



HASTINGS PRINCE EDWARD
Public Health

**Grade 6 – 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 6 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 6, students will:

Healthy Eating

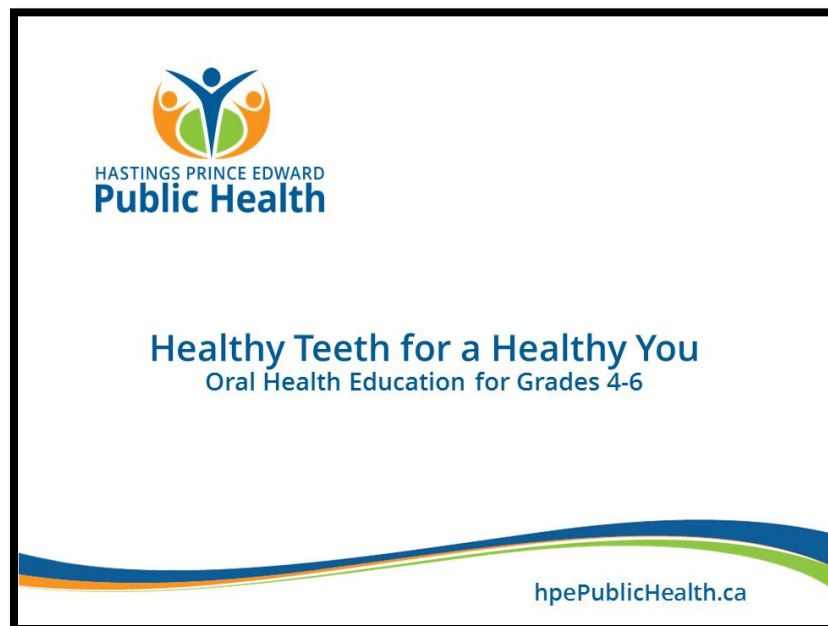
C2.1 apply their knowledge of medical, emotional, practical, and societal factors that influence eating habits and food choices (e.g., allergies and sensitivities, likes and dislikes, dental health, food availability, media influences, cultural influences, influence of family and friends, school food and beverage policies, environmental impact, cost) to develop personal guidelines for healthier eating

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>



Activity 2: 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!

