

Functions of Teeth - Primary 4, Lesson Plan 2

1. To Eat. Sharp thin teeth at front of mouth called incisors to help cut food. Next to incisors are canines which are slightly pointed and used to tear food. Large wider teeth next to the cheeks are called premolars and molars and help to grind and chew food. By age 3 we should have 20 teeth called Milk teeth. By age 18 we should have between 28 and 32 teeth called Permanent teeth, if lost there are no replacements.

Demonstrate on large model different kinds of teeth.

2. To Speak. Teeth help the tongue to make correct shape to help us to pronounce words clearly.
3. To help us to look nice. Healthy mouth - teeth are creamy white in colour, feel clean with fresh breath, no fillings or black bits (decay), can be crooked, gums are pink and don't bleed. Unhealthy mouth - teeth have fillings and black bits which result in toothache and tooth loss, breath may smell and gums often bleed.

Show posters of healthy and unhealthy mouth

Equipment Needed To Keep Mouth Healthy

1. Toothbrush. A small brush with soft to medium bristles is best.
2. Toothpaste. Should contain an important ingredient called Fluoride which keeps the teeth strong

*Demonstrate pea sized amount of fluoride toothpaste on toothbrush. Short demonstration on how to brush (in small circle for 2 minutes, spitting the toothpaste out but **not** rinsing afterwards).*

Activity

Make a montage of "healthy smiles" from magazine cuttings or personal photos. Drawings of teeth, happy smiles etc.

Resources

Large tooth model and toothbrush. Child toothbrush and fluoride paste. 3 x A5 posters of healthy/unhealthy mouth.

Supportive Materials:

Teeth TLC Posters & Postcards: 'Love Your Toothbrush', 'Don't Let Bad Breath Ruin Your Chances' and 'Spit Don't Rinse.'

Useful websites

www.meandmymouth.co.uk (login = smile)

www.child-smile.org

www.dentalwisom.com

www.colgate.co.uk

www.healthyteeth.org

www.dentalhealth.org

www.eatwell.gov