



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.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

The mouth and teeth do a lot for us each day without us even realizing it - everything from helping us eat to helping us speak. The following discussion questions and activities will help your students learn more about the mouth and teeth, what they do for us, and how to take care of them.

Related KidsHealth Links

Articles for Kids:

The Truth About Teeth

KidsHealth.org/kid/body/teeth_noSW.html

Taking Care of Your Teeth

KidsHealth.org/kid/stay_healthy/body/teeth.html

Going to the Dentist

KidsHealth.org/kid/feel_better/people/go_dentist.html

What's a Cavity?

KidsHealth.org/kid/talk/qa/cavity.html

Articles for Teens:

Taking Care of Your Teeth

KidsHealth.org/teen/your_body/take_care/teeth.html

Mouth and Teeth

KidsHealth.org/teen/your_body/body_basics/mouth_teeth.html

Gum Disease

KidsHealth.org/teen/diseases_conditions/mouth/gum_disease.html

Discussion Questions

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

1. The mouth and teeth are hard at work throughout the day. What role do they play in digesting food? List other things they do for you each day.
2. 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?
3. When was the last time you visited the dentist? Describe your experience and how you felt during your appointment.



Activities for Students

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

A Day in the Life

Objectives:

Students will:

- Learn about the functions of the mouth and teeth
- Identify parts of the mouth and teeth and what they do

Materials:

- Computer with Internet access
- Art supplies (colored pencils, markers, crayons)
- Plain, unlined paper

Class Time:

90 minutes

Activity:

When was the last time you read a comic book? What is your favorite one? Think of all the comic books you've ever read. Now is your chance to put your knowledge of these books to the test. Read the articles on KidsHealth to learn about what the mouth and teeth do for you every day. Using this information, write a comic book that describes a day in the life of a mouth and its teeth. Create a main character to do the talking about this healthy mouth and teeth as well as other characters based on what you read on KidsHealth. Also think of a suitable setting for your story. While writing your story, address the following:

- What the mouth and teeth do each day
- The types of teeth and their purpose in the mouth
- The different parts of the teeth and what they do

Finally, be sure to include drawings along with your story.

Extensions:

1. 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?
2. Invite a dentist to your classroom to discuss the mouth and teeth in more detail as well as to talk about what to expect during a visit to the dentist.



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:

If your mouth and teeth could talk for themselves, what would they say? Would they be happy with the way you treat them, or would they be angry because you neglect them?

Now that you know what the mouth and teeth do, read more KidsHealth articles to learn how to best care for your mouth and teeth. Next 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 preschoolers demonstrating how to effectively brush and floss.

Reproducible Materials

Quiz

KidsHealth.org/classroom/6to8/body/parts/teeth_quiz.pdf

Quiz: Answer Key

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 _____ 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. periodontis
- b. gingivitis
- c. a dental cary



Quiz Answer Key

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

aid in digesting food

helping 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 _____ *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. periodontis

b. gingivitis

c. a dental cary