Health Education

The Cavity Crushers

Target Group: Kindergarten
Number of group participants: 15

Hayley Geyer, Kaitlyn Maas, Addison Reed, and Sean McManus
Iroquois HOSA Chapter – SD016
Secondary Division
Iroquois, SD
Lesson Plan

Date: March 28, 2018
Presenters: Hayley Geyer
           Kaitlyn Maas
           Addison Reed
           Sean McManus

Grade Level: Kindergarten
Content: Dental Health

Overview: Students will learn the importance of brushing, flossing, and the importance of good nutrition for their teeth.

Objectives:
1. Introduce, reinforce, and practice proper brushing techniques.
2. Introduce, reinforce, and practice proper flossing techniques.
3. Introduce the concept of good foods and bad foods for teeth.

Procedures:
1. Introduction to Kindergarten students
2. Discuss how to keep teeth clean and healthy with “The Cavity Crushers” dental health PowerPoint presentation.
3. Do Happy Tooth (good foods)/Sad Tooth (bad foods) assessment activity.
4. Tooth brushing assessment activity
5. Flossing assessment activity
6. Worksheet assessment activity
7. Make toothbrush toothbrushing and flossing chart
8. Hand out take-home information

Student Assessment: The Kindergarten students will practice different oral hygiene procedures during and at the end of the PowerPoint presentation. The students made a toothbrush chart on a big toothbrush to take home so that the parents can help the children fill them out when they brush their teeth. The students were also given an informational packet to take home about proper brushing and flossing techniques to discuss with their parents about what they learned. The teacher was given an evaluation sheet to rate the effectiveness of our dental health presentation.

Materials Needed:

- “The Cavity Crushers” PowerPoint presentation
- Props – large toothbrush, large box of floss, and large tube of toothpaste
Sad Tooth/Happy Tooth assessment activity
- play food – good food and bad food for your teeth
- large tag board sad tooth, large tag board happy tooth and 2 pre-wrapped boxes

Marshmallow mouth flossing assessment activity
- prepared marshmallow mouths
- green tissue paper
- dental floss

Brushing assessment activity
- White spray painted plastic pop bottle bottoms hot glued on pink cardstock
- black, green, and red Expo markers
- toothbrushes & toothpaste

Toothbrush chart activity
- red pre-made construction paper toothbrushes
- white construction paper with pre-made lines for cutting
- glue & scissors
- printed toothbrush chart

15 copies each of assessment worksheets

Take home packets to distribute

Small dentist masks

Small dentist gloves

Camera

**Presenter Reflection:** Our dental health presentation was an interactive and educational way to present the information to the students. The hands-on assessments and worksheets that we provided at the end of our presentation were very effective in educating the students. We are confident, that with the knowledge that they have learned through our presentation they will be able to discuss with their parents the dental health take-home packet that we provided along with the toothbrush chart that the students made.
Supportive Information

Dental Health Facts

Brushing

Knowing how to properly brush your teeth is part of your daily dental care routine. The American Dental Association suggests that children and adults brush their teeth using short, gentle strokes 2 times a day.

Proper brushing technique:

- Use only a pea size of toothpaste with fluoride on your toothbrush.
- Tilt the brush at a 45° angle.
- Brush the outside, inside, and chewing surfaces using short tooth-wide strokes.
- Brush your tongue to remove bacteria and freshen your breath. (Colgate, 2017)

Flossing

Flossing is probably one of the most important things you can do to keep your teeth healthy. That’s because flossing rubs against your teeth and removes plaque much easier than just brushing. Flossing helps prevent gum disease and cavities. The American Dental Association recommends flossing at least once a day. Children below the age of 10 generally need adult help when flossing. (Mouth Healthy, 2016)

There are five steps to proper flossing:

1. Start with around 18 inches of floss. Wind each end around your middle fingers of each hand.
2. Hold the floss tightly between your thumbs and forefingers and insert gently between two teeth.
3. Curve the floss in the shape of a “C”.
4. Rub the floss gently up and down between the teeth.
5. Repeat between all teeth. (Delta Dental, 2017)

Plaque

Plaque is bacteria that forms on our teeth and along the gum line. Plaque causes cavities. Everyone has plaque because bacteria is constantly growing in our mouths. Plaque that is not removed from around the gum line can cause inflammation and irritation to the gums around your teeth. Proper brushing, flossing and regular dental visits can help keep your teeth healthy.

The foods you choose can affect the health of your teeth and gums. If you consume too many sugar-filled sodas, sweetened fruit drinks or junk food, you could be at risk for tooth decay and cavities. Cavities happen when plaque come into contact with sugar in the mouth, causing acid to attack the teeth.

To control the amount of sugar you eat, read the nutrition facts and ingredient labels on foods and beverages and choose the foods and drinks that are lowest in sugar content. The most common sources of sugar in the diet come from soft drinks, candy, and cookies. (Colgate, 2017)

Wise choices

For healthy teeth and gums eat a balanced diet and limit between-meal snacks. For good dental health, keep these tips in mind when choosing your meals and snacks:

- Drink plenty of water.
- Eat a variety of foods from each of the five major food groups, including:
  - whole grains
- fruits
- vegetables
- lean sources of protein such as lean beef, skinless poultry and fish; dry beans, peas and other legumes
- low-fat and fat-free dairy foods

Limit the number of snacks you eat. If you do snack, choose something that is healthy like fruit or vegetables or a piece of cheese. Foods that are eaten as part of a meal cause less harm to teeth than eating lots of snacks throughout the day, because more saliva is released during a meal. Saliva helps wash foods from the mouth and lessens the effects of acids, which can harm teeth and cause cavities.

