

Primary 6 & 7, Lesson Plan for Oral Health Talk

Length	Session Topic	What it involves	Visual Aids
3 min.	What do healthy teeth and gums look like?	<ul style="list-style-type: none"> • Clean and fresh breath. • No decay or fillings. • Teeth are yellowish white in colour. Celebrities with “white” teeth have normally had cosmetic treatment. • Gums are pink and don’t bleed when brushed. • Can be crooked. 	<i>Poster of healthy mouth.</i>
3 min	What happens to teeth and gums if not kept healthy?	<ul style="list-style-type: none"> • Tooth decay and fillings. • Toothache/tooth loss. • Dentures. • Gums disease – red puffy gums which bleed. • Breath may smell. • Smoking causes gum disease, stained teeth, bad breath, tooth loss and other diseases including mouth cancer. 	<i>Poster of unhealthy mouth.</i> <i>Acrylic dentures.</i>

1 min.	<p>What do we need to do to keep our mouths healthy? Key Messages.</p>	<ul style="list-style-type: none"> • Brush teeth twice daily with a fluoride toothpaste. • Avoid sugary snacks and drinks. • Limit sugary foods and drinks to mealtimes. • Reduce the frequency of all sugary/fizzy drinks. • Visit the dentist. 	
5 min	Toothbrushing .	<ul style="list-style-type: none"> • Invisible germs called bacteria live in mouth. Some of these bacteria form a sticky coating called plaque. • When you eat sugar, plaque turns it into acid which can attack the enamel that covers the tooth. • Plaque irritates the gums making them red, swollen and often bleed when brushed. • Brushing every morning and bedtime is needed to remove plaque. 	<p><i>Poster of disclosed plaque</i></p> <p><i>Small headed toothbrush and ask a pupil to place a pea sized amount of toothpaste on brush.</i></p> <p><i>Demonstrate brushing on large teeth with large brush, asking pupils to count to six as brush is moved round mouth to cover front, backs and tops of teeth.</i></p> <p><i>Two-minute timer to give pupils idea of length of</i></p>

		<ul style="list-style-type: none"> • A small headed brush with soft/medium bristles is best: some of you may have electric brushes which can be just as effective. • A pea sized blob of toothpaste is placed on the brush. • Toothpaste should contain an important ingredient called fluoride which keeps the enamel strong. • Place bristles where teeth and gums meet and brush pairs of teeth for 6 seconds in circular movements, then move to next pair. Scrub backwards and forwards on the tops of the teeth. It should take around 2 minutes to clean thoroughly. • Spit out paste, 	<p><i>brushing time.</i></p> <p><i>Well splayed toothbrush.</i></p>
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		<p>do not rinse the mouth.</p> <ul style="list-style-type: none"> • Don't stop if gums bleed, brush thoroughly and gums will become healthy. • Change toothbrush regularly or when bristles become splayed. 	
7 min.	Avoid Sugary snacks.	<ul style="list-style-type: none"> • When you eat sugary foods and drinks, plaque eats the sugar and turns it into acid. • Acid continues to affect teeth for between 20 mins and 2 hours before saliva rinses it away. The more times sugary snacks are eaten, the more acid plaque makes. This is powerful enough to dissolve the hard enamel that covers your teeth. That's how decay gets started. 	<p><i>Anatomical tooth opened to show decay process.</i></p> <p><i>Food boxes containing examples of healthy/unhealthy snacks. Pupils can sort out. Also ask them to give examples of healthy foods which would be a safe snack for teeth.</i></p> <p><i>Play board game – groups to match healthy and unhealthy foods to correct card.</i></p>

		<ul style="list-style-type: none"> • Before snacking stop and think “Does it contain sugar?” <p>Choose snacks that are tasty and filling and less harmful to teeth e.g. raw vegetables, fruit, unsalted nuts, seeds, cheese, savory sandwiches, breadsticks and dips.</p>	
6 min	Limit sugary foods and drinks to mealtimes.	<ul style="list-style-type: none"> • Saliva is most active at mealtimes and will wash away acids quicker. • If you do have sweets and sugary foods eat all in one go. Have them as a dessert/pudding . • Chewing sugar-free gum after meals will help increase saliva. • Read labels of foods for hidden sugars. Sugar can be called lots of names e.g. glucose, honey, sucrose, 	<p><i>Examples of sugary foods and labels containing hidden sugars. Show common sugary foods e.g. mars bar, polos and ask pupils to guess how many teaspoons of sugar. Could use Sugar Quiz. Use sugar pots to show amount in foods.</i></p>

		<p>fructose, syrup.</p> <ul style="list-style-type: none"> • Ask relatives who may give you sweets for other treats e.g. comic, stickers, and toys. 	
6 min	Reduce frequency of all sugary/fizzy drinks.	<ul style="list-style-type: none"> • Sugary and fizzy/diet drinks are unsafe for teeth as they contain lots of sugar and acid which wears away the enamel. This is called erosion. • Fruit juices and squash contain fruit acid and are to be well diluted to reduce erosion. • Limit sugary/fizzy drinks to mealtimes and drink through a straw. • Read labels of drinks for hidden sugars. • Water and milk are the only safe drinks for teeth. 	<p><i>Examples of sugary drink/fizzy drink e.g. Can of coke, milkshake and ask pupils to guess how many teaspoons of sugar. Use sugar pots to show amount.</i></p> <p><i>Egg experiment could be prepared prior to visit and results shown or give as experiment for class to do.</i></p>
5 min	Visit the dentist regularly.	<ul style="list-style-type: none"> • Dentist will look at mouth and show areas that need to be cleaned more thoroughly. 	<p><i>3 set teeth model, showing healthy fissure, decayed fissure and amalgam filling.</i></p>

		<ul style="list-style-type: none"> • Repair damage done by plaque acid. Place special protective coatings on teeth called fissure sealants. • Make mouth guards which should be worn if you play sports where a boot, ball, racquet, stick, fist or elbow can hit someone's head. • If teeth are crowded and not growing in right direction braces may be fitted. • Early problems can be spotted. 	<p><i>Dentist gloves mask and mouth mirror.</i></p> <p><i>Example of mouth guard</i></p>
3 min.	Recap on key messages.	<ul style="list-style-type: none"> • Brush teeth twice daily with fluoride toothpaste. • Avoid sugary snacks and drinks. • Limit sugary foods and drinks to mealtimes. • Reduce frequency of all sugary/fizzy 	<p><i>Answer any questions and let children demonstrate brushing technique on large model.</i></p>

		drinks. • Visit the dentist regularly.	
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