

**Lesson 7: DENTAL HEALTH**

**Essential question:** How do we keep our teeth healthy?

**Overall goal:** for students to illustrate their understanding of key dental care practices (e.g., Brush for two minutes twice a day. Floss between teeth once a day. Cut down on sugary foods and drinks between meals. Drink plenty of water. Visit the dentist regularly. Eat healthy food such as low-fat dairy, vegetables, and fruit.) Use these illustrations to raise awareness and promote healthy dental habits.

**Target skills:** For BHA, Correct, standard English conventions; For AHA, basic research skills

**Objectives for Beginning Health Advocates:**

SWBAT:

- Write or draw to complete dental health worksheets outlining best practices to care for teeth.
- Create neat, artful, accurate, and creative posters which use pictures and words to communicate key dental care practices.

**Beginning Health Advocates activity outline**

1. Use a variety of resources to help students learn the basics of dental care, including relevant Healthy NewsWorks newspaper articles and provided dental health Information sheets.
2. Have students work alone or in teams on Finders Keepers handout from the American Dental Association.
3. They may partner read and practice the Dental Health songs and poems.
4. Use this information to create dental health posters for contest. (Deadline is **Nov. 20, 2015.**)

**Healthy NewsWorks-provided resources**

1. Dental songs and poem handouts.
2. Finders keepers handout.
3. Healthy NewsWorks handout about teeth and food.
4. Healthy NewsWorks poster contest flyer.

**Web resources**

1. American Dental Association Mouth Healthy Kids (see For Educators section for curriculum): [www.mouthhealthykids.org](http://www.mouthhealthykids.org)
2. Illinois State Dental Society (see Kids Activities section for classroom activities): [www.isds.org](http://www.isds.org)

**Select CCSS/PA Core ELA Alignment**

- CCSS.ELA-LITERACY.SL.2.1/ PA CC.1.5.2.A PURPOSEFUL SMALL AND LARGE GROUP DISCUSSION

**National Health Standards Alignment**

- STANDARD 3: Access information
- STANDARD 4: Communicate for health

**Objectives for Advanced Health Advocates:**

SWBAT:

- Learn dental health basics.
- Research specific topics in dental health, and create a relevant, accurate public service announcement (PSA) for dental health.
- Create neat, artful, accurate, and creative posters which use pictures and words to communicate key dental care practices.

**Advanced Health Advocates activity outline**

1. Tell students they will create a PSA.
2. The PSA should bring attention to good food choices for a healthy mouth, or another topic of their choice.
3. Students will need to do research on teeth and dental health in order to create an accurate and helpful PSA. See provided list of dental health websites and provided AHA healthy teeth information
4. Use research and provided dental health information to create a dental health poster to participate in school health contest (Deadline is **Nov. 20, 2015.**)

**Healthy NewsWorks-provided resources**

1. Dental vocabulary.
2. Tooth anatomy handout.
3. Tooth type handout.
4. Fluoride maze game.
5. Poster contest flyer.
6. Websites list.
7. PSA handout.

**Web resources**

1. Children's Oral Health Institute curriculum reference: [www.mycohi.org/pdfs/Code\\_Red\\_Spiral\\_FINAL.pdf](http://www.mycohi.org/pdfs/Code_Red_Spiral_FINAL.pdf)
2. "Science Experiment Cards" (They are listed as being for grades K-4 but are appropriate for middle school.) [www.renaissance-dental.com/Wellness/Teaching-Tools](http://www.renaissance-dental.com/Wellness/Teaching-Tools)

**Select CCSS/PA Core ELA Alignment**

- CCSS.ELA-LITERACY.W.6.7/PA CC 1.4.6.V: RESEARCH
- CCSS.ELA-LITERACY.W.6.5/ PA CC 1.4.6.T: PLAN, REVISE, EDIT
- CCSS.ELA-LITERACY.W.6.2/ PA CC.1.4.6.A: WRITE TO INFORM/ EXPLAIN

**National Health Standards Alignment**

- STANDARD 3: Access information
- STANDARD 4: Communicate for health