

Section 1: LEARNING ABOUT TEETH



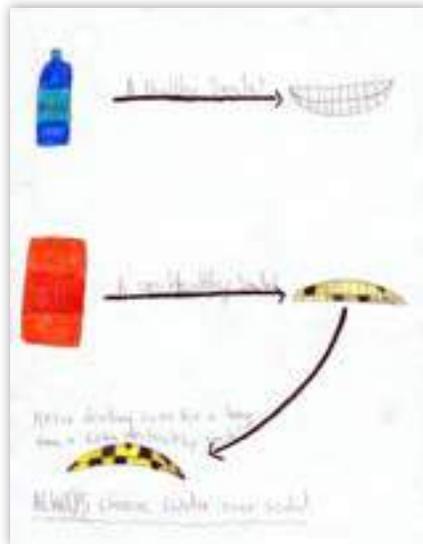
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*Drawing submission to Healthy Smiles Re-Think Your Drink Poster Contest
(By Cassandra Curl, St. Lewis)*



*Drawing submission to Healthy Smiles Re-Think Your Drink Poster Contest
(By Jonah Martin, Charlottetown)*



LEARNING ABOUT TEETH

SECTION 1

Introduction

The following information is intended to provide teachers and caregivers with a general overview of basic dental concepts related to oral health and anatomy. You are encouraged to read this background information prior to preparing any of the associated activities to refresh your own understanding of these concepts. Even though we have indicated suggested grade levels for each activity we encourage you to modify the activities in this toolkit to suit your classroom's needs.

Two Sets of Teeth

In order to understand how we must care for our teeth, we first should understand what kinds of teeth we have and their function.

Teething

Teething is a natural process that lets the baby teeth work their way through the gums. Some common signs of teething include:

- Drooling
- More cranky/irritable
- Have red cheeks and red swollen gums
- Show a need to chew on things

Signs of teething **do not** include fever, stuffiness, runny nose, or diarrhea, and should be checked out by a health care professional.

Primary Teeth

Primary teeth, also called baby teeth, begin to form before birth and start to erupt when a baby is about six or seven months old. By age three, children should have 20 primary teeth.

Between the ages of six and eight (Grades K-3), children begin to lose their primary front teeth. The back primary teeth may remain in the mouth until a child is about twelve to fourteen years of age (up to Grade 9). Usually by age fourteen, children will have lost all of their 20 primary/baby teeth. However, all children grow and develop at a different rate.

Primary teeth are lost when pressure from erupting permanent teeth cause the roots to dissolve. As the roots dissolve, the crowns of the primary teeth become loose and then they fall out. Primary teeth require routine preventative care and treatment services as necessary, so they are not lost prematurely.

Primary teeth are important for chewing, speech, and appearance, as well as to retain space for the permanent teeth and to serve as a foundation for the development of the jaw.

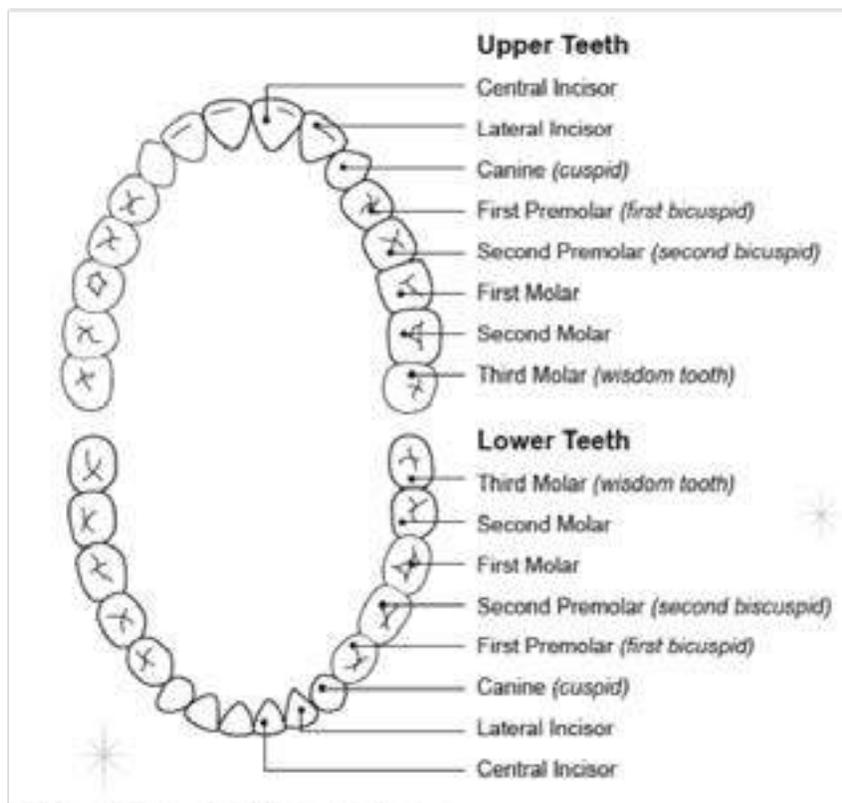


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TOOTH CHART



Directions: Color the teeth that you have in your mouth now.

When did I or will I get these teeth?

Tooth	Primary Dentition	Permanent Dentition
Central Incisor	6-12 months	6-8 years
Lateral Incisor	9-16 months	7-9 years
Canine/Cuspid	6-23 months	9-12 years
First Premolar	-	10-12 years
Second Premolar	-	10-12 years
First Molar	12-19 months	6-7 years
Second Molar	23-33 months	11-13 years
Third Molar/ Wisdom Tooth	-	17-25 years

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Permanent Teeth

Permanent teeth are meant to last a person's lifetime. These teeth begin to erupt between six to eight years of age. Therefore, in the early years, children need to begin developing lifelong oral health habits to maintain healthy teeth and gums for their entire life.

Generally, the first permanent teeth to erupt replace the front primary teeth when children are between five to eight years old (Grades K to 3). About the same time, the first permanent molars, also known as the six-year molars, erupt behind the last primary teeth. By age fourteen (Grade 9) children will usually have 28 permanent teeth. The remaining 4 molars, often called wisdom teeth, can erupt starting at age sixteen to early adulthood. Counting the 4 wisdom teeth, an adult would have 32 permanent teeth.

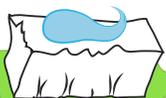
Permanent teeth serve the important functions of helping us to chew, talk, and smile. The loss of any permanent teeth can be detrimental to these functions.

The Six-Year Molars

Six-year molars do not replace primary teeth, but erupt behind the last primary molar. Because a primary tooth does not fall out as this tooth is erupting, these permanent molars are often mistaken as primary teeth. Therefore students need to be aware of the importance of caring for these permanent teeth in order to maintain them for life. They need to be reminded, and assisted by parents, to reach the toothbrush back to these important teeth.



