



HASTINGS PRINCE EDWARD
Public Health

**Grade 1 – Oral Health Curriculum
Support Package**

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hpePublicHealth.ca

Purpose of this Resource

The purpose of this guide is to provide teachers and schools with resources to integrate oral health education in classrooms and to assist school teachers, vice-principals and principals with the enhancement of student learning and achievement by improving teaching practices.

Hastings Prince Edward Public Health has created the following Grade 1 oral health module to align with the Ontario Curriculum, Grades 1-8: Health and Physical Education, Interim Edition (re-issued 2018). We would like to acknowledge Ontario Association of Public Health Dentistry (OAPHD) and Ontario Public Health Units who worked on the original version.

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Objectives:

By the end of Grade 1, students will:

Healthy Eating :

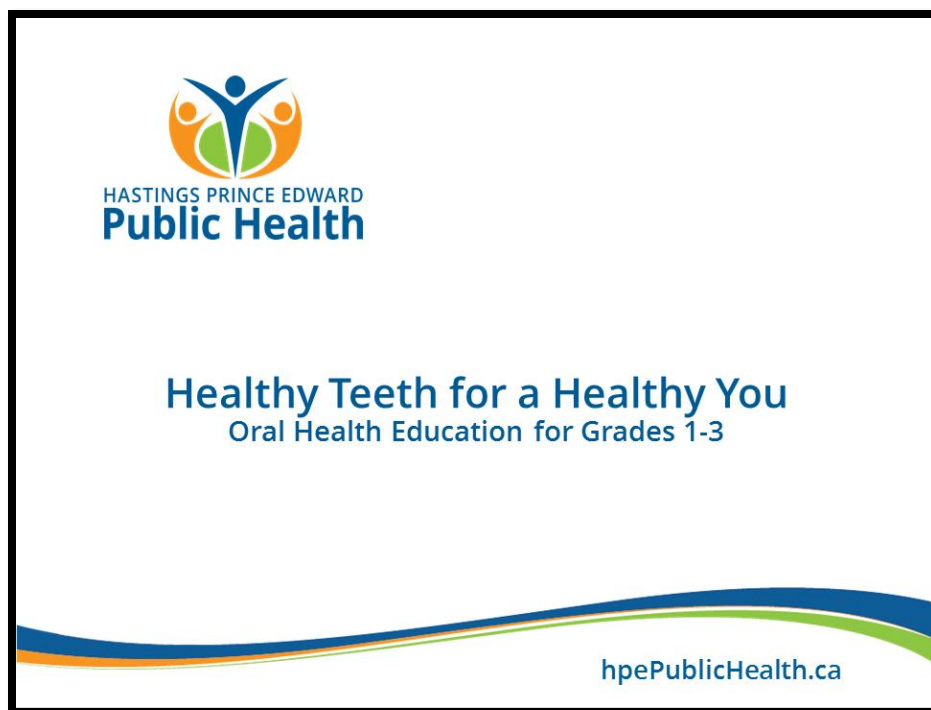
C1.1 explain why people need food to have healthy bodies (e.g., food provides energy for the healthy growth of teeth, skin, bones, muscles, and other body components).

Interactive Activities:

Activity 1: Teacher PowerPoint Presentation

Time: ~ 20 minutes

Click on the picture below for the “Healthy Teeth for a Healthy You” PowerPoint presentation, or go to <https://www.hpepublichealth.ca/wp-content/uploads/2019/12/Primary-Grades-1-3-1.pptx>



Everyday or Sometimes?

Mark an "X" if the food/drink item is an everyday or sometimes food, as it relates to the health of your teeth.