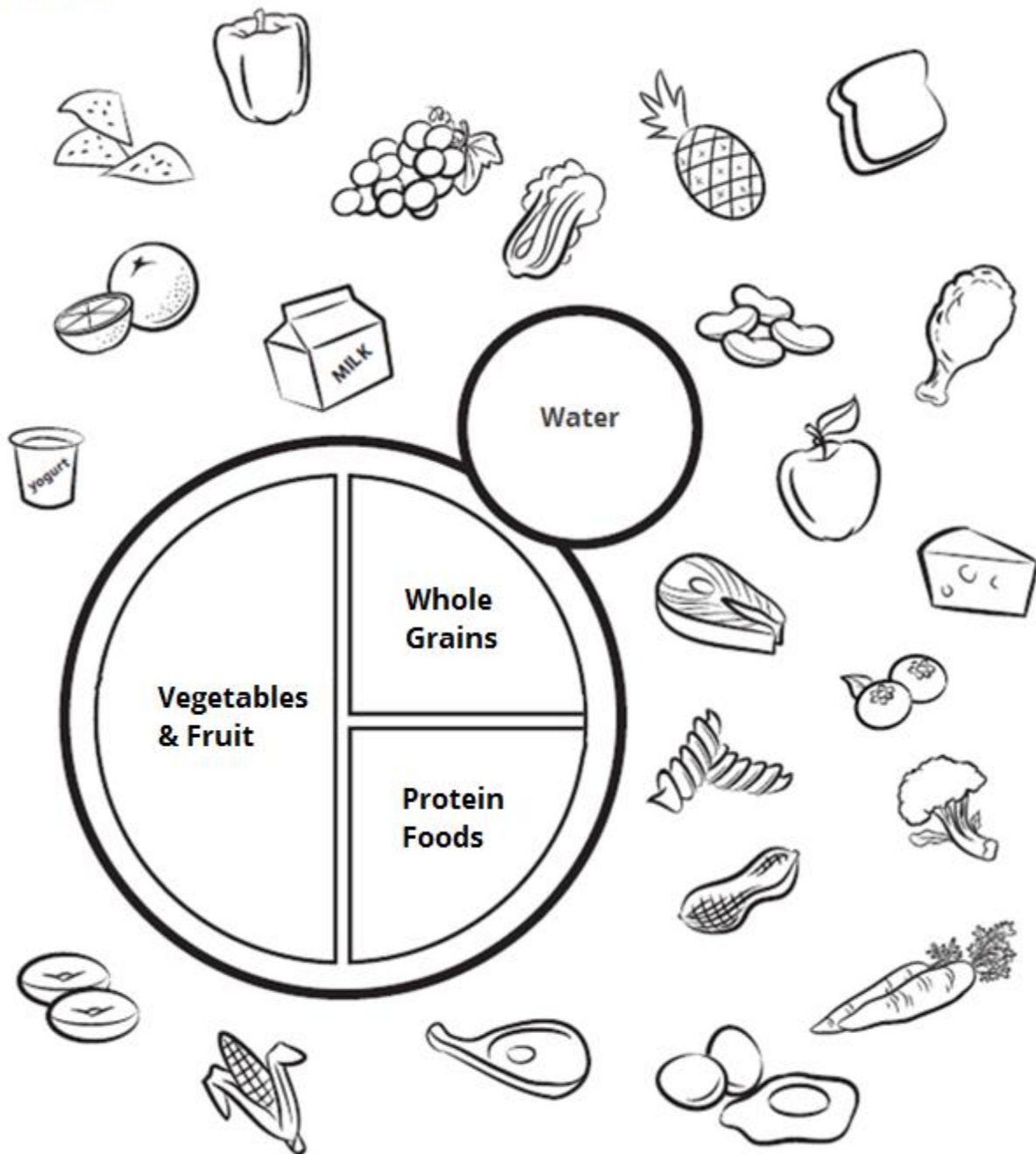
O K O R A N G E E M W N R O S
 R L B R E A D S H A U S Q C T
 A I Z T S L T I T D C A P E R
 N M Y A Q O J E G B D N R L A
 G R E T R Y R K V A S A E E W
 E F P R G M F O N E K N T R B
 J S A Z E U A B I Y L A T Y E
 U C M L P L C R E J A B U Z R
 I Y O E M V R K E S V I B O R
 C N X O W E R Y C E O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



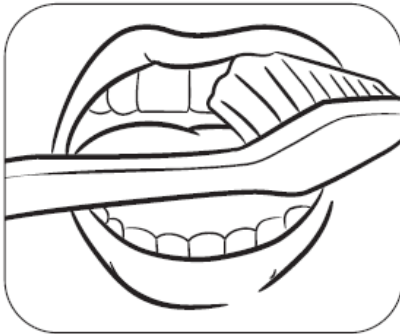
- | | |
|---------------|--------------|
| TURKEY | ALMONDS |
| PEANUT BUTTER | APPLE |
| STRAWBERRIES | AVOCADO |
| CARROTS | LETTUCE |
| BANANAS | ORANGE JUICE |
| MILK | TOMATO |
| CHEESE | YOGURT |
| GRAPES | BREAD |
| CELERY | WATERMELON |
| BLUEBERRIES | ORANGE |

Fuel Your Healthy Smile!

Fuel your healthy smile by eating well! Draw a line from the food items to where they belong on the plate. Choose lots of veggies and fruit as well as whole grains and protein foods every day. Try to eat all the colours of the rainbow!



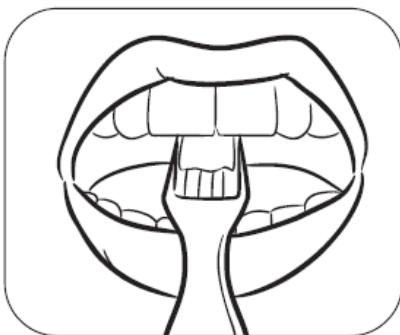
How to Brush



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



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

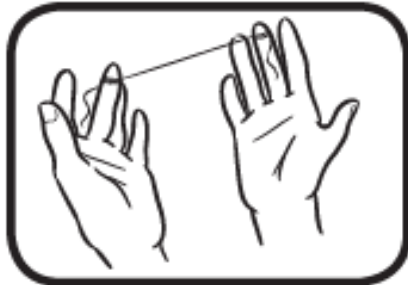


- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



- 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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