



[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 important. How kids clean their teeth now can affect their dental health throughout their lives. These 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/en/kids/teeth.html](http://KidsHealth.org/en/kids/teeth.html)

#### Movie: Teeth

[KidsHealth.org/en/kids/teeth-movie.html](http://KidsHealth.org/en/kids/teeth-movie.html)

#### Taking Care of Your Teeth

[KidsHealth.org/en/kids/teeth-care.html](http://KidsHealth.org/en/kids/teeth-care.html)

#### What's a Cavity?

[KidsHealth.org/en/kids/cavity.html](http://KidsHealth.org/en/kids/cavity.html)

#### Your Tongue

[KidsHealth.org/en/kids/tongue.html](http://KidsHealth.org/en/kids/tongue.html)

#### Movie: Tongue

[KidsHealth.org/en/kids/tounge-movie.html](http://KidsHealth.org/en/kids/tounge-movie.html)

#### What Are Taste Buds?

[KidsHealth.org/en/kids/taste-buds.html](http://KidsHealth.org/en/kids/taste-buds.html)

#### Bad Breath

[KidsHealth.org/en/kids/bad-breath.html](http://KidsHealth.org/en/kids/bad-breath.html)

#### Going to the Dentist

[KidsHealth.org/en/kids/go-dentist.html](http://KidsHealth.org/en/kids/go-dentist.html)

#### Braces

[KidsHealth.org/en/kids/braces.html](http://KidsHealth.org/en/kids/braces.html)

#### The Reality of Retainers

[KidsHealth.org/en/kids/retainers.html](http://KidsHealth.org/en/kids/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?



## Activities for Students

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

### Super Smiles Checklist

#### Objectives:

Students will:

- Learn why kids get cavities
- Learn cavity-prevention tips

#### Materials:

- Pencil or pen
- Computer with Internet access
- KidsHealth.org articles, including “Taking Care of Your Teeth”

#### Class Time:

- 45 minutes (a few minutes each day for a week)

#### Activity:

Ever forget to brush your teeth? One way to avoid doing that is to make it part of your daily routine. Then it will become a healthy habit you can keep doing for the rest of your life. Using a chart can help, too. First, we'll read the KidsHealth.org article, “Taking Care of Your Teeth.” Then we'll start filling out the first “Super Smiles Checklist” chart. Each day we'll read another KidsHealth.org article about your mouth and teeth, and then we'll fill out our charts. On the last day of the week, I'll give you two charts to take home to hang in the bathroom where you brush your teeth. That way you can start a healthy habit for life!

#### Extensions:

1. Invite a local dentist or dental hygienist to visit the class and demonstrate dental hygiene tips.
2. Have your students research and write a brief report on how animals use their mouth and teeth (or beaks, baleen, or tongue, etc.) to eat. Make sure they focus on how the animal's teeth (and other mouth parts) are designed to match the animal's diet.



## Taste Testers

### Objectives:

Students will:

- Learn about the sense of taste

### Materials:

- Pencil or pen, paper cups, blindfolds, “Taste Testers” handout
- Computer with Internet access, KidsHealth.org article “What Are Taste Buds?”
- Salty pretzels; sour lemons or limes; sweet, ripe fruit like peaches, cherries, mangoes, strawberries, bananas, or grapes; and bitter greens (like arugula, radicchio, endive, mustard greens, or escarole)

### Class Time:

- 30 minutes

### Activity:

[Note to instructor: Send home permission slips a few days before this activity naming each type of food to make sure students aren’t allergic to any of these foods.]

Today, we’re going to test our sense of taste. Taste buds on your tongue help you tell whether foods are sweet, sour, bitter, salty, or a mix of those tastes. First, we’ll read the KidsHealth.org article “What Are Taste Buds?” Then we’ll break up into pairs, with one person blindfolded, and try some foods. One partner will be the tester and write down all the information on the “Taste Testers” handout. The blindfolded person will be the taster. After trying all four foods and filling out the handout, we’ll discuss the results.

### Extensions:

1. Repeat the activity with foods that mix flavors, such as sweet and sour, salty and sweet, etc.
2. “Senses Experiment: No Flavor Without Saliva” ([KidsHealth.org/en/kids/experiment-saliva.html](http://KidsHealth.org/en/kids/experiment-saliva.html)).

