

Brush UP!



Professions: Dentist, Dental Assistant, Dental Hygienist

Grade Level: K-2

All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.

Purpose: To promote healthy teeth.

Materials needed: Attached worksheet

Duration: 20 minutes





























Instructions:

1. Discuss good oral care.
 - Brush your teeth when you wake up in the morning and before you go to bed at night.
 - You should floss your teeth before you brush your teeth. Have your parents help you floss correctly.
 - Be sure to brush your teeth for at least 2 minutes or while you listen to your favorite song on the radio. Discuss how long 2 minutes is. Have the class be quiet for two minutes or bounce a ball for 2 minutes to illustrate time.
 - Do not open containers with your teeth or bite your nails because it may harm your teeth.
 - Use a pea-sized amount of children's fluoride toothpaste.
 - If you are in a highly active or contact sport, wear a mouth-guard to protect your teeth.
2. After discussing healthy oral care, hand out the Dentists, Dental Assistants, & Dental Hygienists worksheet. Discuss the questions and have students answer them.
3. Hand out the Tooth Brushing Chart. The students are to cross off or put a sticker over the sun after they brush their teeth in the morning and the moon after they brush their teeth at night.
4. The students can use the worksheet for 4 weeks.
5. After the 4 weeks are over, if the student brings the worksheet back to the teacher to prove they have completed the assignment, you may want to reward them with a prize. For example, a new tooth brush or toothpaste (talk to local dental offices for possible donations), sugarless candy, etc.

Tooth Brushing Chart

NAME: _____



	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Name: _____

Dentists, Dental Assistants, & Dental Hygienists

Dentists are people who keep people's teeth healthy. They fix holes in your teeth, fix broken teeth and help protect your teeth from more cavities. They want people to brush and floss their teeth every day to keep them healthy.

Dental Hygienists and Dental Assistants help the dentist. They clean your teeth and take x-rays. They teach you how to take good care of your teeth.



What has been to the dentist recently?



Who cleaned your teeth for you?



Did you have a cavity or a hole in your teeth?



What can you do to make sure you do not get more cavities?



How did the dentist or hygienist tell you to brush?