




ORAL HEALTH

Topic: Why Are Our Teeth Important?

LESSON ONE

 TARGET GROUP: K2 students

 DURATION: 30 to 40 minutes

★ The first set of teeth is important for various functions (e.g. speech, eating, aesthetics, maintain space for the second set of teeth to erupt). Tooth decay occurs when bacteria in the mouth feed on sugars from diet to produce acids which erode the teeth and cause a cavity to form on the teeth.

Learning Objectives

After completing the lesson, students will be able to:

- ✓ Know the importance and functions of the teeth.

Materials Needed

- Mirror
- Paper
- Writing/drawing materials
- Flashlight
- Mahjong paper
- Picture of child's mouth with teeth (see Placard 4A)
- Song Chart: 'I Have Many Strong Teeth' (see Song Chart 4)

Introduction

1. Take an imaginary class photo and get the students to say 'Cheese'.
2. Ask the students to 'freeze' their smiles and look at their friends sitting next to them. Tell them to observe their friends' teeth.
3. Invite some students to share their observations about their friends' teeth.

Teacher's Prompts:

- How do the teeth look?
- Does your friend look happy smiling back at you?

Suggested Activity

1. Show the students the picture of child's teeth (use Placard 4A)
2. Let the students count the number of teeth in the picture.
3. Ask the students: What are teeth for? Why are healthy teeth important to us? Write their answers down.
4. Go through their answers and highlight the importance of teeth and why it is important to have healthy teeth.
5. Conclude the activity by singing a song 'I Have Many Strong Teeth' (use Song Chart 4)

★ Children have 20 baby teeth - 10 on the top and 10 on the bottom. These teeth maintain space for the adult teeth to grow after the baby teeth fall out.

Extended Activity

At Home

Pointers to parents

- The children learnt about the functions of their teeth and the importance of their teeth.
- Parents can encourage your child to eat less sweet foods. Limit sugary food and drinks to main meal times and avoid sugary snacks between meals.
- Parents can complete the home activity sheet with your child.
- Parents should encourage children to chew and swallow their food and not to hold/pouch food in their mouths.
- Parents should discourage children from falling asleep with the milk bottle. Children should switch to using a cup and parents should brush the child's teeth after milk, right before bedtime.

At School

Get the students to draw a healthy tooth (happy tooth) and a decay tooth (sad tooth) on drawing paper. Provide scrap materials for the students to cut and paste on the sad tooth to represent the 'bacteria' on the tooth.

They can create a group story about the tooth.

★ Strong, healthy teeth help you chew foods. They help you speak clearly. They also help you look your best.

Taking care of your teeth help prevent tooth decay and gum disease. If you don't brush your teeth after you eat, the bacteria in the dental plaque will feed on the food, producing acids that eat away tooth enamel, causing tooth decay. Take care of your teeth and gums to prevent tooth decay and gum disease.

Take Home Activity 1

Your teeth are important. They help you chew food, help you speak clearly and look your best.


Look into the mirror and draw your teeth in the box below. Draw the food that are good for your teeth.

These food are good for my teeth!

Topic: Tooth Decay And Tooth Brushing Steps

LESSON TWO

 TARGET GROUP: K2 Children

 DURATION: 30 to 40 minutes

Learning Objectives

After completing the lesson, students will be able to:

- ✓ Understand the cause and consequences of tooth decay
- ✓ Know the correct tooth brushing steps

Materials Needed

- Picture of decayed teeth (see Placard 4A)
- Healthy food and Unhealthy food chart (see Placard 4B)
- Chart on tooth brushing steps (see HPB Dental booklet that was given to the selected preschools)
- One toothbrush and toothpaste (Some children may benefit from using an adult-formulated toothpaste rather than a child-strength one. Please consult a dentist for the type of toothpaste to use for your child according to his/her risk of developing dental decay.)
- Video on Happy Tooth and Sad Tooth
<https://www.youtube.com/watch?v=qqWbc4SyKkl>
- Proper way of teeth brushing
<http://www.youtube.com/watch?v=hDZXSMU2IAk>

- ★ Tooth decay can be prevented by regular and correct tooth brushing; limiting the intake of sweet food and drinks and regular visits to the dentist.

Parents should supervise their child's tooth brushing routine as they may not be able to do it well. Children should start visiting their dentist by the time they turn one. (*American Academy of Pediatric Dentistry guidelines*).

Introduction

1. Show the picture of decayed teeth (use Placard 4A)
2. Ask the students the following question:
 - What do you see on the teeth?
 - What happened to the teeth?
 - Can you identify a good set of healthy teeth?
3. Show the chart on food for a happy tooth and sad tooth. Explain that eating healthy food and effective tooth brushing can help to keep our teeth and gums strong and healthy.
4. Show the video on 'Happy Tooth and Sad Tooth'

★ Pointers for parents

- The children learnt about the causes and consequences of tooth decay
- They also learnt about the tooth brushing steps and watched a video. You can watch the video with your child too. The link is <https://www.youtube.com/watch?v=qqWbc4SyKkl>
- Parents can do the Take Home Activity together with the child. Have the child draw corresponding pictures in the boxes provided. Or the parent can also take a photo of the child and paste it there. It can be pictures of food consumed, the child brushing his/her teeth or anything that is related to tooth brushing!

Suggested Activity

1. Show the video on the Proper Way of Tooth Brushing
2. Using the chart, 'demonstrate' proper way of brushing teeth (show the motions only)
3. Tell the children it is important to brush all the surfaces of the teeth (outer and inner surfaces).

Applying a pea sized toothpaste on tooth brush, show the motion of brushing the teeth, outer surface of upper and lower teeth , inner surface of upper and lower teeth and the chewing surfaces (do not brush own teeth)
4. Have the students pretend that their fingers are tooth brushes and do the above. Remind the students not to put their fingers into their mouth.

Extended Activity

At School

Invite the students to bring their tooth brush and toothpaste to school for a 'Show and Tell' session. Have the students to share about their items, the flavour of the toothpaste and their oral hygiene routine at home.

Divide the students in small groups of threes/fours and have a fun tooth brushing session with them!

Take Home Activity 2

It's important that your child has a tooth brushing routine.

It is a good habit to brush your child's teeth in the morning and before going to bed.

Discuss with your child on his/her tooth brushing routine and fill up the boxes below. Voila! A fun and personalised tooth brushing routine is created!

