

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 5 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 5, students will:

Healthy Eating

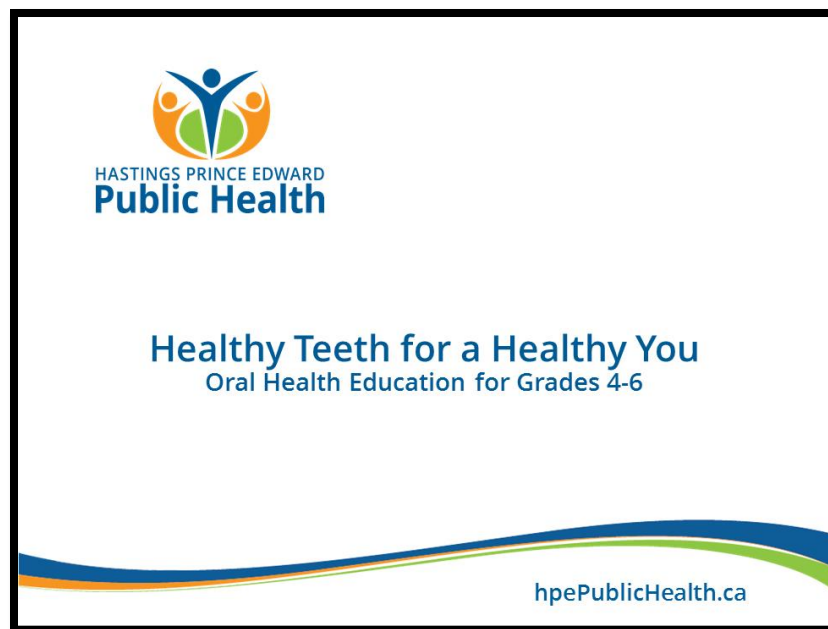
C2.1 explain how to use nutrition facts tables and ingredient lists on food labels to make healthier personal food choices

Interactive Activities:

Activity 1: Teacher PowerPoint Presentation

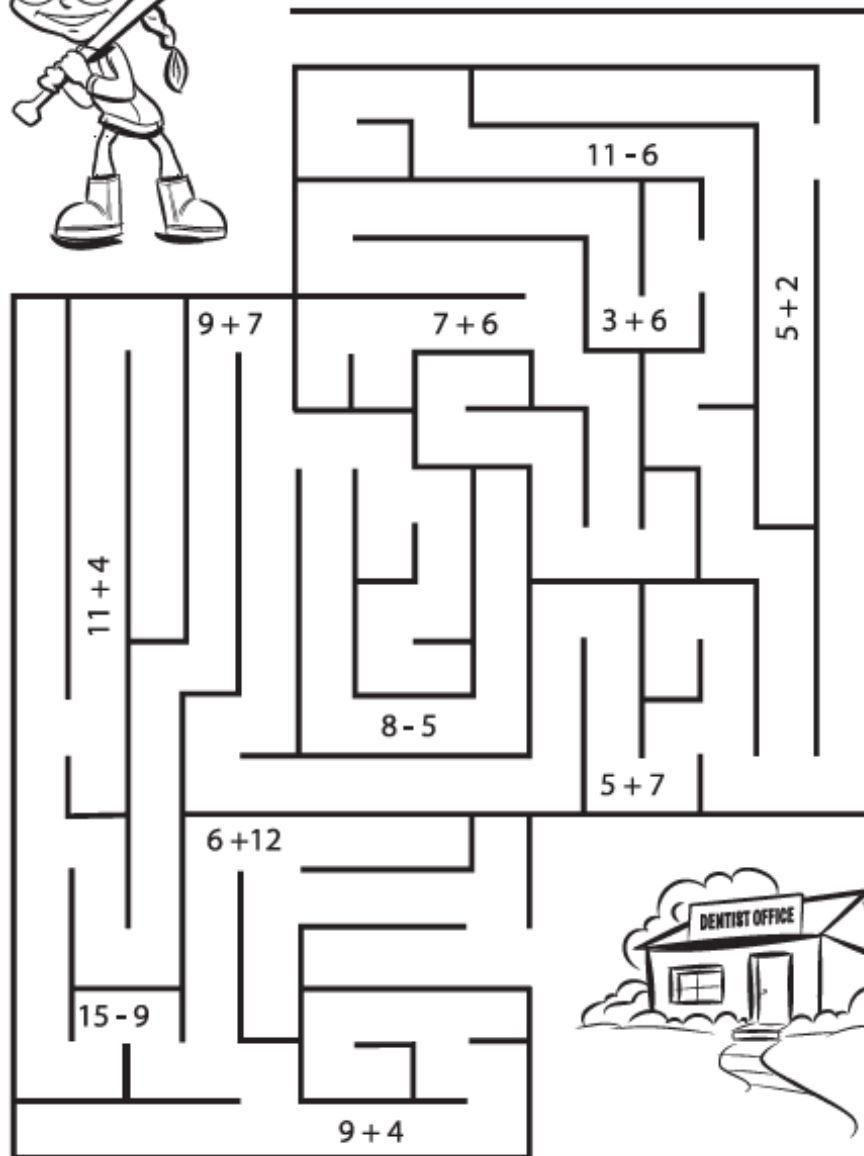
Time: ~ 20 minutes

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/Junior%20-%20Grades%204-6%20formatted.pptx>



