Lesson Plan CBE

Grades 4/5

Hook Activity: Whose smile is this?

Introduction and Purpose:

* Say hello, we are \_\_\_ and \_\_\_, we are so happy to be here!
* Introductions
* Ground Rules:
  + Please be respectful to each other as well as us
  + Please raise your hand to speak
  + Please be quiet while other people are talking (including us!)
  + Ask lots of questions!
* Purpose:
  + Teach about keeping your mouth healthy, what foods are good and bad for your teeth

Direct Teaching:

* Brush/floss demo on regular dentech
* Explain the importance of brushing and flossing

Guided Practice:

* 2 volunteers (depending on time) to help brush and floss using proper technique

Direct Teaching

* Pull out food board and sugar vials
* Talk about how the foods you eat affect your teeth and mouth
  + Reference the hard covering on teeth (enamel) can be hurt by sugar-eating bugs (plaque) that make acid

Guided Practice

* Food board- select which category each food belongs under
* Sugar set- Identify which amount of sugar matches what food

Direct Teaching/Guided Practice:

* Pull out Mr. Gross Mouth
* Discuss what other things are bad for your teeth:
  + Smoking, not brushing, not flossing, eating lots of sugar, cancer risk!

Closure/Recap:

* What did we learn today?
* What are you going to do different tonight when you go home?

**Materials Needed:**

* **Sugar Set**
* **Whose mouth is this?**
* **Mr. Gross Mouth**
* **Normal Dentech**
* **Healthy vs. Unhealthy food chart**