



HASTINGS PRINCE EDWARD
Public Health

**Grade 3 – 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 3 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.

For More Information:

Hastings Prince Edward Public Health
179 North Park Street
Belleville, Ontario K8P 4P1
Tel: 613-966-5500 ext. 680
Toll-free: 1-800-267-2803 ext. 680
Fax: 613-966-4363
hpePublicHealth.ca

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Objectives:

By the end of Grade 3, students will:

Healthy Eating

C2.1 demonstrate an understanding of the importance of good oral health to overall health and assess the effect of different food choices on oral health.

Teacher prompt: “Problems with teeth or gums can be painful, can make it difficult to eat, and can affect our appearance. Oral health problems can also contribute to health problems that affect other parts of the body, like the heart, lungs, and digestive system. We can keep our teeth healthy by brushing and flossing and going to the dentist for regular checkups. Being careful about what we eat can also help. What kinds of foods should you limit? What could you eat instead?”

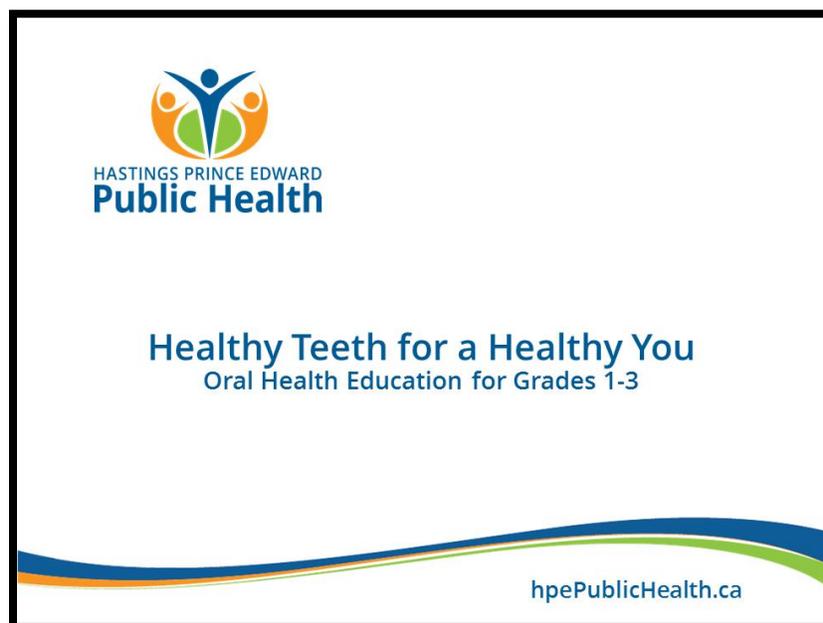
Student: “I should limit the amount of sugary foods that I eat, especially those like sticky popcorn or candy apples that stick to your teeth. I can eat apples without the candy coating instead, or a piece of cheese, or vegetables such as carrots or radishes.”

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 <http://www.hpepublichealth.ca/sites/default/files/Primary%20-%20Grades%201-3.pptx>



Activity 2: Every Day Foods Scramble

Time: ~ 15 minutes

eesche	_____
teebvgalse	_____
deess	_____
eplpa	_____
nlpai rtgouy	_____
thealyh	_____
etteh	_____
tarwe	_____

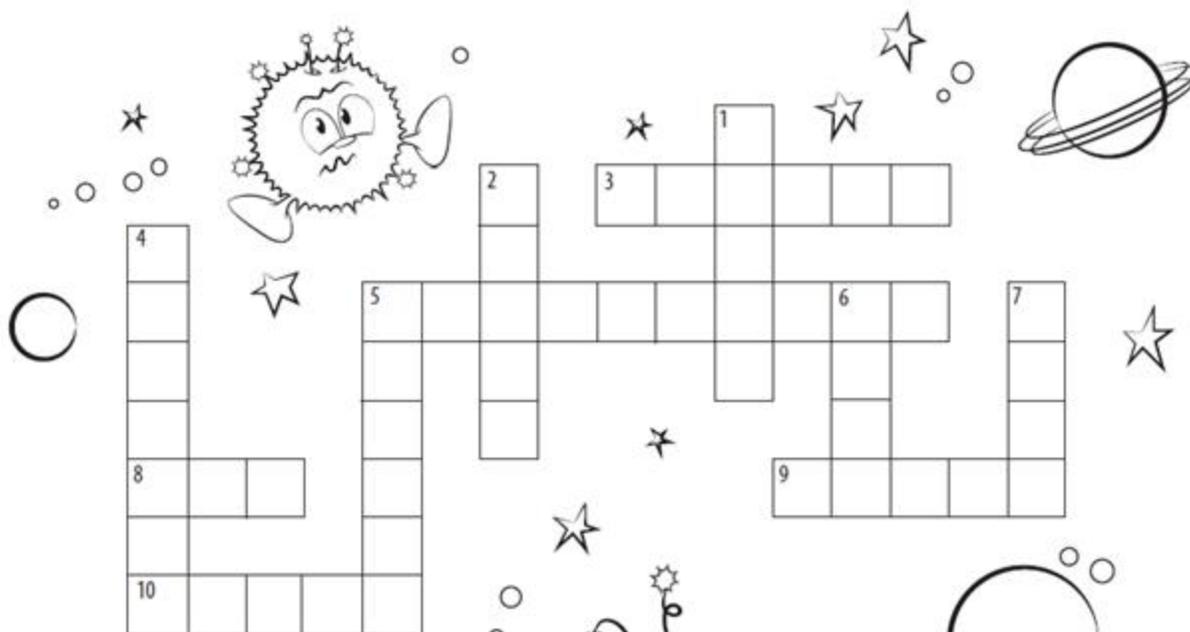
List:

apple
plain yogurt
vegetables

cheese
seeds
water

healthy
teeth

This crossword is out of this world! Use the words in the list to complete the puzzle!



ACROSS

- 3. Eat lots of vegetables and _____
- 5. Use a _____ to clean your teeth.
- 8. Visit your dentist _____ times a year.
- 9. For a healthy smile don't eat a lot of _____.
- 10. Another word for grin.

DOWN

- 1. Don't forget to wear a mouth _____ when playing sports.
- 2. Use _____ to clean between your teeth.
- 4. Brush your teeth two _____ two times a day.
- 5. When you brush your teeth, don't forget to brush your _____.
- 6. Better to have a drink of water when you're thirsty than _____.
- 7. Your first teeth are called _____ teeth.



DOWN: 1. GUARD; 2. FLOSS; 3. TOOTHBRUSH; 4. TWO; 5. CANDY; 6. SMILE
ACROSS: 7. BABY; 8. MINUTES; 9. SODA; 10. SMILE

Activity 4: 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

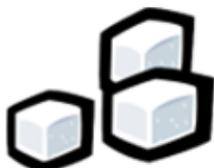
child's name

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

Sunday	Monday	Tuesday	Wednesda y	Thursday	Friday	Saturday
Week 1 						
Week 2 						
Week 3 						
Week 4 						

Tooth Decay Matching Sheet

Use a line to match the picture to the corresponding word



Plaque



Acid



Cavity (decay)



Sugar



Tooth

Mouthguard



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



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 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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