Everyday _____

Sometimes _____



Everyday _____

Sometimes _____



Everyday _____

Sometimes _____



Everyday _____

Sometimes _____



Everyday _____

Sometimes _____



Everyday _____

Sometimes _____



Everyday _____

Sometimes _____



Everyday _____

Sometimes _____



Everyday _____

Sometimes _____



Everyday _____

Sometimes _____



Everyday _____

Sometimes _____



Everyday _____

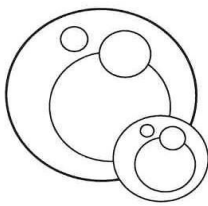
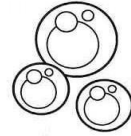
Sometimes _____



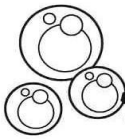
Everyday _____

Sometimes _____

2
for 2



is what
you do!



Brush
your teeth

2 times
each day

for

2 minutes
each time

Sponsored by:
The Ontario Association Of Public Health Dentistry

Something's Missing

All the vowels (a, e, i, o, u) are missing from these dental words.
How many can you complete in two minutes?
(The answers are at the bottom of the page.)

br _ sh

j _ w s

c _ v _ ty

m _ _ th

ch _ w

m _ _ th g _ _ rd

cl _ _ n

n _ tr _ t _ _ n

d _ c _ y

pl _ q _ _

d _ nt _ st

t _ _ th br _ sh

fl _ s s

sm _ l _

fl _ _ r _ d _

t _ _ th

f _ _ d

t _ _ th p _ st _

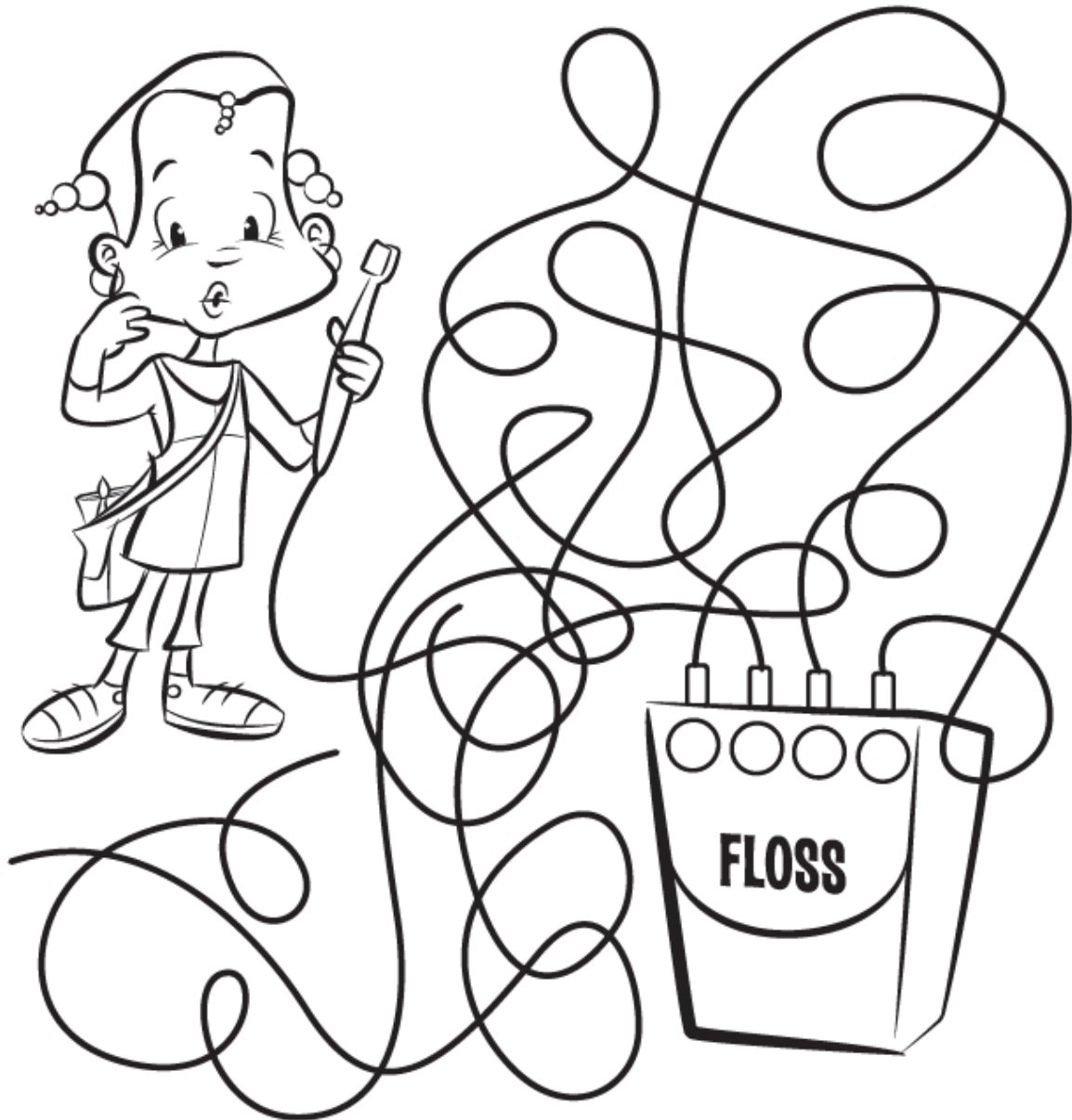
g _ m s

X - r _ y

Answers: brush cavity, chew, clean, decay, dentist, floss, fluoride, food, gums, jaws, mouth, mouthguard, nutrition, plaque, toothbrush, smile, tooth, toothpaste, X-ray

What a Tangle!

Can you follow the cord to see which one is connected to Gen's microphone?
Put an X in the button to turn it on.



Activity 6: Video - Tooth Adventure

Time: ~ 8 minutes

Geena's Tremendous Tooth Adventure –

Video featuring an animated story about Geena the giraffe who goes on an adventure during which she learns about the importance of good oral health. This short-animated video highlights the importance of taking care of our teeth and how to take care of them especially as new adult teeth grow in.

www.youtube.com/watch?v=C8bFKV4BL6o

www.youtube.com/watch?v=OGcUSsbPsQQ



Activity 7: Video – A Visit to the Dentist

Time: ~ 7 minutes

Dudley Visits the Dentist

Key Message

Your dentist is a friendly doctor who will help your teeth stay healthy and strong.

