeth



3rd and 4th Grade

Lesson 6

Water Your Teeth



THEME: Water Your Teeth



TARGET: For students to understand that water is not only healthy for their bodies but, for their teeth too.



TIME: 10 min

Preparation:

- Print or click Lesson 6 [discussion points, handouts, and pictures]
- Have a small cup or bottle of water to drink for each student and activity supplies.
- Have rewards prepared for completed brushing charts to handout after class with new charts.

Discussion Points: 5 minutes

- **Water is important for so many things in life:**
 - We need water to drink, wash, take baths, and lots of other things. Our bodies need water every day to live and to be healthy. Our bodies are made up of mostly water. Our heart, kidneys, brain, and other organs need it to survive.
 - Water helps keep our teeth healthy too! Some water even has fluoride, remember fluoride? It is a natural mineral that helps to strengthen our teeth.
 - We should drink water when we are thirsty instead of soda, juice, or sugary drinks. Water is best for our bodies and our teeth. [Show picture [L6-1](#)]
- **Water helps wash away food & germs**
 - If you swish with water after every time you eat you can wash food away that could cause cavities. After snack or lunch at school you should find a water fountain so you can swish. You may just swallow the water or spit it out in the bathroom sink.

Let's practice swishing!

Activity: 2 minutes

Swishing Water

Supplies: Dixie cup of water or a small bottle of water for you and each student.

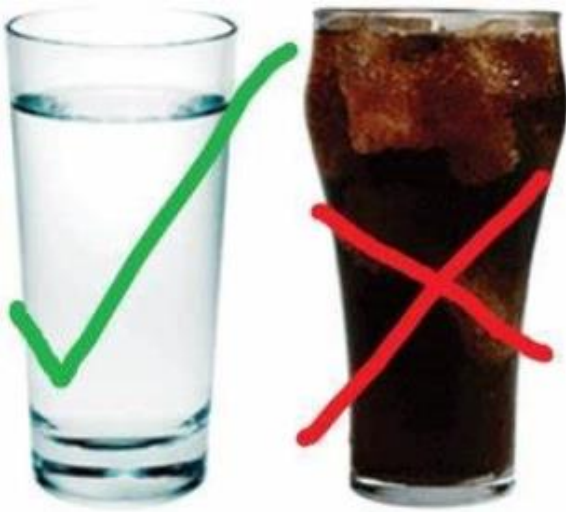
Instructions: Show kids how to take a small amount of water in their mouth and how to swish back and forth. You can instruct them to keep their mouths closed and puff their cheeks up like a blowfish to swish the water for about the count of 5 and swallow.

Handout [Lesson 6 Brushing chart](#)

*Review Brushing: 2 times per day, 2 minutes each- in circles around all sides of the teeth. You will want to reinforce this when handing out brushing charts every month.

[Click to Access Supplemental Materials](#)

Visual: L6-1



10 Minutes for Teeth

Lesson 6 Grades 3-4



What my child learned today

What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits -drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

Water is important for so many things in life:

- *We need water to drink, wash, take baths, and lots of other things. Our bodies need water every day to live and to be healthy. Our bodies are made up of mostly water. Our heart, kidneys, brain and other organs need it to survive.*
- *Water helps keep our teeth healthy too! Some water even has fluoride. Fluoride is a safe, naturally occurring mineral that helps to strengthen our teeth.*
- *We should drink water when we are thirsty instead of soda, juice, or sugary drinks. Water is best for our bodies and our teeth.*

Water helps wash away food & germs

- *If you swish with water after every time you eat you can wash food away that could cause cavities. After snack or lunch at school your child should find a water fountain so they can swish. They may just swallow the water or spit it out in the bathroom sink.*

***A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month they will receive a reward.**

Family Resources

*For help finding a dentist in your area please visit: www.dentistlink.org

*For information on eligibility for the Medicaid Apple Health Program, which covers dental services please call (800) 562-3022 or visit www.hca.wa.gov

*More information & resources on children's oral health:

























































www.cdc.gov/oralhealth

<https://www.themightymouth.org/resources>

Videos to watch at home: <https://www.deltadentalwa.com/blog/entry/2020/04/tooth-fairy-videos-for-childrens-oral-health-at-home>

I BRUSHED MY TEETH!

NAME: _____

	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Parents/Guardians: please see reverse side for valuable information



10 Minutes for Teeth



3rd-4th Grade

Lesson 7

Nutrition for Healthy Teeth



THEME: Nutrition for Healthy Teeth



TARGET: Students will learn about foods and drinks that are healthy and unhealthy for teeth.