Participants of Kungatsiajuk Filmmaking Workshop (Photograph courtesy of Jamie Skidmore)



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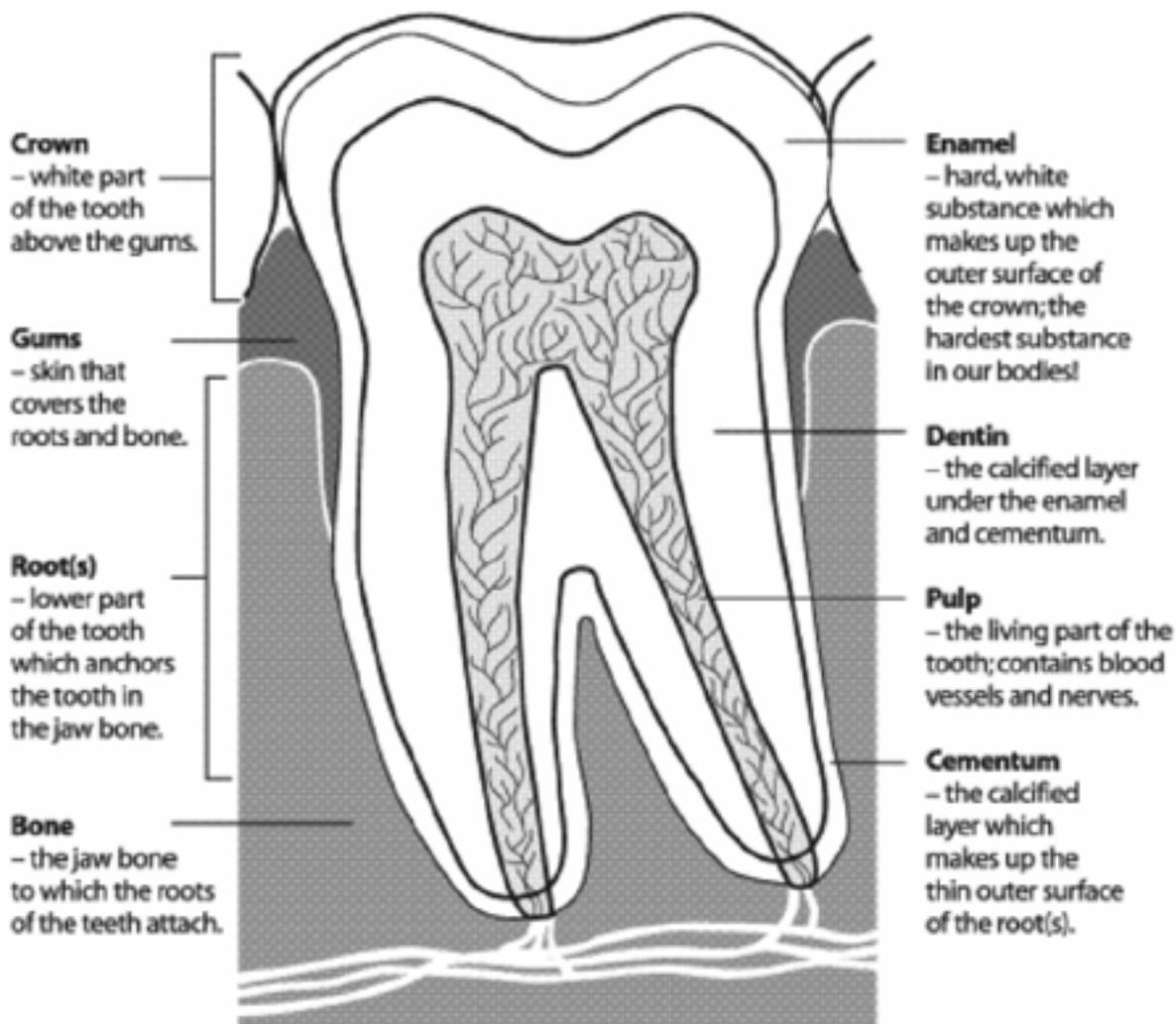


Structure and Function of Teeth

Teeth are the first step in the digestive system. Each tooth is uniquely shaped to perform different functions for eating.

Structure

All teeth have a basic structure regardless of their shape.



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Function

There are 4 different types of teeth, each shaped differently depending on their specific job for eating.

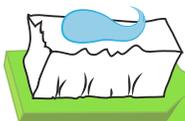
Types of Teeth and Their Jobs

Shape and Name

Incisor	Cuspid or Canine	Bicuspid or Premolar	Molar
			
Position front	corner	side	back
Job cutting	holding and tearing	holding and tearing, chewing and grinding	chewing and grinding
Numbers 8 – primary 8 – permanent	4 – primary 4 - permanent	0 – primary 8 - permanent	8 – primary 12 - permanent

Note: The 8 primary molars are replaced by the 8 permanent bicuspids. The 12 permanent molars do not replace any primary teeth but erupt behind them.

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List of Internet Resources

The following list of internet resources are available as active links on the E-version of this toolkit, which is available on the USB flash drive that accompanies the print version, or on our website: www.Kungatsiajuk.ca.

Information for Educators

Ability Path: http://www.abilitypath.org/health-daily-care/health/oral-health/articles/social-story_dentist.pdf

Alberta Health Services: <http://www.albertahealthservices.ca/services/page13173.aspx>

American Dental Association: www.ada.org

American Dental Hygiene Association: www.adha.org

Autism Speaks: www.autismspeaks.org/sites/default/files/documents/dentalguide.pdf

Canadian Dental Association: www.cda-adc.ca

Canadian Dental Hygiene Association: www.cdha.ca

Crest: www.crest.com/en-CA/crest-kids/

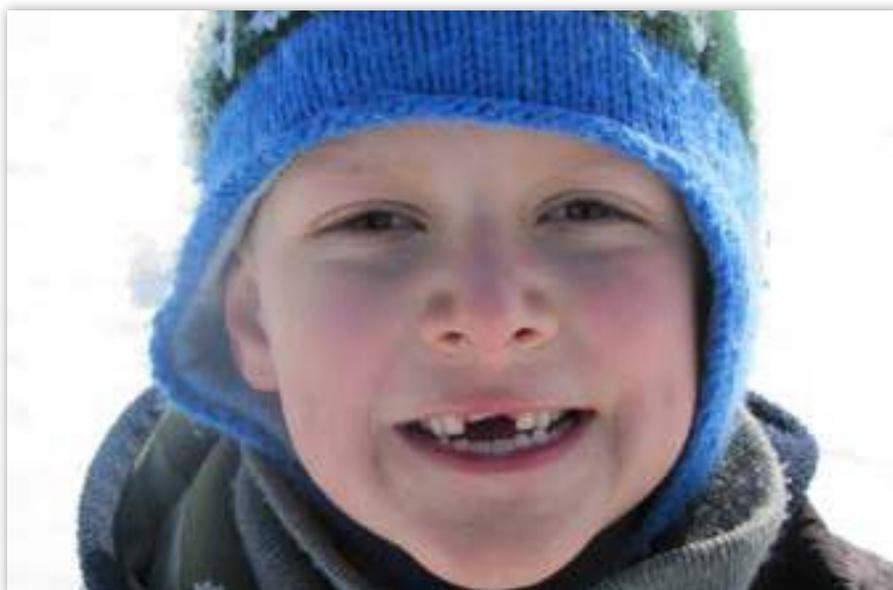
Activities for Youth

ABC Teach: www.abcteach.com/directory/theme_units/science/teeth

American Dental Association: www.mouthhealthy.org/

Colgate: www.colgate.com/en/us/kids/home

Healthy Teeth: www.healthyteeth.org



Photograph courtesy of Paula Campbell





ORAL HEALTH: INFANTS AND YOUNG CHILDREN

A child's primary, or "baby" teeth are extremely important!

- Baby teeth are necessary for development and the ability to eat a healthy, balanced diet.
- Baby teeth hold space for permanent "adult" teeth.
- Early loss of baby teeth due to decay or infection can result in crowding of adult teeth.
- Behaviour, quality of life and confidence are affected when a child is in pain.