## Reproducible Materials

### Handout: Super Smiles Checklist

[KidsHealth.org/classroom/3to5/body/parts/teeth\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/body/parts/teeth_handout1.pdf)

### Handout: Taste Testers

[KidsHealth.org/classroom/3to5/body/parts/teeth\\_handout2.pdf](http://KidsHealth.org/classroom/3to5/body/parts/teeth_handout2.pdf)

### Quiz: Mouth and Teeth

[KidsHealth.org/classroom/3to5/body/parts/teeth\\_quiz.pdf](http://KidsHealth.org/classroom/3to5/body/parts/teeth_quiz.pdf)

### Answer Key: Mouth and Teeth

[KidsHealth.org/classroom/3to5/body/parts/teeth\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/3to5/body/parts/teeth_quiz_answers.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Super Smiles Checklist

Directions: At the end of each day (or the next day in class), add check marks or stickers for completing each task. Draw a smiley face above the days you did everything you should do to keep your teeth healthy.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>Brush teeth at least twice.</b>							
<b>Floss at least once.</b>							
<b>Avoid sweets and sugary drinks.</b>							



### Super Smiles tips:

- **Brush your teeth at least twice a day.** Brush with fluoride toothpaste after every meal, or at least twice a day, especially before bedtime. Make sure to brush up and down in a circular motion, and gently brush your gums, too.
- **Floss at least once a day.** This removes plaque and food that's stuck between your teeth. Before bedtime is a good time to floss
- **Avoid sweets and sugary drinks.** Instead of drinking juice or soda, have water or low-fat milk. Calcium in milk helps keeps your teeth strong.



## Super Smiles Checklist

Instructions: Hang this chart in the bathroom where you brush your teeth. Add check marks or stickers for completing each task. Draw a smiley face above the days you did everything you should do to keep your teeth healthy.

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### Super Smiles tips:

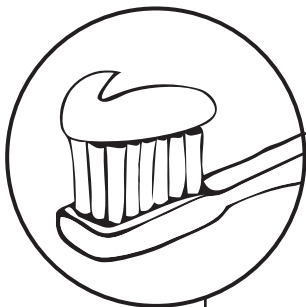
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**Tester:** \_\_\_\_\_

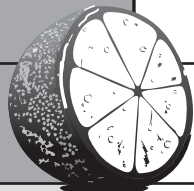
**Taster:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Taste Testers

Instructions: One partner is the tester and the other is the taster. Once the taster is blindfolded, the tester will get the four foods in paper cups from the teacher and fill in the first column, listing each food. The taster will try each food, tell the tester about the flavor (“salt,” “sweet,” “bitter,” or “sour”), then try to name each food. [Note to instructor: Make sure no one is allergic to any of the foods and that everyone washes their hands before starting this activity. Only the teacher needs to directly touch the foods, putting each food or a squeeze of lemon or lime juice into paper cups.]

Tester	Taster	
Food	Salty, sweet, bitter or sour	Name that food
1		
2		
3		
4		





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. True or false: Everyone should visit a dentist two times a year.
2. True or false: A dental hygienist is the person who checks and cleans your teeth before you see the dentist.
3. Name two things you can do to avoid getting a cavity.

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4. Name two things that can cause bad breath.

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5. True or false: Fluoride makes your teeth strong and helps prevent cavities.

6. Name the four main tastes that foods have:

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## Quiz Answer Key

- True or false: Everyone should visit a dentist two times a year.
- True or false: A dental hygienist is the person who checks and cleans your teeth before you see the dentist.
- Name two things you can do to avoid getting a cavity.  
*Any two of the following: brushing, flossing, limiting sweets and sugary drinks.*  
\_\_\_\_\_
- Name two things that can cause bad breath.  
*Any two of the following: smoking, poor dental hygiene, foods and drinks such as garlic, onions, cheese, orange juice, and soda.*  
\_\_\_\_\_
- True or false: Fluoride makes your teeth strong and helps prevent cavities.
- Name the four main tastes that foods have:  

_____	<i>sweet</i>	_____	<i>salty</i>
_____	<i>bitter</i>	_____	<i>sour</i>