

## What Is Plaque? - Primary 5, Lesson Plan 2

Invisible germs called bacteria live in our mouths. Some of these form a sticky whitish coat on the teeth called plaque. It is sometimes difficult to see. Disclosing tablets can be used to show up the plaque. As it grows it can feel like a furry coating on teeth. We need to brush the plaque off teeth every morning and before bedtime.

Plaque causes gum disease and tooth decay.

### Stages of Gum Disease

1. Healthy gums – firm, pink and do not bleed
2. Gingivitis – red, swollen, puffy and bleed on brushing
3. Periodontitis – bone holding teeth in jaw is lost, making teeth loose and may eventually fall out

### Stages of Decay – Effect of Sugary Foods

1. Healthy tooth – tooth looks strong and no black bits
2. Plaque + sugary foods and drinks = Acid
3. Teeth + Acid + Time = Decay  
*Show stages of decay on model by opening up and adding evidence of more decay whilst stating this happens when sugary foods and drinks continue to be eaten often, especially as snacks.*

### Activity

Make posters: 1: Plaque + Sugar = Acid  
2: Teeth + Acid + Time = Decay

### ***Resources***

Large model showing stages of decay, disclosing tablets. A4 sized photo of disclosed plaque. Gum disease flip chart.

### ***Supportive Materials:***

Teeth TLC Posters & Postcards: **'Love Your Toothbrush', 'Don't Let Bad Breath Ruin Your Chances', 'Spit Don't Rinse', '7 Steps to a Great Smile', 'Keep Your Smile Healthy With Healthier Snacks' and 'Stamp Out Fizzy Drinks For A Great Smile.'**