- Children who develop cavities in their baby teeth are more likely to have cavities in their adult teeth.
- Tooth pain is one of the leading causes of missed time from school and difficulty in concentrating at school.

Oral diseases can prevent a child from thriving.

Consequences of oral disease in children can include delayed growth and development, malnutrition, and pain and loss of sleep.



For references and further information contact:

healthysmiles@dal.ca | <http://www.ahprc.dal.ca/projects/kungatsiajuk/>

2014-2015





How & When Should You Start to Brush Your Child's Teeth?

- Before teeth come in, wipe your infant's gums with a clean, wet washcloth.
- As soon as the first tooth comes in, it should be brushed with a soft toothbrush. Gums should still be wiped with a cloth.
- Caregivers should brush a child's teeth until the child can colour between the lines or tie their own shoelaces. Even after this, caregivers should watch children brush and help them if necessary.
- Teeth should be brushed at least two times a day.
- The most important time to brush teeth is before bed. Only water should be given after teeth have been brushed!



WHEN SHOULD A CHILD START TO SEE A DENTIST?

- * *Infants should have their first visit to a dental health professional (dentist, dental therapist or dental hygienist) within 6 months of the eruption of their first baby tooth, or by 1 year of age- whichever comes first.*



When should toothpaste with fluoride be used to brush a child's teeth?

- Children **under 3** years of age should have teeth brushed by a caregiver twice a day, using a smear (**rice grain size**) of fluoridated toothpaste if they are at risk of developing cavities.
- Children aged **3 and older** should have teeth brushed by a caregiver twice a day, using a small amount (**pea size**) of fluoridated toothpaste.
 - This includes all children living in communities without fluoridated water, eating foods and drinks that cause cavities, or with caregivers who have cavities.
- If a dental health professional determines that your child is at low risk of developing cavities, they may recommend brushing twice a day with just water or non-fluoridated toothpaste.



*Rice grain size smear of toothpaste (left) and a pea size amount of toothpaste (right)



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MYTHBUSTERS

MYTH OR FACT: TEST YOUR ORAL HEALTH KNOWLEDGE

Baby teeth are not as important as adult teeth.



Myth!

Brushing my teeth with brown tap water will stain them.



Maybe!

Diet soda does not cause cavities.



Fact, but be careful!

Here are the facts

- Primary or “baby” teeth hold the space for the permanent or “adult” teeth to erupt.
- The roots of baby teeth are very close to the developing adult teeth. Injury, severe decay or infection of baby teeth can cause abnormal development of the adult teeth.
- When baby teeth are lost too soon, children have a higher risk of having crowded adult teeth.
- Untreated infections of baby teeth can also lead to serious health problems, including an infection of the brain.

Here are the facts

- It depends why the water is darker.
- If your water source is brown because of high amounts of iron, then tap water may stain your teeth.
- The chance of staining may not be the only reason you want to avoid tap water.
- In some communities, tap water may be quite acidic. Tooth enamel erodes at a pH of 5.5 or less. If your local tap water has a pH at or below 5.5, you should not use tap water when brushing your teeth or rinsing your mouth.
- To find out more about the pH of your local water, you can visit <http://maps.gov.nl.ca/water/>.

Here are the facts

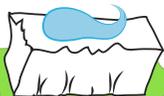
- Diet soda does not directly cause cavities, but can lead to enamel erosion.
- Diet soda is acidic, as are sports drinks, energy drinks, and regular soda. This acidity can lead to mineral loss, and enamel erosion.
- Mineral loss from enamel erosion can cause teeth sensitivity, and can make the teeth more prone to developing dental caries.
- There is a high risk for developing dental caries if soda is consumed 3+ times/day, and a moderate risk if consumed 1-2 times/day.



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healthysmiles@dal.ca | <http://www.ahprc.dal.ca/projects/kungatsiajuk/>

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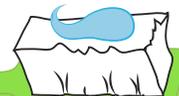


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<p>Having white teeth means your teeth are healthy.</p>  <p>Myth!</p>	<p>You should use a new toothbrush after you have been sick.</p>  <p>Fact!</p>	<p>Smoking only makes your teeth look yellow.</p>  <p>Myth!</p>	
<ul style="list-style-type: none"> Teeth come in all shapes, sizes and colours. The healthiest teeth are clean teeth. The best way to keep your smile healthy is to brush twice a day with a toothpaste that has fluoride in it, and to floss daily. 	<ul style="list-style-type: none"> After you have been sick, you should use a new toothbrush because your old toothbrush has germs that could make you sick again. Toothbrushes should also be replaced every 3 months. Remember to use a soft tooth brush with round bristles. 	<ul style="list-style-type: none"> Smoking does cause yellowing of teeth, but that's not all. Smoking irritates tissues and reduces blood flow to the gums. This can lead to bad breath, cavities, sores, and infections. Smoking can also cause bone loss in the jaw, and increases the risk of oral cancers and dental disease. 	
<p>A cloth soaked in kerosene, and put on a tooth can safely relieve toothaches.</p>  <p>Myth!</p>	<p>Chewing sugar free gum helps prevent cavities.</p>  <p>Fact!</p>	<p>It is okay to eat an apple right before bed, even after brushing your teeth.</p>  <p>Myth!</p>	<p>Glove oil can be used to relieve toothaches.</p>  <p>Fact, but be careful!</p>
<ul style="list-style-type: none"> Please do not try this at home! Kerosene is toxic, especially for children. Symptoms of kerosene poisoning including vomiting, fever, cough, difficulty breathing, low blood oxygen and drowsiness. 	<ul style="list-style-type: none"> Chewing sugar free gum stimulates saliva, which lowers the amount of acid in the mouth and eliminates bacteria. Some research indicates that all sugar-free gums are equally effective, while other research suggests that gums containing xylitol may be better. 	<ul style="list-style-type: none"> Only water should be had after brushing your teeth before bed! Sugar from foods and drinks that are eaten before bed can stay on your teeth all night, and allow for bacteria to survive and damage your teeth. 	<ul style="list-style-type: none"> Clove oil has been used as a traditional, herbal local anesthetic, but will not cure a toothache. Clove oil should be used with caution, as it can be toxic to skin cells. If you choose to use clove oil, then use small and highly diluted amounts.
<p>For references and further information contact: healthysmiles@dal.ca http://www.ahprc.dal.ca/projects/kungatsiajuk/ 2014-2015</p>			





LEARNING ABOUT TEETH

SECTION 1

Activity: Let's Sing About Teeth

Suggested for Grades K-3

Objective

- To review dental words while exploring the relationship between feelings and behavior

Materials

- Below version of "If you're happy and you know it"
- Chart paper
- Crayons

Preparation

- Write dental verses on the chart paper.

Steps

- Discuss with children that they need their teeth to speak properly, and today they will be using them to sing a song.
- Have children share words related to their teeth (tooth, gums, toothbrush floss, dentist, smile, etc.).
- Lead students in singing and doing the actions of the song "If you're happy and you know it".
- Show children the chart paper with the new dental verse on it, have children brainstorm actions to go along with each verse.
- Sing the song with everyone while doing the actions.

Discussion Points

- Ask the children if they have learned any new words today.
- Explain to children that they now have a fun song to sing about teeth.

