



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

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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.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- 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

From tooth decay and sports injuries to the health risks of smoking, teens carry a lot of responsibility for their oral health. Do they understand the long-term implications? The following discussion questions and activities will help them learn good oral hygiene.

Related KidsHealth Links

Articles for Teens:

Mouth and Teeth

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

Taking Care of Your Teeth

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

All About Orthodontia

KidsHealth.org/teen/your_body/medical_care/braces.html

What Causes Bad Breath?

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

Gum Disease

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

Canker Sores

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

Digestive System

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

Discussion Questions

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

1. How important is good oral health? If something is wrong with your teeth, gums, or mouth, how does it affect the rest of your life?
2. What habits should people have to help keep their teeth and gums healthy? What special steps can you take to protect your teeth during sports?
3. How does smoking affect people's teeth, gums, and overall oral health? How about chewing tobacco, or "dip"? What kind of affect does something like bulimia have on oral health?
4. How would you feel if your teeth lost their attractive appearance and you needed to get false teeth?



Activities for Students

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

Captain Yellow Grin

Objectives:

Students will:

- See all the oral health effects of smoking and chewing tobacco
- Create an anti-tobacco message for their classmates

Materials:

- Captain Yellow Grin handout (available at: KidsHealth.org/classroom/9to12/body/parts/teeth_handout1.pdf)
- Pen or pencil
- Colored markers or pencils (optional)
- Computer with Internet access and printer, or access to the library and photocopier

Class Time:

90 minutes

Activity:

Have you ever seen the effects of cigarettes, cigars, and chewing tobacco on a person's mouth and teeth? The stained teeth, bad breath, and wrinkles around the mouth? The list of oral diseases is even scarier: gum disease and cancers of the tongue, gums, lip and cheek linings, and interior of the mouth. And these things don't always take 50 years to happen - teen smokers can get these problems when they're just in their 20s.

Give the smokers in your class a glimpse of the future they need to avoid, courtesy of Captain Yellow Grin. Look up some pictures of these oral appearance and health problems. Choose a single problem, like stained teeth, oral cancer, or another problem, and print or photocopy the picture. Next, on the handout, draw a comic strip that shows a teen or a group smoking cigarettes or using chewing tobacco. Have Captain Yellow Grin appear and show the students what their futures might hold. Cut out your picture and stick it in there in the space provided. Finally, draw an ending with the students and Captain Yellow Grin.

Extensions:

1. In a paragraph, describe the image you used in the comic strip. What problem does it show? How do people get this problem? Can they get rid of it? How does it affect their lives?
2. In another paragraph, discuss how your classmates view this problem? Is it even on their radar? Do you think that they think about the possibility that this will happen to them? If not, why do you think that's so?



Bright Smile How-To

Objectives:

Students will:

- Verify their knowledge of oral hygiene and protection
- Learn about problems that can affect the mouth and teeth, as well as how and when to get help

Materials:

- Pen and paper

Class Time:

45 minutes

Activity:

Everyone wants to have a good-looking smile. How do you make that happen? Learn as much as you can about good oral health and hygiene, and pass it along! Create a handout called “Bright Smile How-To.” On a sheet of paper, write these headings and list the info your classmates need in bullet points beneath each one:

- **Five tips for a healthy mouth and teeth.** Include brushing and eating habits. If there’s room, you might add a tip about sports safety.
- **What can go wrong?** Briefly explain common problems like canker sores, herpes blisters, and cold sores. Tell people what they should do about them, whether the answer is an over-the-counter medication or a trip to the doctor.
- **Should you see a dentist?** Name a few problems that require a trip to the dentist, and tell students how frequently they should schedule checkups. Many people do not have dental insurance, so be sure to tell your peers that if they don’t have insurance, they must talk to a doctor or the school nurse if they have a problem. It’s important to get any problem checked out.

Reproducible Materials

Handout: Captain Yellow Grin

KidsHealth.org/classroom/9to12/body/parts/teeth_handout1.pdf

Quiz: Mouth and Teeth

KidsHealth.org/classroom/9to12/body/parts/teeth_quiz.pdf

Answer Key: Mouth and Teeth

KidsHealth.org/classroom/9to12/body/parts/teeth_quiz_answers.pdf



Name:

Date:

Captain Yellow Grin

Instructions: Look up some pictures of oral health problems related to smoking or chewing tobacco. Choose one, like stained teeth or oral cancer, and print or photocopy the picture. Next, draw a comic strip showing a teen or teens using tobacco. Have Captain Yellow Grin appear and show them what their future might hold. Glue your picture in the space provided. Finally, draw an ending with Captain Yellow Grin.

A comic strip template consisting of three large, rounded rectangular panels. The middle panel contains a grey rectangular area with a white outline of a tooth. Inside the tooth outline, the text "Glue your picture here." is written. A black arrow points from the left panel to the middle panel, and another black arrow points from the middle panel to the right panel.



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. The mouth is lined with:
 - a. mucous membranes
 - b. salivary glands
 - c. lymph glands
 - d. cilia

2. In the back of your mouth, you might see:
 - a. your tonsils
 - b. a pharynx
 - c. the uvula
 - d. all of the above

3. A set of adult teeth includes _____ teeth.

4. Teeth have three layers:
 - a. dentin, cementin, and pulp
 - b. dentin, pulp, and bone
 - c. enamel, dentin, and pulp
 - d. enamel, cementin, and pulp

5. Gingivitis (red or bleeding gums):
 - a. is caused by a person's genes
 - b. can lead to periodontitis, which makes teeth loose and sometimes fall out
 - c. can be avoided with fluoride treatments
 - d. is no cause for concern

6. Overbite, underbite, and crowding are known as:
 - a. malocclusion
 - b. tooth decay
 - c. impaction
 - d. periodontitis

7. Smoking contributes to:
 - a. stained teeth, bad breath, and wrinkles
 - b. gum disease and tooth loss
 - c. oral cancers
 - d. all of the above



Quiz Answer Key

- The mouth is lined with:
 - mucous membranes
 - salivary glands
 - lymph glands
 - cilia
- In the back of your mouth, you might see:
 - your tonsils
 - a pharynx
 - the uvula
 - all of the above
- A set of adult teeth includes 32 teeth.
- Teeth have three layers:
 - dentin, cementin, and pulp
 - dentin, pulp, and bone
 - enamel, dentin, and pulp
 - enamel, cementin, and pulp
- Gingivitis (red or bleeding gums):
 - is caused by a person's genes
 - can lead to periodontitis, which makes teeth loose and sometimes fall out
 - can be avoided with fluoride treatments
 - is no cause for concern
- Overbite, underbite, and crowding are known as:
 - malocclusion
 - tooth decay
 - impaction
 - periodontitis
- Smoking contributes to:
 - stained teeth, bad breath, and wrinkles
 - gum disease and tooth loss
 - oral cancers
 - all of the above