TIME: 10 min

Preparation:

- Print or click Lesson 7 [discussion points, handouts, and pictures]
- Have Video cued up
- Have activity ready
- Have rewards prepared for completed brushing charts to handout after class with new charts

Discussion Points: 2 minutes

Most foods and drinks we consider healthy for our bodies are also healthy for our teeth.

What kinds of foods & drinks are best for healthy teeth? [show picture [L7-1](#)]

- Carrots, Apples, cheese, yogurt, leafy green vegetables, meats, nuts, eggs, beans, milk, water

What foods & drinks do you think are bad for our teeth? [show picture [L7-2](#) as visual to point]

- Soda [[L7-3](#)], energy drinks [[L7-4](#)], sports drinks [[L7-5](#)], juice, candy (especially really sticky & hard candies), cookies, cakes, bread, potato chips, dried fruits and raisins (because they are sticky and hard to get out of teeth)
- Soda [[L7-3](#)], energy drinks, [[L7-4](#)] and sports drinks, [[L7-5](#)] are the worst choices for drinks...both for your body and your teeth.
 - a. Just one regular can of soda has an average of 10-12 teaspoons of sugar in it.
 - b. An energy drink has about 17 spoonsful of sugar. Many sodas and energy drinks have large amounts of caffeine and chemicals in them that are toxic or really unhealthy for your body, especially your heart and kidneys.
 - c. Drinks with sugar and carbonation, like these, create the most acid attacks on your teeth also.

Video: 2 minutes [Worst Foods for Our Teeth](#)

Activity: 6 minutes

[Nutrition Activity](#)

Handout [Lesson 7 Brushing chart](#)

*Review Brushing: 2 times per day, 2 minutes each- in circles around all sides of the teeth. You will want to reinforce this each lesson.

[Click to Access Supplemental Materials](#)

Visual: L7-1



Visual: L7-2



Visual: L7-3



Visual: L7-4



Visual: L7-5



10 Minutes for Teeth

Lesson 7 Grades 3-4



What my child learned today

What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits -drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Take my child for routine visits at the dentist 2 times per year.

Most foods and drinks we consider healthy for our bodies are also healthy for our teeth!

What kinds of foods & drinks are best for healthy teeth?

- Carrots, Apples, cheese, yogurt, leafy green vegetables, meats, nuts, eggs, beans, milk, water

What foods & drinks do you think are bad for our teeth? Soda, juice, candy (especially really sticky & hard candies), cookies, cakes, bread, potato chips, even dried fruits and raisins (because they are sticky and hard to get out of teeth)

- When we have sugary food or drinks, the sugars mix with the germs or sugar bugs and it creates an acid. The acid then dissolves your tooth enamel and makes cavities or holes in your teeth.

We watched the video, "Worst Foods for your Teeth". Found online at: <https://www.webmd.com/oral-health/video/worst-foods-for-your-teeth>

***A monthly brushing chart was sent home with your child. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month they will receive a reward.**

Family Resources

*For help finding a dentist in your area please visit: www.dentistlink.org

*For information on eligibility for the Medicaid Apple Health Program, which covers dental services please call (800) 562-3022 or visit www.hca.wa.gov

*More information & resources on children's oral health:

























































www.cdc.gov/oralhealth

<https://www.themightymouth.org/resources>

Videos to watch at home: <https://www.deltadentalwa.com/blog/entry/2020/04/tooth-fairy-videos-for-childrens-oral-health-at-home>

I BRUSHED MY TEETH!

NAME: _____

	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Parents/Guardians: please see reverse side for valuable information



10 Minutes for Teeth



3rd - 4th Grade

Lesson 8

Sealants



THEME: Sealants



TARGET: For students to understand what dental sealants are and why they are important.



TIME: 10 min

Preparation:

- Print or click Lesson 8 [discussion points, handouts, activity info and pictures]
- Have all activity materials ready to go for each student.
- Print Lesson 8 Toothbrush charts for handout to each student.
- Have rewards prepared for completed brushing charts to handout after class with new charts.

Discussion Points: 3 minutes

What are Sealants?

