



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
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- 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 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](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Teeth are those enamel-coated wonders that help us chew, talk, and smile! Unfortunately, many of your students might not know how to care for their pearly whites properly. The following discussion questions and activities will help your students learn more about teeth and the mouth as well as gain insight into the importance of dental health.

## Related KidsHealth Links

### Articles for Kids:

#### The Truth About Teeth

[KidsHealth.org/kid/body/teeth\\_noSW.html](http://KidsHealth.org/kid/body/teeth_noSW.html)

#### Taking Care of Your Teeth

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

#### Stick Out Your Tongue and Say Aah!

[KidsHealth.org/kid/body/tongue\\_noSW.html](http://KidsHealth.org/kid/body/tongue_noSW.html)

#### What's a Cavity?

[KidsHealth.org/kid/talk/qa/cavity.html](http://KidsHealth.org/kid/talk/qa/cavity.html)

#### Going to the Dentist

[KidsHealth.org/kid/feel\\_better/people/go\\_dentist.html](http://KidsHealth.org/kid/feel_better/people/go_dentist.html)

## Discussion Questions

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

1. What do our teeth help us to do? What would happen if we didn't have any teeth?
2. How do you take care of your teeth? What could happen if you don't take care of your teeth?
3. Describe what it's like to go to the dentist. What does the dentist do? How does it feel? Why is it important to go?



## Activities for Students

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

### Mouth Self-Portrait

#### Objectives:

Students will:

- Use a mirror to look inside their mouths
- Draw a detailed picture of their teeth, tongue, and gums

#### Materials:

- Mirror
- Mouth Mirror handout (available at: [KidsHealth.org/classroom/prekto2/body/parts/teeth\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/body/parts/teeth_handout1.pdf))
- Art supplies (crayons, markers, colored pencils)

#### Class Time:

40 minutes

#### Activity:

Your mouth is important - it helps you talk with your friends, chew your favorite foods, and sing along with the radio! Using a mirror, take a good look inside your mouth. Can you see your gums, your tongue, and your teeth? Great! Now you're going to draw a picture of what you see in your mouth. Make sure to put in the correct number of teeth, and draw them as they really look. Are they pointy or flat? Wide or narrow? What shape is your tongue? What color is it? How do your gums look? What color are they? When you're all finished drawing, compare your picture with a friend's picture. How are the pictures similar and different?

#### Extensions:

1. As a class, make a bar graph showing how many teeth each person has. Describe your graph. What is the smallest number of teeth on your graph? How many people have the smallest number of teeth? What is the largest number of teeth on your graph? How many people have the largest number of teeth? How many teeth do most of your classmates have?
2. You know that brushing your teeth is important, but sometimes you just don't feel like it. Maybe if you had the coolest toothbrush in the world you wouldn't mind! If you could design your own toothbrush, what would it look like? What would it be able to do? Tell about your toothbrush and how it works, using words and pictures.
3. If you had to teach someone how to brush his or her teeth, how would you do it? Using a stuffed animal and a toothbrush, explain the steps in brushing. Make a chart using pictures to show the steps in tooth brushing.



## Foods for Healthy Teeth

### Objectives:

Students will:

- Learn why sugary foods can be harmful to teeth
- Identify foods that can cause cavities and tooth decay

### Materials:

- Supermarket advertisements and magazines with pictures of food
- Scissors
- Glue
- Healthy Teeth handout (available at: [KidsHealth.org/classroom/prekto2/body/parts/teeth\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/body/parts/teeth_handout2.pdf))

### Class Time:

40 minutes

### Activity:

Brushing and flossing are great ways to take care of your teeth, but what else can you do? You can avoid eating sugary foods. Sugar can hurt your teeth, causing tooth decay and cavities. You can make a poster that shows foods that keep your teeth healthy, like crunchy apples, and foods that can hurt your teeth, like sugary soda. Look through supermarket advertisements and magazines, and cut out pictures of foods. Sort your pictures into two groups: foods that make your mouth happy and foods that can make your mouth sad. Glue your pictures on the Healthy Teeth handout on the correct side. Hang up your poster to help you remember to eat foods that keep your mouth happy!

### Extensions:

1. Tell a friend about how you take care of your teeth. Then, with your friend's help, think of one way that you could do a better job of taking care of your teeth. Record your idea in words or pictures. How are you going to meet your goal? Do you need an adult's help to meet your goal?
2. Dentists are doctors who take care of your teeth. Invite a dentist to your class for a visit. Have him or her bring the tools that dentists use and describe what it's like to go for a visit. After the dentist leaves, write a thank-you note to him or her, including one new fact that you learned during the class visit.

## Reproducible Materials

### Handout: Mouth Mirror

[KidsHealth.org/classroom/prekto2/body/parts/teeth\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/body/parts/teeth_handout1.pdf)

### Handout: Healthy Teeth

[KidsHealth.org/classroom/prekto2/body/parts/teeth\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/body/parts/teeth_handout2.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Mouth Mirror

Instructions: Using a mirror, take a good look inside your mouth. Then, draw a picture of your mouth. Make sure to show the correct number of teeth, and draw them as they really look - pointy or flat, wide or narrow. Don't forget to show your tongue and gums!





Name: \_\_\_\_\_

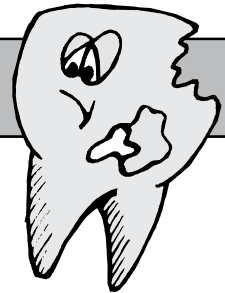
Date: \_\_\_\_\_

## Healthy Teeth

Instructions: Glue your pictures of foods that can make teeth happy on the left side of this sheet. Your pictures of foods that can make teeth sad should go on the right.



Foods That Can  
Make Teeth Happy



Foods That Can  
Make Teeth Sad