If You're Happy and You Know It

If you're happy and you know it,
Clap your hands! (clap, clap)

If you're happy and you know it,
Clap your hands! (clap, clap)

If you're happy and you know it,
Then your face will surely show it,

If you're happy and you know it,
Clap your hands! (clap, clap)

Ideas for Dental Verses

Choose from this list of ideas, and write the new verse on a piece of chart paper!

Brush your teeth	Smile at me
Brush your tongue	Drink some milk
Floss your teeth	Show your teeth
Eat some cheese	See your dentist

Adapted from Alberta Health Services (2015). Oral Health- Preventative Dental Services. Retrieved from www.albertahealthservices.ca/services/Page13173.aspx



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Activity: Tooth Adventure Book

Suggested for Grades K-3

Objectives

- To demonstrate an understanding of dental concepts
- To recognize that it takes time and effort to accomplish goals

Materials

- Children's book about the dentist
- Large chart paper with sections of a book listed on it: Cover/Title Page, Dedication, Body/Story, Illustrations, Author's Biography
- Paper
- Pencils/pens
- Crayons/markers
- Yarn

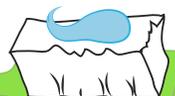
Steps

- Review with the class how to have a healthy mouth (brushing, flossing, visiting the dentist, etc.).
- Show children the oral health book and review the chart paper with information about the sections of a book listed.
- Explain to children that they are going to make their own book about their own healthy mouth adventure. They will create the five parts of a book listed on the chart paper.
- Have children start writing the body/story section (give 1-2 pieces of paper to each child), then the dedication (1 sheet of paper), author's biography (1 sheet of paper), and the title page (1 sheet of paper).
- Have children illustrate their books and then put them together using the yarn.

Discussion Points

- Have children share their books with the rest of the class, showing each section and reading their story.

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Activity: Three Generations of Teeth

Suggested for Grades 4-6

Objective

- To investigate development of dental habits and develop an understanding of how perceptions of dental health have changed throughout the years

Materials

- Copies of the attached 'Interview Sheets' x3 for each child
- Copy of the 'Sample Comparison Chart' for each child

Steps

- Discuss the concept of interviewing to gather information.
- Give children directions and tips on how to ask questions during an interview.
- Give each child their interview sheets, and have children pair up and practice interviewing each other.
- Tell the children to choose two relatives who agree to be interviewed (ideally from different generations: A mother and grandfather for example).
- Ask children to have interviewee sign and date the bottom of the Interview Sheet.
- Give the children a due date to complete and return the Interview Sheets.
- Calculate the average number for each category on the Sample Comparison Chart using the students' data from their interview sheets.

Discussion Points

- Share the findings with the classroom and tell them how you arrived at the numbers.
- Compare and list on a separate chart, the similarities and differences in dental habits among the three generations.

Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>



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Three Generations of Teeth - Interview Sheet

Please read: Thank you for taking the dental habits interview. The purpose of this interview is to raise my awareness of my dental habits, and I answered the same questions you are about to answer. Also, this interview gathers information about dental habits across generations. I will be collecting information about dental habits, so that our class can compare and contrast answers across generations. However, the information that you share will be treated anonymously and your name will not be discussed with the class.

First Interview:

1. I interviewed: _____

2. How many times per day do you brush your teeth?

- a. 0 b. 1 c. 2 d. 3 or more

3. What kind type of toothpaste do you use?

- a. Fluoride b. Natural c. Other _____

4. How often do you floss your teeth?

- a. Never b. Once per day c. More than once per day d. A few times per week
e. A few times per month

5. How often do you go to the dentist for a cleaning?

- a. Never b. 2-3 times in my life c. Once per year d. Twice per year
e. More than twice per year

6. Have you ever had a toothache?

- a. Yes b. No c. I don't know

7. How often do you eat or drink sweets, such as candy, cake, ice cream or soda pop?

- a. Never b. A few times per month c. A few times per week d. Once per day
e. More than once per day

Interviewee Signature

Date

Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>





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SECTION 1

Three Generations of Teeth - Sample Comparison Charts

Our generation

Brushing	Toothpaste	Flossing	Dentist	Toothache	Snack

Our parent's/guardian's generation

Brushing	Toothpaste	Flossing	Dentist	Toothache	Snack

Other elders' generation

Brushing	Toothpaste	Flossing	Dentist	Toothache	Snack

Similarities among generations	Differences between generations
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)

Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>



SECTION 1

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Activity: Quiz Time

Suggested for Grades 4-6

Objective

- To assess children's knowledge of tooth anatomy and oral health

Materials

- Copies of the attached quizzes 'Smart Mouth Quiz' and 'Tooth Anatomy Quiz' for each child

Steps

- Review the oral health topics you have covered in class, have children brainstorm the oral health words they remember.
- Give each child a copy of each quiz. Once they have completed the assignment, they can self-grade these quizzes, have a neighbor grade them, or submit them to you for more formal grading.

Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>





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Quiz Time - Smart Mouth Quiz

- 1) How often should you brush your teeth?
 - a) Once a week, or when you start to see a greenish tinge
 - b) After every meal or at least once a day
 - c) Twice a day
 - d) Whenever things feel fuzzy
- 2) Ideally how long should you take to brush?
 - a) 20 seconds
 - b) 2-3 minutes
 - c) One minute to brush your teeth and one minute to brush your tongue
 - d) Long enough to sing O Canada in your head
- 3) Flossing is only for grown-ups.
 - a) True
 - b) False
- 4) How should healthy gums look?
 - a) Shiny and swollen
 - b) Pale and waxy
 - c) Bright red from bleeding
 - d) none of the above
- 5) What is calculus?
 - a) A high school math class many kids fear
 - b) What your body needs for healthy bones
 - c) Another word for what happens when plaque hardens into tartar on your teeth or under your gumline
 - d) Something guitar players get on their fingertips
- 6) Why is toffee an especially bad snack?
 - a) Because it's sticky
 - b) It has more sugar than other candy
 - c) It can leave dark stains on your teeth
 - d) All of the above
- 7) A dessert with your evening meal is better than the same dessert as an after-school snack.
 - a) True
 - b) False
- 8) How often do you need a new toothbrush?
 - a) Every month
 - b) Anytime your dog has been chewing on it
 - c) Every two to three months
 - d) At least once before you graduate high school

Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>



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Quiz Time - Smart Mouth Quiz (answers)

- 1. b)** After every meal is best and always before bed.
- 2. b)** If you're rushed and don't have two to three minutes to brush, a minute will do the trick once you have flossed. If you can get 60 seconds of brushing, that should give you adequate time to reach all accessible surfaces. As well, it gives you 60 seconds exposure to the fluoride in the toothpaste. Not sure how long that will take? Use a timer.
- 3. b)** False. As in, no such luck. Once your teeth are close enough together (as early as age three) you need to floss once a day. Without flossing, more than a third of your tooth surface doesn't get cleaned.
- 4. d)** None of the above. Healthy gums don't bleed when you brush or floss, they look dull instead of shiny, and are pink (perhaps a dark pink, nearly red, if your skin is dark). Healthy gums are important. They hold your teeth in!
- 5. c)** Another term for what happens when plaque hardens into tartar. Tartar harbors more bacteria than plaque, and is worse for your teeth and gums. Brushing, flossing, eating well, and visiting your dentist — all these things can help.
- 6. a)** Because it's sticky. As in, it sticks around in your teeth and causes trouble. No sweets, even fruit gummies, are good choices for snacks. Instead, go for nuts and seeds, peanut butter, cheese, plain yogurt, or popcorn.
- 7. a)** True, because of how sugar does its damage. The sugars you eat mix with bacteria in your mouth to make an acid that can cause cavities. During meals your mouth makes more saliva, and this helps in two ways: it rinses food particles away and dilutes the cavity-causing acid.
- 8. c)** Every two to three months or when the bristles are starting to fray. Old toothbrushes don't do their job well and can harbor bacteria that can lead to cavities. Also, don't share your toothbrush with anyone (of any species). Don't even let its bristles touch another toothbrush's bristles!