- Sealants are a plastic type of material that works as a shield to protect teeth from getting cavities.
- Sealants are put on your back teeth where you chew most of your food. See [L8-1] picture.
- They work like shields to keep the germs that cause cavities out.
- A dentist or dental helper (usually a dental hygienist) paints the sealants on your teeth with a special paintbrush, then uses a special blue light to dry the paint. It is that easy.
- Dental helpers may even come right to your school to put your sealants on.
- It is very quick, easy, and does not hurt. [\[sealant procedure\]](#)

Activity: 5 minutes [Sealant Coloring Sheet](#)

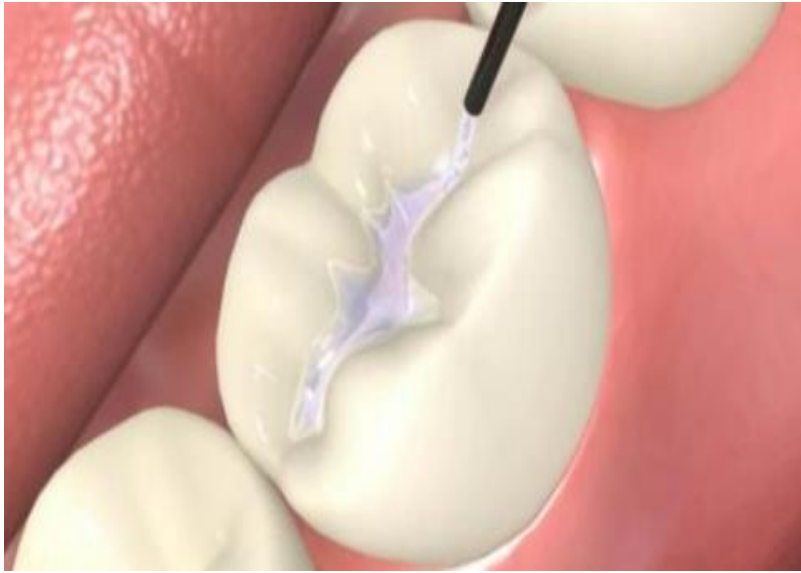
Have student color the tooth getting a sealant.

Video: 2 Minutes [Dental Sealants](#)

Handout: [Lesson 8 Brushing chart](#)

[Click to Access Supplemental Materials](#)

Visual: L8-1



10 Minutes for Teeth

Lesson 8 Grades 3-4



What my child learned today:

What are Sealants?

- *Sealants are a special shield that protects back teeth from getting cavities.*
- *It is painted in the grooves of the teeth where we chew food.*
- *A dentist or dental helper paints the sealants on your tooth with a special paintbrush, then uses a special blue light to dry the paint.*
- *Dental helpers may even come right to your school to put your sealants on.*

*****Check with your child's school to see if they have a school -based sealant program! Many programs are free and covered by Medicaid or dental insurance.***

If you are in WA state. Please visit www.toothsaversofwashington.com for more information .

Here is a short, helpful video for Parents/guardians about school-based sealant programs. <https://youtu.be/3QhB6Fv6IzA>

****A monthly brushing chart was sent home with your child and will be every month. Please post it on the bathroom mirror. They should color in a tooth every time they brush, morning & night. If they return the chart finished at the end of each month, they will receive a reward.***

Family Resources

****For help finding a dentist in your area please visit: www.dentistlink.org***

****For information on eligibility for the Medicaid Apple Health Program, which covers dental services please call (800) 562-3022 or visit www.hca.wa.gov***

****More information & resources on children's oral health:***

www.cdc.gov/oralhealth

























































<https://www.themightymouth.org/resources>

What can I do to help my child care for their teeth?

- Limit juice and sugary drinks or snacks to special occasions.
- Model good habits-drink water, eat healthy snacks, brush twice per day. Your child will likely pick up on these good habits as well.
- Watch your child brush and floss to be sure they are doing it properly for 2 minutes each time.
- Take your child for regular dental visits at least twice per year.

I BRUSHED MY TEETH!

NAME: _____

	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING	MORNING	EVENING
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Parents/Guardians: please see reverse side for valuable information



10 Minutes for Teeth



3rd-4th Grade

Lesson 9

What We Have Learned?



THEME: What have we learned?



TARGET: Students will review how to properly care for their teeth at home.



TIME: 10 min

Preparation:

- Print or click Lesson 9 [discussion points, handouts, and pictures]
- Have a new toothbrush or kit ready to give to each student (see below for donation sources)
- Have rewards prepared for completed brushing charts.

