



HASTINGS PRINCE EDWARD  
**Public Health**

## **Grade 2 – Oral Health Curriculum Support Package**

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### 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 2 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 2, students will:

### *Personal Skills (PS)*

1.1 use self-awareness and self-monitoring skills to help them understand their strengths and needs, take responsibility for their actions, recognize sources of stress, and monitor their own progress, as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living (e.g., **Active Living:** monitor their body's response to physical activity; **Movement Competence:** after jumping, consider what they did well as they tried to land in a stable position, and what they could do better; **Healthy Living:** complete a checklist to monitor their daily care of their teeth)

C2.1 use Canada's Food Guide to assess the nutritional value of meals, and identify food and beverage choices that enhance healthy growth and development

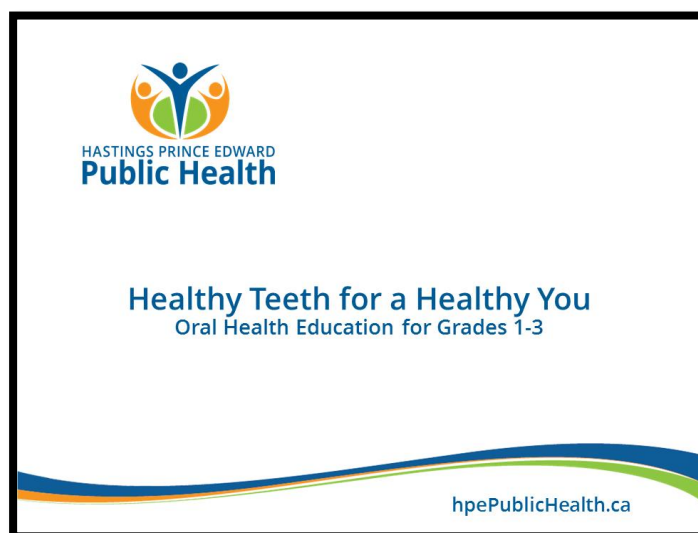
C2.2 demonstrate an understanding of how to make healthy food choices for meals and snacks, considering the factors they can and cannot control (e.g., the food that's available in the home; the food that's available when eating out; energy needed at different times of day; allergies; food guidelines associated with medical conditions such as diabetes or celiac disease; food safety related to food preparation, storage, handling, and cleanliness)

## 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>



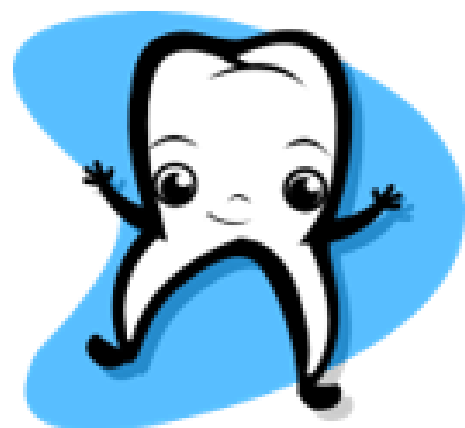
## Activity 2: Word Search

Time: ~ 15 minutes

U S O E E N F N V T E Q O J P O  
O G F O E M A M L H G O E R F S  
R P S L W E O I D E N T I S T T  
I M M F D E C K W I L O Z Y E N  
B U C I I M O T C Y I O H L L L  
X H T I T H M C A V I T Y I H X  
K I O S V T T C G E L H B B M E  
O E O E F S E E F A B B S Z L Z  
L I S H N D S C E L X R O I A G  
E D E E N C H H M T O U M S Q E  
K H N C S N U E L R H S U G A R  
E E K M A R X C F E J H S U N E  
X U E O A M I K R A A H B M W M  
S E N T O N G U E N A F D S S E  
B C Y A L D E P C M R H E Z S H  
E L T O K P J X Z U L I E M G S

### Find the following words:

teeth	floss
toothbrush	decay
dentist	gums
tongue	smile
sugar	healthy
cavity	checkup



### Activity 3: Brushing Log

#### Dear Parent:

Establishing a regular toothbrushing routine is a step to good oral health.



#### Tooth Tips





























- Choose a toothbrush that is the right size for your child's mouth. It is easier to move around the teeth and reach all areas.
- Replace their toothbrush as soon as the bristles start to flare and flatten out.
- A "pea-sized" amount of fluoridated toothpaste is all that is needed.
- Children need help brushing and flossing until they are around age 9.



### 's Brushing Log

*child's name*

For the next month, **colour** the proper square on the calendar each day when you brush morning and night.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b> 						
<b>Week 2</b> 						
<b>Week 3</b> 						
<b>Week 4</b> 						

**The Plaqster is all about defeating Monster Mouth,  
but it takes some monster-sized equipment!  
Connect the dots to see what The Plaqster  
uses 2 minutes, 2 times a day for good oral health!**



**The Plagster, Den and Buck are sure having fun! You can join in.  
Can you find 25 differences between the two pictures?**





# Tooth Decay Matching Sheet

Use a line to match the picture to the corresponding word



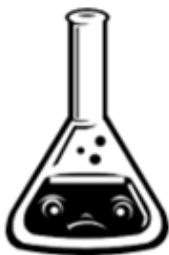
Plaque



Acid



Cavity (decay)



Sugar



Tooth



## 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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