Adapted from New Brunswick Dental Society (2014). *Oral Health in the Classroom*. Retrieved from <http://nbdental.com/en/OHC.html>

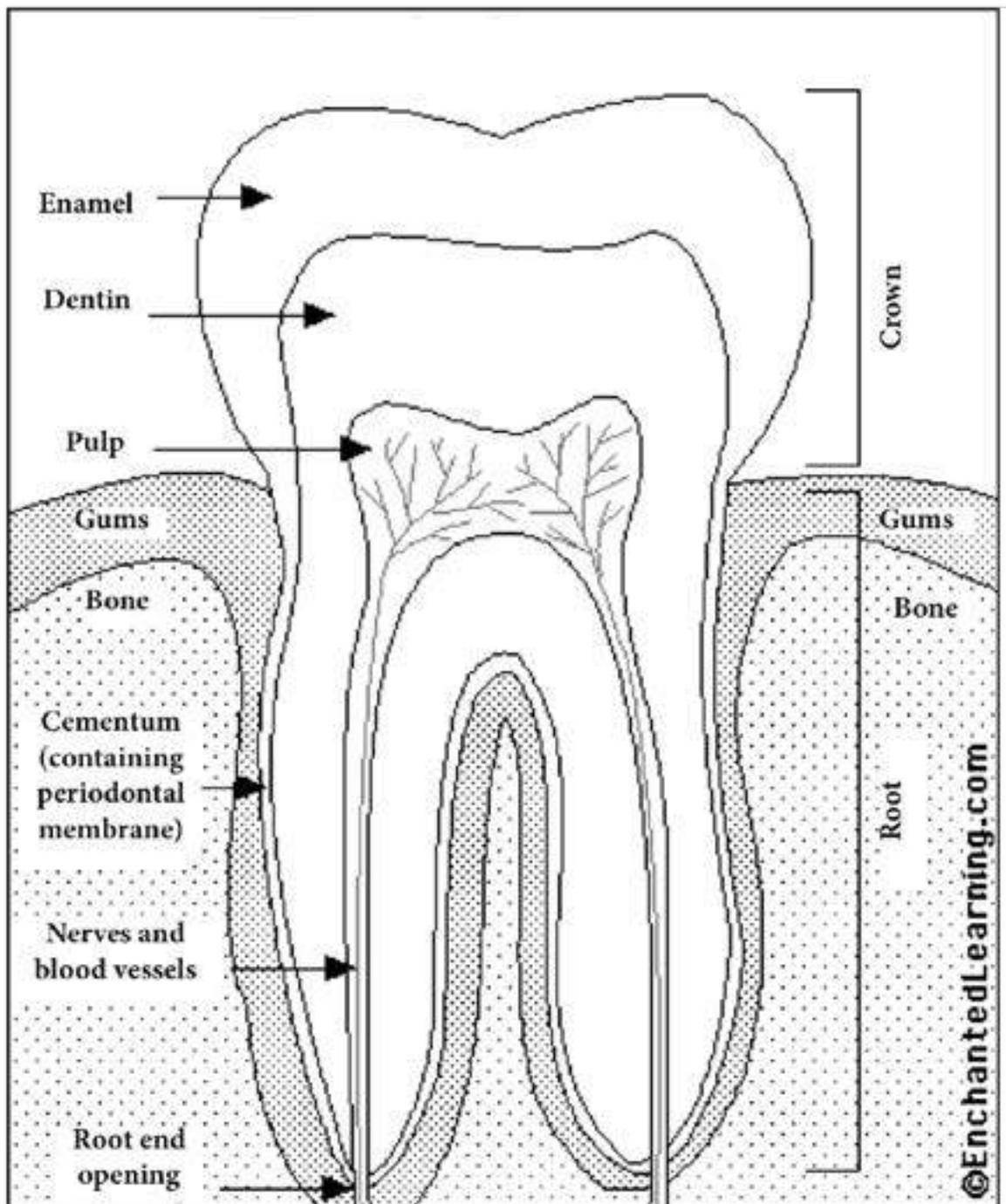




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SECTION 1

TOOTH ANATOMY



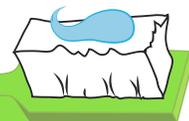
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Quiz Time - Tooth Anatomy Quiz

- 1) The visible part of the tooth is called the...?
- 2) What is the name of the hard, white, outer layer of a tooth?
- 3) What is the name of the tissue just below this outer layer?
- 4) The bottom part of the tooth that anchors it in the gums and jawbone is called the...?
- 5) What is the name of the soft center of a tooth?
- 6) What does this soft area contain?
- 7) What is the name of the soft tissue that surrounds the base of teeth?
- 8) What is the name of the tough outer layer of the roots?





Quiz Time - Tooth Anatomy Quiz (ANSWERS)

1) The visible part of the tooth is called the...?

Crown

2) What is the name of the hard, white, outer layer of a tooth?

Enamel

3) What is the name of the tissue just below this outer layer?

Dentin

4) The bottom part of the tooth that anchors it in the gums and jawbone is called the...?

Root

5) What is the name of the soft center of a tooth?

Pulp

6) What does this soft area contain?

Nerves, blood vessels, cells

7) What is the name of the soft tissue that surrounds the base of teeth?

Gums or Gingiva

8) What is the name of the tough outer layer of the roots?

Cementum



SECTION 1

LEARNING ABOUT TEETH



Activity: Going Beyond the Surface

Suggested for Grades 7-12

Objective

- To display persistence by continuing to pursue information to gain a broad perspective in learning about oral health

Steps

- Start by asking youth if it is always easy to find the exact information they are looking for on the internet.
- When they are using a search engine, ask how many of them stop at the first search result found as they think it is the trustworthiest. Explain how this is not always the case and today they will be practicing finding the best source, not just the first item.
- Have youth create fact trees about whatever they are seeking information about.
- The starting question is the root of the tree (ex. How does plaque form on my teeth?).
- Then on the branches coming out from the tree, youth write pieces of information that answer the question (ex. Plaque is formed by bacteria. The bacteria feed on sugar that is on your teeth.).
- Each fact must come from a separate, documented source.
- Have youth use at least 10 sources of information to complete the fact trees.

Discussion Points

- Brainstorm problems with using the first item that the search engine gives you rather than exploring for more relevant information.
- Explain that this method of finding many information sources is not only important for this class but for any time they are seeing information online for school or their own purposes.

Adapted from www.scholastic.com (2015). The 6 online research skills your students need. Retrieved from www.scholastic.com/teachers/article/6-online-research-skills-your-students-need





LEARNING ABOUT TEETH

SECTION 1

Activity: Checking Sources

Suggested for Grades 7-12

Objective

- To be able to evaluate oral health information found in sources on the basis of accuracy, validity, appropriateness for needs, importance and social/cultural context

Steps

- Start by asking youth if they believe everything they read on the internet (have them elaborate why or why not).
- Have brainstorming session with youth about the benchmarks and related questions for evaluating a website:
 - ✓ Currency - is the information up to date?
 - ✓ Security - does the site ask for too much personal information or have virus warnings?
 - ✓ Scope - how deep is the information?
 - ✓ Authority - does the information come from a trusted expert?
- Have youth pair up, and challenge them to find one website that meets each of these benchmarks and another site that fails to do so.
- In any class related projects, remind youth of these benchmarks and questions and have them check that each are met for the sources they use.

