



# #10043 TAKE CARE OF YOUR TEETH

MARSH MEDIA, 2003  
Grade Level: K-4  
18 mins.

## DESCRIPTION

Targets the proper way for children to care for their teeth. Considers the toothbrush and toothpaste, the best brushing style, and the use of dental floss. Visits a dentist's office, and meets the people who work there. Ends with safety tips.

## ACADEMIC STANDARDS

### Subject Area: Health

- Standard: Knows how to maintain and promote personal health
  - ♦ Benchmark: Knows basic personal hygiene habits required to maintain health (e.g., caring for teeth, gums, eyes, ears, nose, skin, hair, nails) (See INSTRUCTIONAL GOALS 1, 2, and 3.)
  - ♦ Benchmark: Knows behaviors that are safe, risky, or harmful to self and others (See INSTRUCTIONAL GOALS 3.)
  - ♦ Benchmark: Knows that making health-related decisions and setting health goals sometimes requires asking for assistance (See INSTRUCTIONAL GOALS 2, 3, and 5.)
  - ♦ Benchmark: Knows the basic structure and functions of the human body systems (e.g., how they are interrelated; how they function to fight disease) (See INSTRUCTIONAL GOALS 4.)
- Standard: Knows the availability and effective use of health services, products, and information
  - ♦ Benchmark: Knows community health service providers and their roles (e.g., paramedics, dentists, nurses, physicians, sanitarians, dietitians) (See INSTRUCTIONAL GOALS 5.)

## INSTRUCTIONAL GOALS

1. To highlight the importance of good dental hygiene.
2. To encourage active participation in caring for teeth.
3. To identify and endorse healthy habits and safe behavior.
4. To provide basic information about teeth.
5. To illustrate a visit to the dentist's office and some of the instruments used in a routine check-up.

## VOCABULARY

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|---------------------|-----------------|------------------|
| 1. appointment      | 8. explorers    | 15. polish       |
| 2. baby teeth       | 9. floss        | 16. protect      |
| 3. bristles         | 10. fluoride    | 17. receptionist |
| 4. damaged          | 11. gums        | 18. rinse out    |
| 5. decay            | 12. loose/lose  | 19. sugar        |
| 6. dental hygienist | 13. mouth guard | 20. swallow      |
| 7. dentist          | 14. permanent   | 21. x-ray        |

## BEFORE SHOWING

1. Discuss teeth and taking care of teeth. Share personal experiences with losing baby teeth. Describe visits to the dentist.
2. Display a model of teeth and gums, a toothbrush, toothpaste, floss, a mirror, and a mouth guard.
  - a. Identify the teeth and the gums. Introduce and explain the word *enamel*.
  - b. Identify the other items and discuss their uses.



## AFTER SHOWING

### Discussion Items and Questions

1. Why is Annie using a mouth guard?
2. What is the main purpose of the sharp front teeth? The flat grinding teeth?
3. What do we use our teeth for besides eating?
4. How many baby teeth are there? When do they start to fall out? How many of the baby teeth fall out?
5. What replaces the baby teeth? How many permanent teeth does a normal 12-year-old have? How many does a grown-up have?
6. What covers each tooth? Why should people protect the enamel on their teeth?
7. Explain what people should do to protect the enamel on their teeth. Describe the right toothbrush, toothpaste, and the proper tooth brushing method.
8. How long should you spend brushing your teeth? How often should you brush? Why should you always brush before bedtime?
9. What is *dental floss*? What is it used for?
10. What is the number one enemy of teeth? Why? What kinds of food make good snacks for teeth?
11. Describe the inside of a dentist's office. Include the rooms, the tools, and the workers.
12. Explain what a dental hygienist and a dentist do.
13. How often should you see your dentist?
14. List some rules for safety that help to protect your teeth.

### Applications and Activities

1. Create a healthy smiles bulletin board with photos of students smiling. Include health tips about dental care.

## C a p t i o n e d M e d i a P r o g r a m

2. Investigate careers in dentistry. Visit a dentist office or invite a dental hygienist to give a presentation about brushing and flossing.
3. Count teeth.
  - a. Keep a class tally of the number of teeth the students have.
  - b. Keep a tally of the number of baby teeth lost each month.
  - c. Create a classroom graph of the numbers.
  - d. Ask mathematical questions each month based on the graph and the total number of teeth.
4. Review good choices in relation to dental health.
  - a. Keep a daily log of snacks eaten. Compile the results as a class, and discuss the implications for dental health.
  - b. Make posters of food pictures cut from magazines categorized to show "Healthful Foods for Teeth" and "Not Healthful Foods for Teeth."
5. Investigate more about teeth.
  - a. Plan and make a healthful snack. While eating, pay attention to how the teeth are used for chewing and biting.
  - b. Illustrate and name different kinds of teeth, including incisors, canines, premolars, and molars.
6. Make up a classroom play about the "tooth fairy." Incorporate tips for healthy teeth. Perform the play for another group of students and/or the parents.

### SUMMARY

Join Annie Funelli and the Funsters as they learn about ways to protect and care for teeth. Annie encourages Funsters to keep teeth healthy through a lifetime program of good habits and safe behaviors—careful brushing and flossing, avoidance of sugary snacks, and common sense precautions to protect teeth from accidental injury. Funsters are prepared for a visit to the dentist with an introduction to the equipment, tools, and procedures that are included in a routine checkup and cleaning. Annie Funelli makes sure Funsters and youngsters know how to make their teeth last!

### CMP RELATED RESOURCES

- [Goofy Over Dental Health #9206](#)
- [My Body, My Buddy: "Healthy Food" #3157](#)



### World Wide Web



The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **TEETH AND DENTAL CARE**

<http://www.kiddyhouse.com/Themes/Teeth/Teeth.html>

This site is aimed for the very young, sometimes first-time dental patient. The home page has dozens of links to learning about teeth, lesson plans categorized by grade level, coloring and worksheets, and games and fun activities. Finally, it has a section on stories, poems and finger plays.

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- **TAKING CARE OF YOUR TEETH - KIDS HEALTH**

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

Gives children information on the importance of teeth, how to keep teeth healthy, even the history of toothpaste. The text highlights all key words for links to additional pages. Also has links that address feelings and fears.

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- **CHILDREN'S DENTISTRY**

<http://www.dentalreview.com/kids/teeth.htm>

Check out an animated picture of the anatomy of a tooth, or find out how many teeth you have in your mouth and find out which one is loose. What are the names of your teeth? Good information for kids in a concise, fun format.

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- **ABCTEACH.COM-TEETH**

[http://www.abcteach.com/directory/theme\\_units/science/teeth](http://www.abcteach.com/directory/theme_units/science/teeth)

Great printable papers for your class, everything from writing an essay to KWL to tooth shape books to a tooth Web organizer. Appropriate for grades K-3.