Let us review what we have learned about teeth this year! [5 minutes]

- *We learned: why teeth are important and how we take care of them.*
 - How Long do we brush for? [let students respond] 2 minutes
 - How many times per day? [let students respond] 2 times
 - How do we brush? [raise of hands for answers] round and round, up and down on all sides of our teeth.
 - We should be flossing at least once per day, up and down in between all of our teeth. [\[L9-1\]](#)
 - Plaque is sticky & icky and can cause cavities if we do not brush it off twice per day! [\[L9-2\]](#)
 - Fluoride is a natural mineral that makes our teeth stronger and protects them from cavities.
 - It is found in toothpaste, water, mouth rinses, and brushed on by dentists, dental helpers and doctors.
 - Making good food and drink choices for our bodies and teeth [\[L9-3\]](#)
 - Water is good for bodies and teeth [\[L9-4\]](#)
 - Swishing food out after eating can wash some food off of your teeth until you can brush.
 - Sealants are like shields painted on our back teeth that help keep cavity germs out [\[L9-5\]](#)
 - Sealants are easy and do not hurt. They can be put on our teeth at the dentist or at school.

Activity: 5 minutes

- Handout and in class activity: [Rock Your Smile Word Search](#)
- Handout Toothbrushes / Oral Health Kits

Sources for oral health aid donation opportunities:

Colgate: <https://www.colgatepalmolive.com/en-us/core-values/our-policies/donation-policy>

Oral B: <https://oralb.com/en-us/contact-us/>

G.U.M:/Sunstar: <https://www.gumbrand.com/contacts>

Plak Smackers: <https://www.plaksmacker.com/contactus>

Crest: <https://crest.com/en-us/contact-us>

*Many local dental offices donate supplies when asked. Contact your local pediatric dental offices.

Visual: L9-1



Visual: L9-2



Visual: L9-3



Visual: L9-4



Visual: L9-5



Resource Pages

Lesson Videos

- **Lesson 2:** Flossing: [Watch Video](#)
- **Lesson 3:** Germs in Your Mouth: [Watch Video](#)
- **Lesson 7:** Worst Foods for your Teeth: [Watch Video](#)
- **Lesson 8:** Sealants: [Watch Video](#)

Supplemental Materials

Videos

- What Causes Cavities? | 5 min: [Watch Video](#)
- Why Do We Brush Our Teeth? | 4 min: [Watch Video](#)
- How to Brush Teeth Properly | 3 min: [Watch Video](#)
- Visiting the Dentist | 4 min: [Watch Video](#)
- Dental Sealants Overview | 1 min: [Watch Video](#)
- “Seal in a Smile” Dental Sealants | 4 min: [Watch Video](#)
- “Seal out Tooth Decay” School-Based Dental Sealants | 4 min: [Watch Video](#)
- Child Nutrition | 6 min: [Watch Video](#)
- Brushing and Flossing with Braces | 4 min: [Watch Video](#)
- [ASL Interpreted] Captain Encouragement: How to Brush Your Teeth | 3 min: [Watch Video](#)
- [Spanish Language] Toothbrushing Song | 3 min: [Watch Video](#)

Books

- *The Tooth Book* by Dr. Seuss: [Order Book](#)
- *The Berenstain Bears Visit the Dentist* by Stan and Jan Berenstain: [Order Book](#)

Activities and Handouts

- Teeth Brushing Coloring Pages: [View and Share](#)
- Kool Smiles Kids Club Activity Sheets: [View and Share](#)
- Colgate “Bright Smiles, Bright Futures” Toolkit: [View Resources](#)
- The Mighty Mouth Toolkit: [View Resources](#)
- American Dental Association Mouth Healthy Presentations and Resources: [View Resources](#)

- American Dental Association Children’s Dental Health Toolkit: [View Resources](#)

Dental Organizations often provide a list of speakers. Visit the Dental Organizations section of [ADA.org](#), to search for a State or Local Dental Organization nearest you: [Find Speakers](#)

Fluoride Resources

- Campaign for Dental Health Learn & Share: [View Resources](#)
- A Mom’s Guide to Fluoride: [View Resources](#)

Special Needs Materials

Videos

- Autism and Brushing Teeth: [Watch Video](#)
- Step-by-Step Brushing Basics for Child with Autism: [Watch Video](#)
- Helping Child with Autism be Comfortable at Dentist: [Watch Video](#)

Additional Caregiver Resources

- Toolkit for Brushing Teeth for Child with Autism: [Visit Webpage](#)
- Autism & Oral Fixation Information: [Visit Webpage](#)