Discussion Points

- Ask how many youth believe they are proficient internet users, and know not to believe everything they read online.
- Ask if for everything they read online they take the time to critically think about where the information has come from using the steps discussed in this activity.
- Have a discussion with the group about why this is, what could be some harms in not evaluating sources?

Adapted from www.scholastic.com (2015). The 6 online research skills your students need. Retrieved from <http://www.scholastic.com/teachers/article/6-online-research-skills-your-students-need>



SECTION 1

LEARNING ABOUT TEETH



Activity: Asking Good Questions

Suggested for Grades 7-12

Objective

- To develop and refine search queries to get better research results regarding oral health

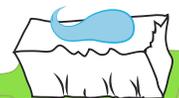
Steps

- Start by asking youth if it is always easy to find the exact information they are looking for on the internet.
- Have youth pair up and have them enter in a search term (ex. fluoride) and go through the results to find ones that are and are not related to a specific research topic (such as controversy about fluoride). Many results will come up, some that are related to the research topic and some that are not.
- Explain to youth that the search term was not specific enough to bring up results related to the research topic.
- Have youth brainstorm three search terms ranging from general to specific (ex. Oral health, teeth, bicuspid).
- Discuss how being specific in your question can narrow the search results to ones that are relevant to your search. Have each pair come up with three alternate search terms for the most specific item on their list (ex. Function of bicuspids, how to care for your teeth).

Discussion Points

- Compare the results of the last step and discuss how changing a few words can generate different information.
- Explain that this method of finding good search terms is not only important for this class, but for any time they are searching for information for school or their own purposes.
- Have a discussion with the class about why this is, what could be some harms in sticking to only one question and not finding other ways to search for the information you are looking for.

Adapted from www.scholastic.com (2015). The 6 online research skills your students need. Retrieved from <http://www.scholastic.com/teachers/article/6-online-research-skills-your-students-need>





LEARNING ABOUT TEETH

SECTION 1

Activity: Be Patient

Suggested for Grades 7-12

Objective

- To display emotional resiliency by persisting in researching oral health issues

Steps

- Start by asking youth if they find it easy to access oral health information compared to how their parents found information. Have them brainstorm some reasons for why information is more accessible now.
- When they are using a search engine, ask how many of them can get frustrated if they are not able to find the answer to their question after spending some time on the internet looking for information. Explain that today they are going to create some questions that are not easily answered online so they have to work to try to answer the question.
- Have youth pair up and try to answer a question that is not easily answered online (ex. What is the best flavor of fluoride). The entire group will answer the same question.
- Encourage the teams to use a wide variety of sources in trying to answer their question (ex. Related blog posts, information from dental associations).
- Once 10-15 minutes have passed, have each pair present their case to the group and after every pair has presented the group will vote on which was the most convincing case.

Discussion Points

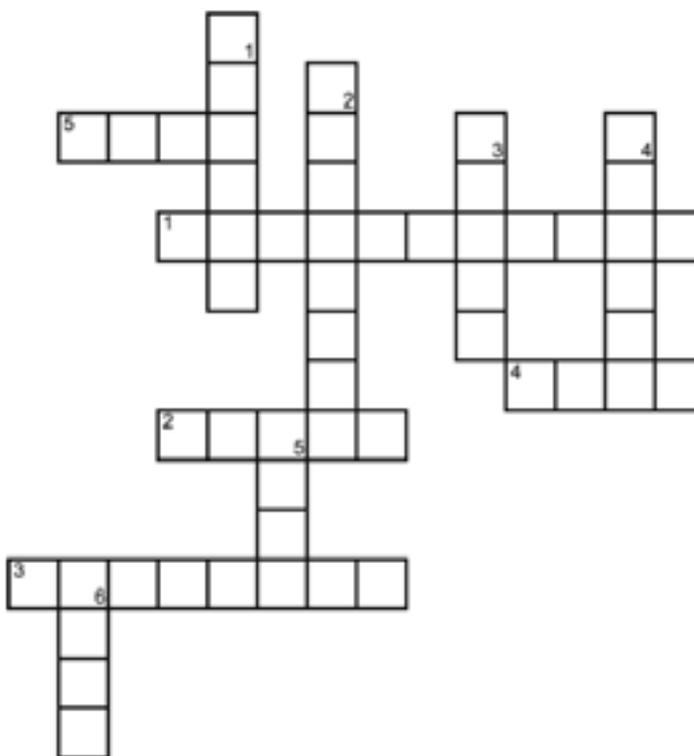
- Have youth discuss why these questions are so hard to search for online.
- Ask youth which sources of information were the most convincing and which were not as convincing and why.

Adapted from www.scholastic.com (2015). The 6 online research skills your students need. Retrieved from <http://www.scholastic.com/teachers/article/6-online-research-skills-your-students-need>





Oral Health Crossword Puzzle



Across

1. ___ disease can cause destruction of tissues surrounding your teeth.
2. The string like material used to clean your teeth.
3. Most dentists recommend brushing with soft ____.
4. This liquid contains lots of calcium and is important for strong bones and teeth.
5. A drink that has lots of sugar and can cause tooth decay.

Down

1. These are made of metal or plastic and are used to straighten teeth.
2. What you get if you don't brush and floss your teeth.
3. The visible part of your tooth
4. The hardest substance in your body it protects your teeth.
5. The unit you are studying about is ___ health.
6. The part of the tooth that anchors it to your mouth.