https://www.youtube.com/watch?v=TkSQCYl_rfY



Classroom Discussion:

Why it is important to visit your dentist. What is a dentist?

- A doctor who takes care of teeth and mouths.

How many of you have visited your dentist? Why is it important to visit the dentist?

- To make sure your teeth stay healthy and strong.

The dentist's office. What interesting things did you see in your dentist's office?

- Discuss answers, which might include the exam chair, special light, special tools, dental mask and gloves, etc. There are all sorts of interesting things in the dentist's office. The special chair moves up and down so that people of different sizes can sit in it, and the dentist can see easily into all their mouths. The light helps your dentist see into mouths, too. Your dentist also has some other special things in the office. The little mirror lets your dentist see your back teeth; the "feeler" tool helps the dentist count your teeth; the x-ray machine takes pictures of the insides of your teeth; the bib protects your clothing; and there is even a little hose to spray water into your mouth.

The dental team. What other people might you see at your dentist's office? Who else works there?

- Receptionist, dental assistant, dental hygienist. The receptionist works at the desk and greets you when you come in. The dental assistant helps the dentist by getting the exam room ready. The dental hygienist also helps the dentist and may clean your teeth with special cleaners.

The dental exam. What is your dentist looking for when checking your teeth?

- [Get several answers.] Yes, your dentist looks for many things. Your dentist counts your teeth, sees if you are brushing properly, checks to make sure your teeth are growing the correct way, and looks for cavities. Your dentist also checks your tongue, gums and the inside of your mouth to make sure they are healthy, too! If you have any questions about your teeth or how to take care of them, ask your dentist. Your dentist is a friendly doctor who wants you to have healthy and clean teeth.

Summary: The dentist is our partner in caring for our teeth.



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