Math Maze

Flossy needs to visit the dentist to get a mouthguard to play her favorite sport at school - baseball! Help her find her way! Do the math problems along the paths. If your answer is an even number, you're on the right path. If it's off, better turn back.



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.



A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer.

Ingredients:
Pears, pear juice

Nutrition Facts table

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

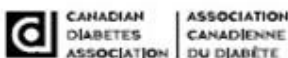
Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 5 mg	0 %
Carbohydrate 17 g	6 %
Fibre 3 g	12 %
Sugars 14 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 0 %	Iron 4 %

Ingredient list
The ingredient list tells you what ingredients are in a packaged food.



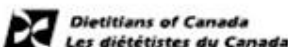
Fact Sheet #1

www.healthyeatinginstore.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





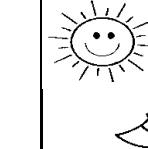
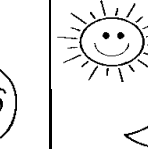
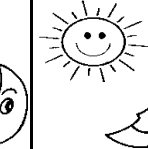



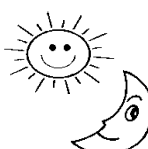
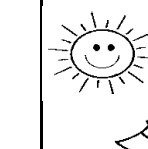
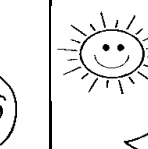
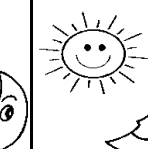




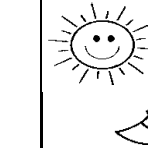
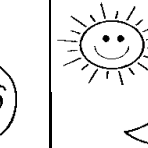
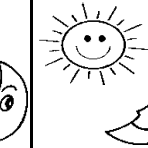



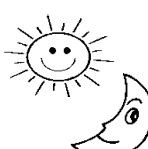
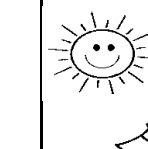
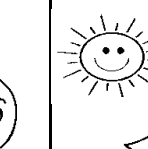
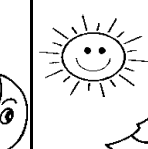
- Choose a toothbrush that is the right size for your child's mouth. It is easier to move around the teeth and reach all areas.
- Replace their toothbrush as soon as the bristles start to flare and flatten out.
- A "pea-sized" amount of fluoridated toothpaste is all that is needed.
- Children need help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

Word Search

To have a sparkling smile, it helps to choose every day foods more often than sometimes foods.

Can you find all the hidden words? Circle the every day foods in one colour, and the sometimes foods in another colour.

They can be up, down, diagonal, backward, and forward!

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



- | | |
|---------------|--------------|
| TURKEY | ALMONDS |
| PEANUT BUTTER | APPLE |
| STRAWBERRIES | AVOCADO |
| CARROTS | LETTUCE |
| BANANAS | ORANGE JUICE |
| MILK | TOMATO |
| CHEESE | YOGURT |
| GRAPES | BREAD |
| CELERY | WATERMELON |
| BLUEBERRIES | ORANGE |

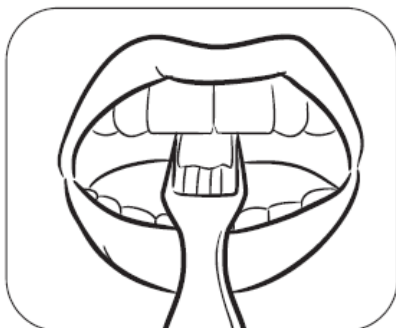
How to Brush



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



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



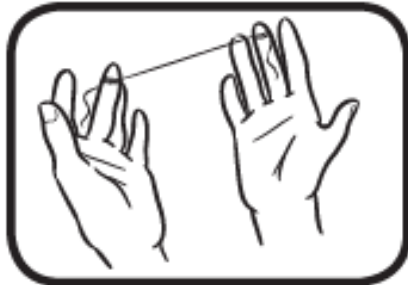
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.

- 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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