Oral Health Crossword Puzzle

Answer guide

Across

1. Gingivitis
2. Floss
3. Bristles
4. Milk
5. Soda

Down

1. Braces
2. Cavities
3. Crown
4. Enamel
5. Oral
6. Root

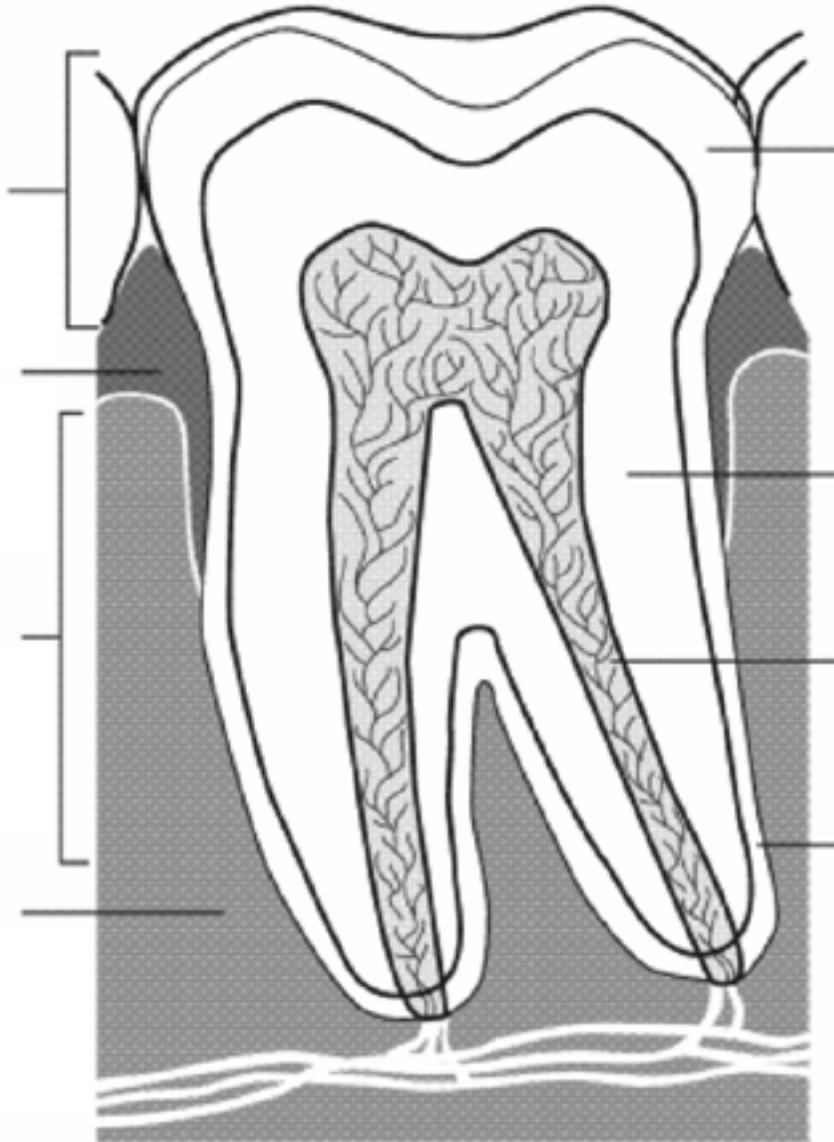


SECTION
1

LEARNING ABOUT TEETH



Parts of the Tooth Activity Sheet



Please label, on the appropriate line, each of these parts of the tooth:
Enamel Pulp Roots Dentin Crown Gums Bone Cementum

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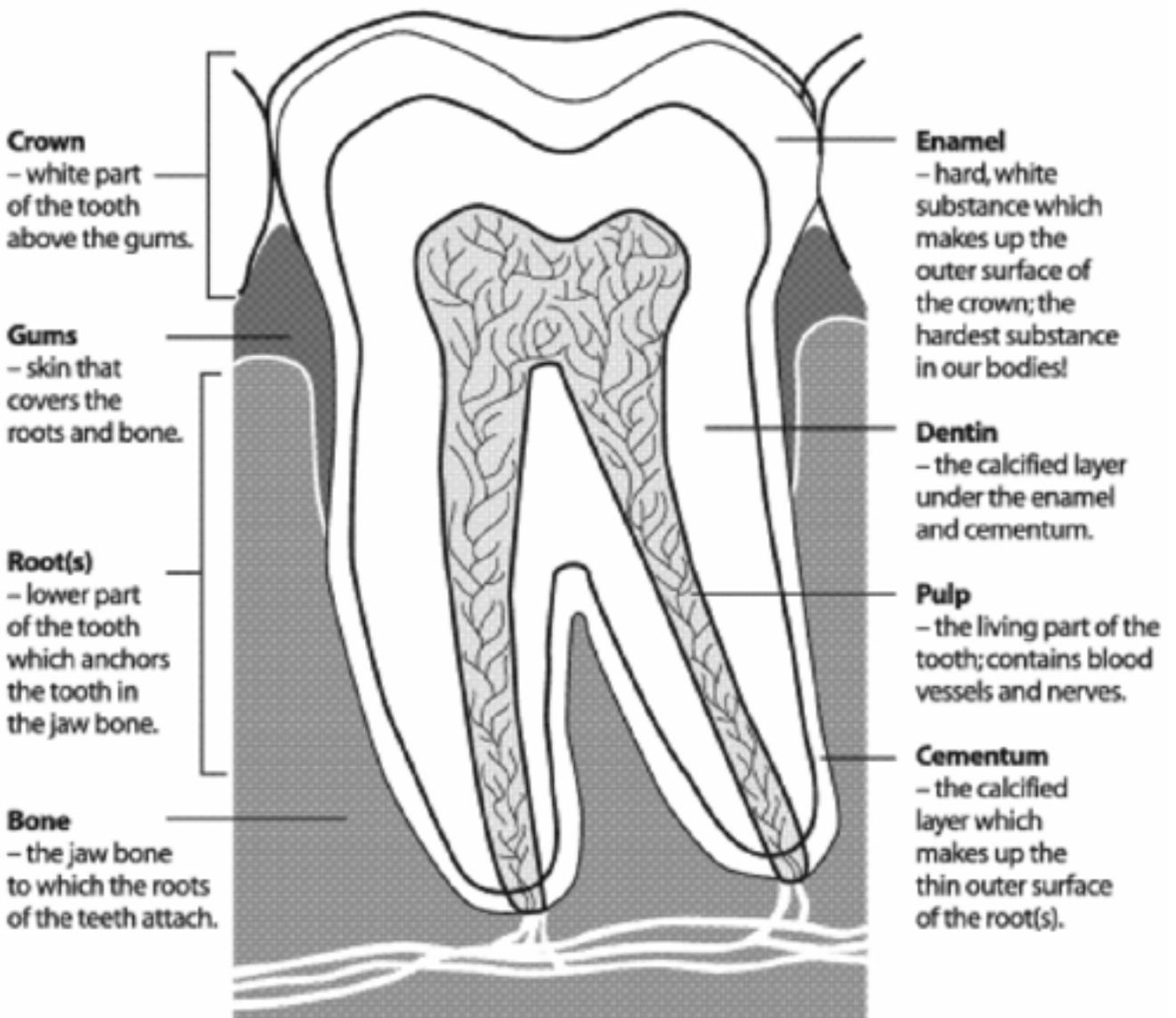




LEARNING ABOUT TEETH

SECTION 1

Parts of the Tooth Activity Sheet Answer Guide



SECTION 1

LEARNING ABOUT TEETH



Types of Teeth and Their Jobs

Can you match what each tooth does?
Draw a line between the tooth and the job it does.



Cuspid



Bicuspid

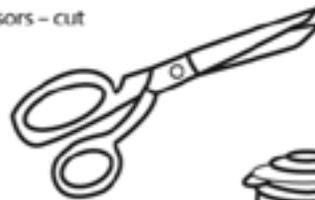


Incisor



Molar

Scissors – cut



Blender – crushes and grinds



Fork – holds and tears



Fork and Blender – holds and
tears, crushes and grinds



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LEARNING ABOUT TEETH

SECTION 1



Kool Smiles Activity Sheets!

WISDOM TEETH

Wisdom teeth are big teeth that grow in the back of your mouth.



They may grow in sideways or under another tooth and need to be removed. Not everybody has wisdom teeth, and not every body needs them removed!

Did you know?

Good oral health is for everybody! Remember to visit your dentist every six months to keep your smile strong.

