



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

Movie: Teeth

KidsHealth.org/en/kids/teeth-movie.html

Taking Care of Your Teeth

KidsHealth.org/en/kids/teeth-care.html

What's a Cavity?

KidsHealth.org/en/kids/cavity.html

Your Tongue

KidsHealth.org/en/kids/tongue.html

Movie: Tongue

KidsHealth.org/en/kids/tounge-movie.html

What Are Taste Buds?

KidsHealth.org/en/kids/taste-buds.html

Bad Breath

KidsHealth.org/en/kids/bad-breath.html

Going to the Dentist

KidsHealth.org/en/kids/go-dentist.html

Braces

KidsHealth.org/en/kids/braces.html

The Reality of Retainers

KidsHealth.org/en/kids/retainers.html

Articles for Teens:

Mouth and Teeth

TeensHealth.org/en/teens/mouth-teeth.html

Taking Care of Your Teeth

TeensHealth.org/en/teens/teeth.html

All About Orthodontia

TeensHealth.org/en/teens/braces.html

What Causes Bad Breath?

TeensHealth.org/en/teens/halitosis.html

Gum Disease

TeensHealth.org/en/teens/gum-disease.html

Canker Sores

TeensHealth.org/en/teens/canker.html

Cold Sores (HSV-1)

TeensHealth.org/en/teens/cold-sores.html

TMJ Disorders

TeensHealth.org/en/teens/tmj.html

Calcium

TeensHealth.org/en/teens/calcium.html

Vitamin D

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