



HASTINGS PRINCE EDWARD
Public Health

**Grade 4 – Oral Health Curriculum
Support Package**

Prepared: August 2019

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 4 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 4, students will:

Healthy Eating

C1.1 identify the key nutrients (e.g., fat, carbohydrates, protein, vitamins, minerals) provided by foods and beverages, and describe their importance for growth, health, learning, and physical performance

C3.1 identify ways of promoting healthier food choices in a variety of settings and situations (e.g., school, arena, recreation centre, stores, food courts, special events; when camping, having a snack or meal at a friend's house, eating on weekends versus weekdays)

Substance Use, Addictions, and Related Behaviours

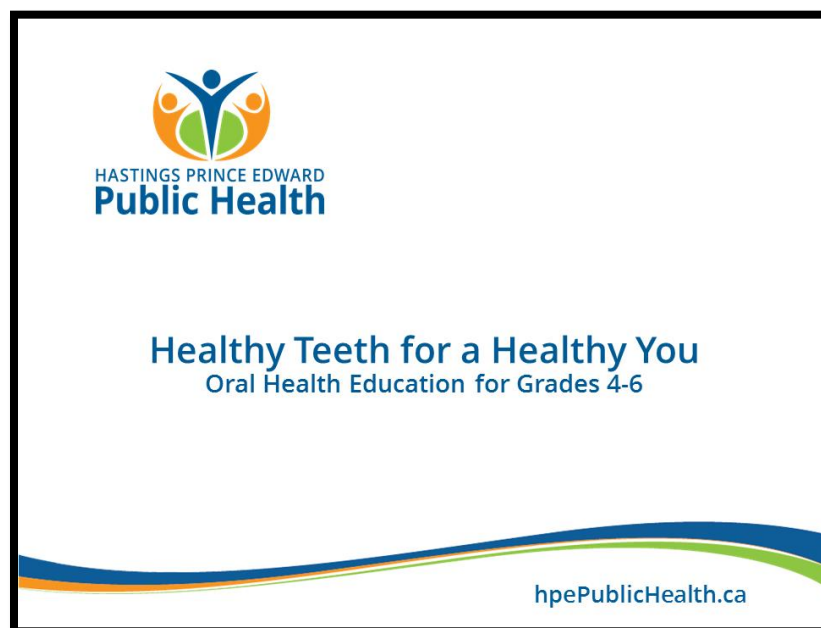
C3.2 describe the short and long-term effects of first and second-hand smoke on smokers and on people around them

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/Junior-Grades-4-6-1.pptx>



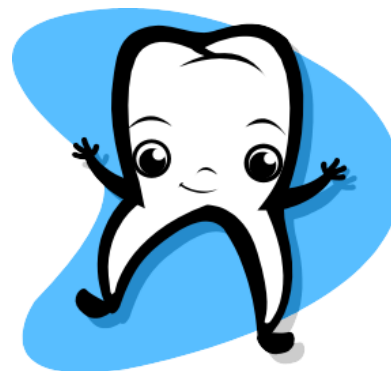
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lmki	_____
seehce	_____
sminvati	_____
racso tr	_____
gesg	_____
prpshhoous	_____
sihf	_____

List:

calcium
eggs
Orange
vitamins

carrots
fish
phosphorus

cheese
milk
teeth



Look at the label

Nutrition information on food labels...

- Helps you make informed food choices
- Helps you follow Canada's Food Guide
- Is required on most packaged foods
- Is based on Health Canada's regulations



Nutrition claims

There are two types of nutrition claims:

- 1) Nutrient content claims** tell you about one nutrient such as sodium, fat or sugar.
- 2) Health claims** tell you how your diet can affect your health.

Nutrition Facts table

The Nutrition Facts table provides you with information on the Calories and 13 nutrients for the serving size shown.

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 5 mg	0 %
Carbohydrate 17 g	6 %
Fibre 3 g	12 %
Sugars 14 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 0 %	Iron 4 %



Fact Sheet #1

www.healthyeatingisinstore.ca



ADVISORY COMMITTEE:

- Canadian Council of Food & Nutrition
- Canadian Council of Grocery Distributors
- Canadian Home Economics Association
- Canadian Public Health Association
- Consumers' Association of Canada
- Food and Consumer Products of Canada
- Heart and Stroke Foundation of Canada
- Health Check™ Program
- Kraft Canada Inc.
- Shop Smart Town Inc.



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Activity 4: Brushing Log

Dear Parent:

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



Tooth Tips





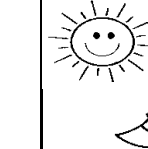
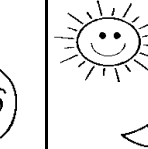
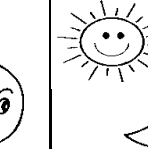



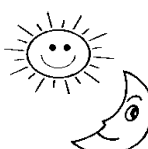
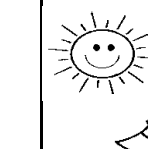
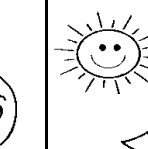
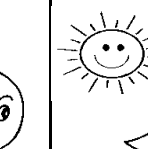




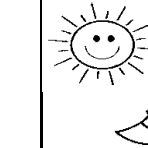
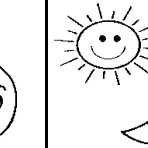
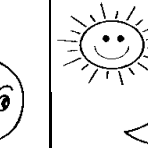



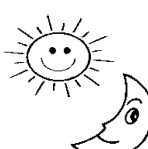
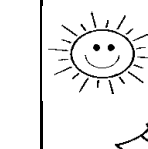
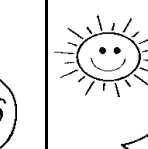
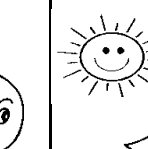
- Choose a toothbrush that is the right size for your child's mouth. It is easier to move around the teeth and reach all areas.
- Replace their toothbrush as soon as the bristles start to flare and flatten out.
- A "pea-sized" amount of fluoridated toothpaste is all that is needed.
- Children need help 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	Wednesday	Thursday	Friday	Saturday
Week 1 						
Week 2 						
Week 3 						
Week 4 						

Teeth to Treasure!

Word Search

See how many words you can find in 20 minutes!
 Words go across, up, down, and diagonal.

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

CAVITY	FLOSS	GUMS	PLAQUE	TOOTH
DAILY	FLUORIDE	MEAT	SEALANT	TOOTHBRUSH
DENTIST	FRUIT	MILK	TOBACCO	TOOTHPASTE
ENAMEL	GRAINS	MOUTHGUARD	TONGUE	VEGETABLES

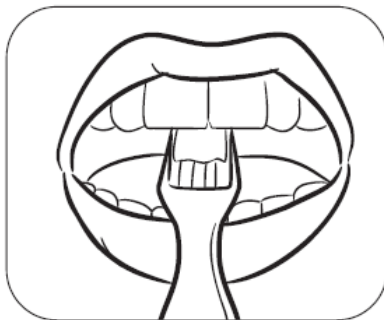
How to Brush



- Place the toothbrush at a 45-degree angle to the gums.



- Move the brush back and forth gently in short strokes.



- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



- Brush your tongue to remove bacteria and keep your breath fresh.

How to Floss



- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.



- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



- Floss all your teeth. Don't forget to floss behind your back teeth.



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