



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

You use them every day, so taking care of your mouth and teeth is an important part of overall health. How kids clean their teeth now will affect their dental health throughout their lives. The following discussion questions and activities will help your students learn about their sense of taste and taking care of their teeth.

## Related KidsHealth Links

### Articles for Kids:

#### Your Teeth

[KidsHealth.org/kid/htbw/teeth.html](http://KidsHealth.org/kid/htbw/teeth.html)

#### Taking Care of Your Teeth

[KidsHealth.org/kid/stay\\_healthy/body/teeth\\_care.html](http://KidsHealth.org/kid/stay_healthy/body/teeth_care.html)

#### What's a Cavity?

[KidsHealth.org/kid/talk/qa/cavity.html](http://KidsHealth.org/kid/talk/qa/cavity.html)

#### Your Tongue

[KidsHealth.org/kid/htbw/tongue.html](http://KidsHealth.org/kid/htbw/tongue.html)

#### What Are Taste Buds?

[KidsHealth.org/kid/talk/qa/taste\\_buds.html](http://KidsHealth.org/kid/talk/qa/taste_buds.html)

#### Bad Breath

[KidsHealth.org/kid/stay\\_healthy/body/bad\\_breath.html](http://KidsHealth.org/kid/stay_healthy/body/bad_breath.html)

#### Going to the Dentist

[KidsHealth.org/kid/feel\\_better/people/go\\_dentist.html](http://KidsHealth.org/kid/feel_better/people/go_dentist.html)

#### Braces

[KidsHealth.org/kid/grow/body\\_stuff/braces.html](http://KidsHealth.org/kid/grow/body_stuff/braces.html)

#### The Reality of Retainers

[KidsHealth.org/kid/grow/body\\_stuff/retainers.html](http://KidsHealth.org/kid/grow/body_stuff/retainers.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Why are your teeth an important part of your body?
2. What's a cavity? Have you ever had one? Name ways to avoid getting a cavity.
3. How often should you visit a dentist?
4. What are the causes of bad breath? How can you prevent bad breath?
5. What kinds of foods are bad for your teeth? What foods are good for your teeth?
6. What are taste buds? How do they work?

















