



[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.
- Demonstrate the ability to access valid information and products and services to enhance health.
- 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>

The following activities will help your students learn about the mouth and teeth, what they do for us, and how to take care of them.

## 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)

### Articles for Teens:

#### Mouth and Teeth

[TeensHealth.org/en/teens/mouth-teeth.html](http://TeensHealth.org/en/teens/mouth-teeth.html)

#### Taking Care of Your Teeth

[TeensHealth.org/en/teens/teeth.html](http://TeensHealth.org/en/teens/teeth.html)

#### All About Orthodontia

[TeensHealth.org/en/teens/braces.html](http://TeensHealth.org/en/teens/braces.html)

#### What Causes Bad Breath?

[TeensHealth.org/en/teens/halitosis.html](http://TeensHealth.org/en/teens/halitosis.html)

#### Gum Disease

[TeensHealth.org/en/teens/gum-disease.html](http://TeensHealth.org/en/teens/gum-disease.html)

#### Canker Sores

[TeensHealth.org/en/teens/canker.html](http://TeensHealth.org/en/teens/canker.html)

#### Cold Sores (HSV-1)

[TeensHealth.org/en/teens/cold-sores.html](http://TeensHealth.org/en/teens/cold-sores.html)

#### TMJ Disorders

[TeensHealth.org/en/teens/tmj.html](http://TeensHealth.org/en/teens/tmj.html)

#### Calcium

[TeensHealth.org/en/teens/calcium.html](http://TeensHealth.org/en/teens/calcium.html)

#### Vitamin D

[TeensHealth.org/en/teens/vitamind.html](http://TeensHealth.org/en/teens/vitamind.html)

## Discussion Questions

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

1. While the teeth may be the most durable substance in the body, we still need to take care of them. Brushing your teeth is just one way to care for your teeth. Brainstorm a list of other ways to keep your pearly whites in working order. What happens to your teeth when you don't take care of them properly?
2. How does smoking affect people's teeth, gums, and overall oral health? How about chewing tobacco, or "dip"?



## Activities for Students

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

### Dental Health Infographic

#### Objectives:

Students will:

- Learn about the prevalence of dental health problems and how to avoid them

#### Materials:

- Computer with Internet access, color printer
- Art supplies (colored pencils, markers, drawing paper, or graphic art software)
- Plain, unlined paper

#### Class Time:

2 hours

#### Activity:

Do some research online using credible sources and find two or three interesting facts or statistics about dental health problems, such as plaque, tartar, cavities, gingivitis, periodontitis, etc. Then create an eye-catching infographic that illustrates your data. You can use a catchy heading and colorful graphs and images to convey your message. Print your infographic and hang it in a school hallway or in the cafeteria to help educate your classmates. Make sure your infographic includes a tip on how to avoid the problems cited.

#### Extension:

Create a superhero to protect your mouth and teeth from decay. How would this hero protect the teeth, and what would he or she need to do the job? What ability does he or she have that others don't have that will enable him or her to fight tooth decay?



## Talking Back

### Objectives:

Students will:

- Identify problems that occur as a result of not taking care of the mouth and teeth
- Demonstrate how to properly care for the mouth and teeth

### Materials:

- Computer with Internet access
- Pen or pencil
- Lined paper

### Class Time:

30 minutes

### Activity:

Imagine that you are a disgruntled mouth that has been mistreated for some time and write a letter imploring your body to take better care of you and your teeth. In your letter, describe what's happened to you because of this negligence along with what your body can do to help you recover.

### Extensions:

1. Write a song that emphasizes the importance of taking care of your teeth. Create a song title that will catch the listener's attention.
2. Create a video for young children demonstrating how to effectively brush and floss.

## Reproducible Materials

### Quiz

[KidsHealth.org/classroom/6to8/body/parts/teeth\\_quiz.pdf](https://www.kidshealth.org/classroom/6to8/body/parts/teeth_quiz.pdf)

### Quiz: Answer Key

[KidsHealth.org/classroom/6to8/body/parts/teeth\\_quiz\\_answers.pdf](https://www.kidshealth.org/classroom/6to8/body/parts/teeth_quiz_answers.pdf)



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

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

## Quiz

Instructions: Answer each question.

1. List the two main functions of the mouth and teeth.

\_\_\_\_\_  
\_\_\_\_\_

2. Name the four types of teeth people have in their mouths.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Pick two types of teeth and describe what they do.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. The outer layer of \_\_\_\_\_ protects the inside of the tooth.

5. Which part joins the tooth with the jawbone?

- a. pulp
- b. dentin
- c. crown
- d. cementum

6. The best way to prevent cavities is to get rid of \_\_\_\_\_.

7. True or false: Eating sugary food with a meal is less harmful to your teeth than eating sugary food by itself. \_\_\_\_\_

8. List three ways to prevent tooth decay and gum disease.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. True or false: Gum disease only happens to people over 50. \_\_\_\_\_

10. When gums bleed and are tender, puffy, or red, it's called:

- a. periodontitis
- b. gingivitis
- c. gumalonia



## Quiz Answer Key

1. List the two main functions of the mouth and teeth.

*aid in digesting food*

*help us speak*

2. Name the four types of teeth people have in their mouths.

*incisors*

*canines*

*premolars*

*molars*

3. Pick two types of teeth and describe what they do.

*incisors: cut and chop food*

*canines: tear food*

*premolars: crush and grind food*

*molars: grind food and help tongue swallow food*

4. The outer layer of *enamel* protects the inside of the tooth.

5. Which part joins the tooth with the jawbone?

a. pulp

b. dentin

c. crown

d. cementum

6. The best way to prevent cavities is to get rid of *plaque*.

7. True or false: Eating sugary food with a meal is less harmful to your teeth than eating sugary food by itself. *true*

8. List three ways to prevent tooth decay and gum disease.

*any three of the following: brush teeth at least twice per day,*

*use toothpaste with fluoride, floss once a day, visit a dentist*

*twice a year, eat a healthy diet, don't smoke*

9. True or false: Gum disease only happens to people over 50. *false: anyone can develop gum disease*

10. When gums bleed and are tender, puffy, or red, it's called:

a. periodontitis

b. gingivitis

c. gumalonia