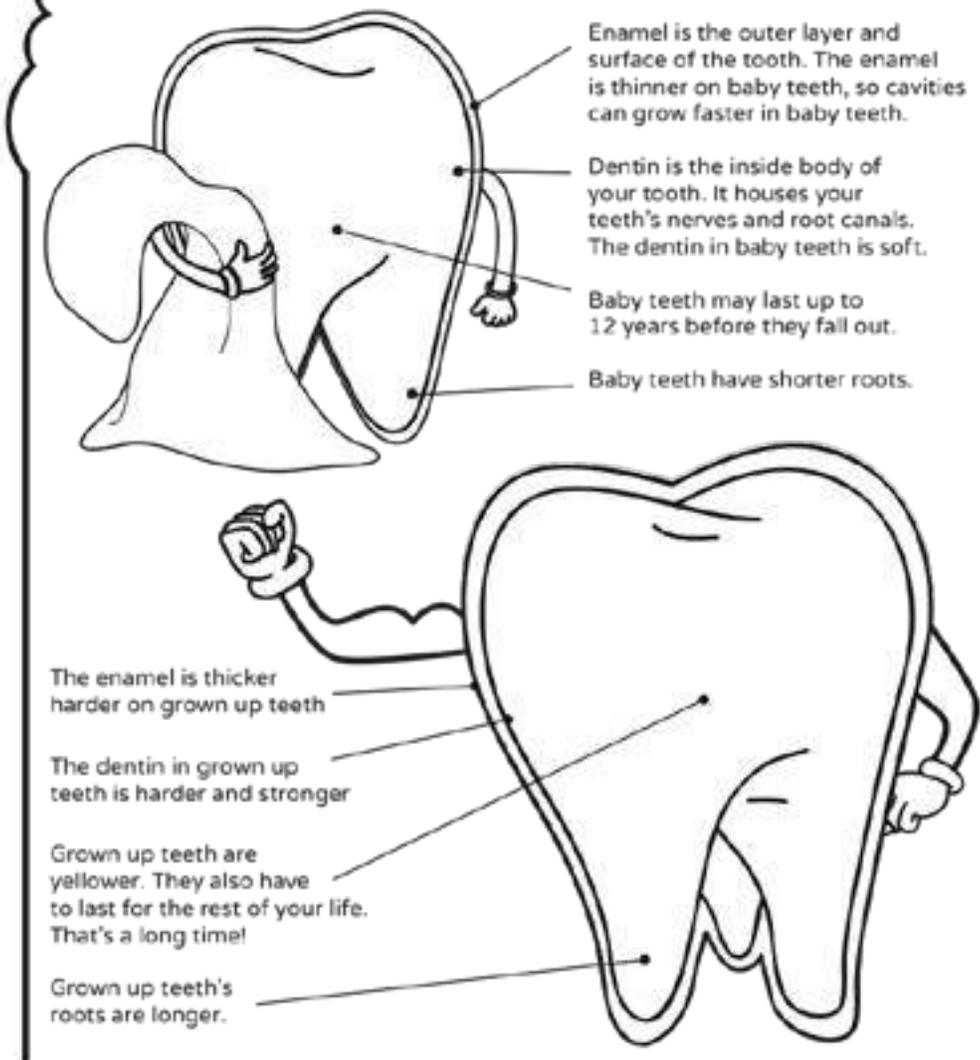
Find more activity sheets at www.mykoolsmiles.com/for-kids





Kool Smiles Activity Sheets!

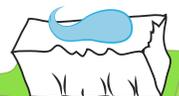
IF BABY TEETH FALL OUT
WHY IS IT IMPORTANT TO
KEEP THEM HEALTHY?



Did you know?

Even though baby teeth eventually fall out, they have very important jobs! They save a spot for your adult teeth, they help you chew food and speak clearly. And most importantly they help your smile sparkle!

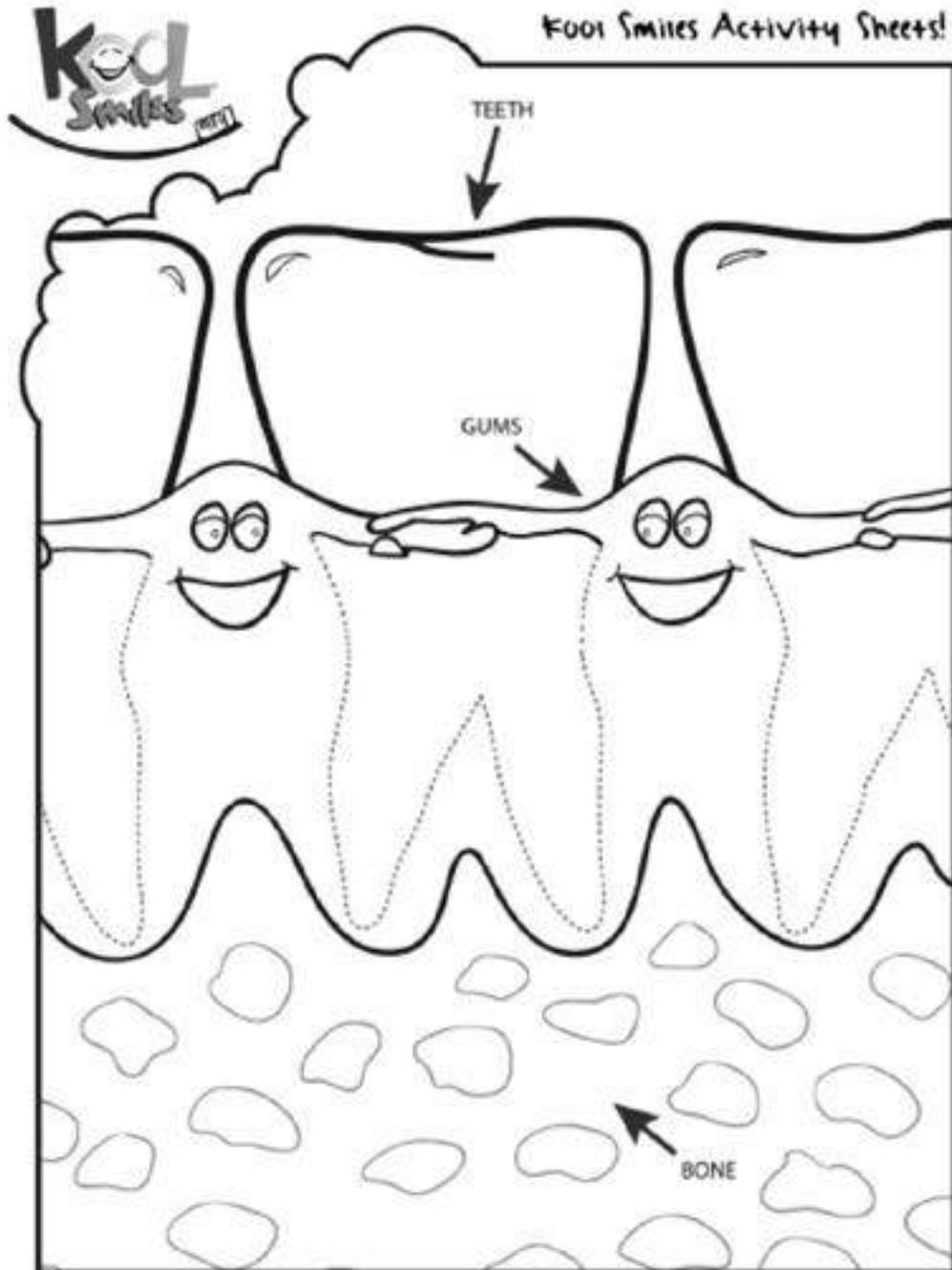
Find more activity sheets at www.mykoolsmiles.com/for-kids





LEARNING ABOUT TEETH

SECTION 1



Did you know? Your gums are the layer between your teeth and your bone. It is especially important to brush your gums because they hold your teeth in your mouth!

Find more activity sheets at www.mykoolsmiles.com/for/kids