For good dental health, always remember to brush twice a day with fluoride toothpaste that has the American Dental Association Seal of Acceptance, floss daily and visit your dentist regularly. (Sugarstacks, 2016)
Presentation Outline

Activity: Introductions
Duration: 1:30-1:32

Activity: Start PowerPoint Presentation
Time: 1:32
Activity: End of PowerPoint Presentation
Time: 1:45
Activity: Good Foods/Bad Foods Assessment Activity
Duration: 1:45-1:50

Activity: Worksheet Assessment activities
Duration: 1:50-2:00

Activity: Handing out dental masks and dental gloves for "Kindergarten Dentists"
Duration: 2:00-2:05
Activity: Brushing Assessment Activity
Duration: 2:05-2:15

Activity: Flossing Assessment Activity
Duration: 2:15-2:20

Activity: Final Assessment Activity – Making Take Home Toothbrushing & Flossing Chart
Duration: 2:20-2:35
Written Presentation Materials

THE CAVITY CRUSHERS
by Kenneth June, Kaymey Sawyer, Joshua June, and Sean McNamara

- The Cavity Crushers help people to make the cavities go away and keep your teeth clean.
- The Cavity Crushers are here to show you when, how and why you should keep your teeth clean.

WHEN DO YOU BRUSH YOUR TEETH???

Does anyone know how many times we brush our teeth a day?????

2

Does anyone know when we brush our teeth??

After we eat breakfast.

Before we go to bed.

WHY YOU SHOULD BRUSH YOUR TEETH?

The plaque on this tooth are the bad guys. If you don't brush the plaque off of your teeth they will cause cavities.
**HOW SHOULD WE BRUSH OUR TEETH?**

There are just five easy steps:

1. **STEP 1**
   - You should use a pea size amount of toothpaste.
   - right
   - wrong

2. **STEP 2**
   - Tip your brush so you hold it at an angle.

3. **STEP 3**
   - Brush all of your teeth.
   - Don't forget to brush your tongue!!
STEP 4
You want to go round and round, and back and forth.

STEP 5
The final step is to spit out the toothpaste and rinse your mouth.

HOW ELSE CAN WE KEEP OUR TEETH CLEAN??
Flossing

WHEN SHOULD WE FLOSS OUR TEETH?
Does anyone know how many times we floss a day?

1
When do you floss?
At night, after you brush your teeth.
WHY DO WE FLOSS OUR TEETH?

When we eat food, teeth get stuck in between our teeth.

We need to floss to get the food out of our teeth and stop cavities in their tracks.

HOW DO WE FLOSS OUR TEETH?

Does anyone know how to floss?

There are only five steps.

STEP 1

Get a piece about the size of your arm.

Wrap half of the floss around your finger and the other half wrap around your other middle finger.

STEP 2

Pinch the string between your thumb and pointer finger.

Slide the string between two teeth.
**STEP 3**
Make a "C" with the floss around your tooth.

**STEP 4**
Rub the floss up and down and keep it close to your teeth.
Be careful not to push too hard on your floss!

**STEP 5**
Go between every tooth, even the teeth in the way back.

LET'S TALK ABOUT SOME OTHER WAYS TO KEEP YOUR TEETH CLEAN
LIMIT FOOD WITH SUGAR

FRUITS AND VEGETABLES

EAT AND DRINK PLENTY OF

DAIRY PRODUCTS

MEAT
Now that you are all experts on brushing and flossing, you are a part of the Cavity Crushers!!!
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

1. Use about 1.8 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.

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

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

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

5. Floss all your teeth. Don't forget to floss behind your back teeth.
This toothbrush chart project was part of the take home information and activities.
Good for My Teeth
Bad for My Teeth

Color things that are GOOD for your teeth. Put an X on what is BAD for your teeth!

Name: ____________________________
Good for My Teeth
Bad for My Teeth

Color things that are GOOD for your teeth. Put an X on what is BAD for your teeth!

Name: [_____]
Good for My Teeth
Bad for My Teeth

Color things that are GOOD for your teeth. Put an X on what is BAD for your teeth!

Name:
Color things that are GOOD for your teeth. Put an X on what is BAD for your teeth!

Name: Emma
Fight Tooth Decay

Count and Color

Count the toothbrushes. Draw a pea-sized ball of toothpaste on each toothbrush. Color the toothbrushes bright, happy colors!
Fight Tooth Decay

Count and Color
Count the toothbrushes. Draw a pea-sized ball of toothpaste on each toothbrush. Color the toothbrushes bright, happy colors!
Fight Tooth Decay

Count and Color

Count the toothbrushes. Draw a pea-sized ball of toothpaste on each toothbrush. Color the toothbrushes bright, happy colors!
Fight Tooth Decay

Count and Color
Count the toothbrushes. Draw a pea-sized ball of toothpaste on each toothbrush. Color the toothbrushes bright, happy colors!
The Cavity Crushers
Dental Health Presentation
Presented by: Sean McManus, Kaitlyn Maas, Hayley Geyer, and Addison Reed
Iroquois HOSA

Evaluation Form

Date: March 28   School: Iroquois Elementary   Grade: Kindergarten
Number of Students: 15   Teacher: Mrs. Eckmann

Please state any comments or suggestions that you may have.

Very Good Job! All were involved. Got down at their level. The kids had lots of fun!

Please rate us using the following rubric: 1-Poor, 2-Fair, 3-Good, 4-Excellent

<table>
<thead>
<tr>
<th></th>
<th>Poor</th>
<th>Fair</th>
<th>Good</th>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age appropriateness</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Knowledge of Presenters</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Student Handout</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Presenter/Student Interaction</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Interest Level</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Effectiveness of Program</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Content</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

We appreciate you making the time for us to be able to come into your room to spend time with your students. Thank you so much for your feedback!

Sean
Kaitlyn
Hayley
Addison
Iroquois HOSA Chapter
(605) 546-2210
References


