

**Primary 4 & 5, Lesson Plan for Oral Health Talk**

| <b>Length</b> | <b>Session Topic</b>  | <b>What it involves</b>  | <b>Visual Aids</b>  |
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| 5 min.        | Why do we need teeth? | <ul style="list-style-type: none"> <li>• To help us to eat. We have sharp teeth called incisors and canines at front to bite and tear food. Larger wider teeth called premolars and molars next to the cheeks which help us to grind and chew food.</li> <li>• To help us to speak. Helps the tongue to make correct shape to pronounce words clearly.</li> <li>• To help us to look nice. A nice smile helps us to feel good.</li> <li>• By age 3 we should have 20 primary teeth, also called milk teeth. By age 18 we should have 32 permanent teeth.</li> <li>• Milk teeth are very important as they help permanent teeth grow into mouth.</li> </ul> | <i>Show teeth on large model, pointing to their different shapes and functions.</i> |

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|        |   | <ul style="list-style-type: none"> <li>• If permanent teeth are lost we have no replacements.</li> </ul>  |  |
| 3 min. | What happens to teeth and gums if you don't keep them healthy?            | <ul style="list-style-type: none"> <li>• Decay and fillings</li> <li>• Toothache/tooth loss</li> <li>• Gums can bleed and be sore</li> <li>• Dentures</li> <li>• Smoking causes gum disease, stained teeth, bad breath, tooth loss and other diseases.</li> </ul>         | <p><i>Poster of unhealthy mouth.</i></p> <p><i>Let children examine acrylic dentures and reinforce how difficult it could be to eat with dentures.</i></p> |
| 1 min. | What do we need to do to keep our teeth and gums healthy?<br>Key Messages | <ul style="list-style-type: none"> <li>• Brush teeth every morning and before bedtime.</li> <li>• Avoid sugary snacks and drinks.</li> <li>• Limit sugary foods and drinks to mealtimes.</li> <li>• Visit the dentist.</li> </ul>   |  |
| 5 min. | Toothbrushing.  | <ul style="list-style-type: none"> <li>• Invisible germs called bacteria live in our mouths. Some of these form a sticky whitish coat on the teeth called plaque.</li> <li>• We need to remove the plaque every morning and before bedtime.</li> <li>• A small</li> </ul> | <p><i>Show small children's brush and ask a child to demonstrate a pea sized blob of paste.</i></p> <p><i>Demonstrate brushing on large model with</i></p> |

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|        |                                | <p>toothbrush with soft bristles is best; some of you may use electric brushes.</p> <ul style="list-style-type: none"> <li>• A pea sized blob of toothpaste is placed on the brush.<br/>Toothpaste should contain an important ingredient called fluoride which keeps the teeth strong.</li> <li>• Place bristles where teeth and gums meet and brush pairs of teeth for 6 seconds in circular movements, then move to next pair. Scrub tops of teeth. Looking in a mirror will help you see.</li> <li>• Spit out the paste and do not rinse the mouth.</li> <li>• Don't stop if gums bleed, brush thoroughly and gums will become healthy.</li> </ul> | <p><i>large toothbrush, asking children to count to six as you move from teeth to teeth.</i></p> |
| 7 min. | Avoid sugary snacks and drinks | <ul style="list-style-type: none"> <li>• When you eat sugary foods</li> </ul>  | <p><i>Open up anatomical tooth and show</i></p>  |

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|  |  | <p>and drinks, plaque eats the sugar and turns it into acid. Eating sugary snacks often will make lots of acid. This is powerful enough to dissolve the hard enamel that covers your teeth. That's how decay gets started.</p> <ul style="list-style-type: none"> <li>• It is very important to eat snacks between meals which are healthy and safe for teeth.</li> <li>• There are lots of tasty and filling snacks that are less harmful e.g. raw vegetables, fresh fruit, cheese, bread and oatcakes with savory toppings.</li> <li>• Milk and water are the only safe drinks for teeth.</li> <li>• Sugary and fizzy drinks are unsafe for teeth. Even diet drinks which contain no sugar and unsafe. They contain acid</li> </ul> | <p><i>stages of tooth decay</i></p> <p><i>Show examples of healthy foods and unhealthy foods.</i></p> <p><i>Play board game- groups to match healthy and unhealthy foods to correct card.</i></p> |
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|        |  | <p>which helps them fizz and this can wear away the hard enamel.</p>   |   |
| 6 min. | Limit sugary foods and drinks to mealtimes | <ul style="list-style-type: none"> <li>• If having sugary foods and drinks keep to mealtimes, having them as a dessert/pudding.</li> <li>• Use a straw for sugary/fizzy drinks so that it can go to the back of the mouth and cause less damage.</li> <li>• Sweets are best eaten only on special occasions as treats. Best to eat all in one go so that less acid is made.</li> </ul> | <p><i>Show examples of common sugary snacks e.g. mars bars, polos and ask pupils to guess how many teaspoons of sugar. Use sugar pots to show amount.</i></p> |
| 5 min  | Visit the Dentist                          | <ul style="list-style-type: none"> <li>• The dentist job is to check if the mouth is healthy.</li> <li>• If teeth are damaged by plaque acid, the teeth will be repaired e.g. fillings.</li> <li>• If teeth are crowded and not growing in the right place,</li> </ul>   | <p><i>Dentist mirror, gloves, mask, tray with cotton wool rolls.</i></p> <p><i>3 set model, showing healthy/decayed fissure and amalgam filling.</i></p>      |

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|  |  | <p>braces may be fitted.</p> <ul style="list-style-type: none"><li>• Special coatings may be placed on the molar teeth to keep them safe.</li></ul> <p>Mouthguards can be made to protect teeth.</p> |  |
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| Length | Session topic          | What it involves   | Visual aids   |
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| 4 min. | Recap on key messages. | <ul style="list-style-type: none"> <li>• Brush morning and bedtime fluoride toothpaste.</li> <li>• Avoid sugary snacks and drinks.</li> <li>• Limit sugary foods and drinks to mealtimes.</li> <li>• Visit the dentist.</li> </ul> | <i>Answer any questions and let children demonstrate brushing technique on large model.</i> |