



Lesson 1

Healthy Teeth Are Important

Main Lesson Plan

Learning Objectives

After this lesson children will be able to

- Say what it means to be healthy.
- Explain why their teeth are important parts of their body.
- List their teeth's three main jobs.

Background Information for Teachers

The mouth is an important part of the body. In the mouth are teeth that have three main jobs: smiling, talking, and eating. Our teeth allow us to smile, talk to others, and eat foods. Everyone has a smile that is different from anyone else's, and that makes us special.

Source: Alabama Medicaid Agency. 2004. *Smile Alabama!: Celebrate Healthy Teeth, Healthy Mouth, Healthy You!* Montgomery, AL: Alabama Medicaid Agency.

Head Start Domains and Elements

Head Start Domains	Head Start Domain Elements
Creative Arts Expression	Music
Language Development	Expressive Language Receptive Language
Literacy Knowledge and Skills	Alphabet Knowledge Print Concepts and Conventions
Logic and Reasoning	Reasoning and Problem Solving
Social and Emotional Development	Self-concept and Self-efficacy

Special instructions: The main lesson plan is to be held during circle time.

Description: Children will begin to learn about what it means to be healthy, point out parts of their bodies, and indicate the purpose of parts of the head. Children will also learn that their teeth have three main jobs and will describe what it would be like for them if their teeth could not do each job.

Materials (included in curriculum): Picture cards of a child smiling, a child talking on the telephone, and a child eating; *Teeth Talk: A Newsletter for Parents of Children Enrolled in Maryland's Head Start Programs* (Lesson 1: Healthy Teeth Are Important)

Materials (not included in curriculum): Small hand mirror for each child

Instructions

ASK the children: What does “healthy” mean? **LISTEN** to their answers and **REINFORCE** the correct answers: That’s right. Healthy means that you feel good and are not sick.

ASK the children: What happens when you are sick? **LISTEN** to their answers. (Children may say that they can’t play, eat, or sleep well.)

ASK the children: Why is it important to be able to do these things? **LISTEN** to their answers and **REINFORCE** the correct answers: Yes. It’s very important to keep healthy. We have many parts of our bodies that need to stay healthy. Let’s see how many parts of our bodies we can find.

ASK the children to point to each body part while you ask them the following questions:

- Where are your ears?
- Where are your eyes?
- Where is your nose?
- Where is your mouth?
- Where is your tongue?
- Where are your teeth?
- Where are your gums?
- Where are your lips?

WATCH the children point to their body parts.

ASK the children what the following body parts do:

- Ears
- Eyes
- Nose
- Mouth

LISTEN to their answers and **REINFORCE** the correct answers: That’s right. Ears hear, eyes see, noses smell, and mouths smile, talk, and eat. All of those body parts have very important jobs. There’s one body part that has more than one job. Let’s take a closer look at our mouths.

GIVE each child a hand mirror. **ASK** the children to look at the insides of their mouths in the mirrors while you ask the following questions:

- What do you see inside your mouth?
- What do your teeth look like?
- What do you see in the mirror when you smile?
- What do your lips look like?
- What does your tongue look like?

LISTEN to their answers.





SHOW the children the picture card of the girl smiling. **ASK** the children:

- What is the girl doing with her mouth?
- What would your smile look like if you didn't have any teeth?
- How would you feel if you couldn't smile?

LISTEN to their answers. **SHOW** the children the picture card of the boy talking on the telephone. **ASK** the children:

- What are the children doing?
- What are they using to talk?
- Try talking without your teeth. (Ask the children to hold their lips together and try to talk.)
- How would you feel if you couldn't talk?

SHOW the children the picture card of the boy eating corn. **ASK** the children:

- What is the boy doing with his teeth?
- Could you eat without teeth?
- How would you feel if you couldn't eat?

LISTEN to their answers.

Source: Maryland Department of Health and Mental Hygiene, Office of Oral Health; Head Start Oral Health Workgroup. 2002. *Head Start Oral Health Awareness Lesson Plans: A Teacher's Guide for Creating Healthy Smiles*. Baltimore, MD: Maryland Department of Health and Mental Hygiene, Office of Oral Health. <http://www.mchoralhealth.org/PDFs/HSLessonPlans.pdf>.

TELL the children: Let's sing a song about all the important jobs our teeth do for us. The name of the song is "Smile, Talk, Chew" (sung to the tune of "The Wheels on the Bus").

Smile, Talk, Chew

This is the way we use our teeth, use our teeth, use our teeth.

This is the way we use our teeth, all day long.

This is the way we use our teeth, use our teeth, use our teeth.

This is the way we use our teeth, smile, smile, smile.

This is the way we use our teeth, use our teeth, use our teeth.

This is the way we use our teeth, talk, talk, talk.

This is the way we use our teeth, use our teeth, use our teeth.

This is the way we use our teeth, chew, chew, chew.

This is the way we use our teeth, use our teeth, use our teeth.

This is the way we use our teeth, smile, talk, chew.

Source: Adapted from "The Wheels on the Bus."

GIVE *Teeth Talk: A Newsletter for Parents of Children Enrolled in Maryland's Head Start Programs* (Lesson 1: Healthy Teeth Are Important) to each child's parent and encourage the parent to reinforce the lesson plan concepts with suggested activities the family can do at home.



Check for Knowledge and Understanding

- Ask the children to describe what it means to be healthy.
- Ask the children to explain why their teeth are important.
- Ask the children to list the three main jobs that their teeth have.

Small Group Supplemental/ Enrichment Activities

Head Start Domains	Head Start Domain Elements
Creative Arts Expression	Creative Movement and Dance Music
Literacy Knowledge and Skills	Book Appreciation Phonological Awareness Print Concepts and Conventions
Mathematics Knowledge and Skills	Number Concepts and Quantities
Physical Development and Health	Fine Motor Skills
Science Knowledge and Skills	Conceptual Knowledge of the Natural and Physical World Scientific Skills and Methods
Social and Emotional Development	Self-concept and Self-efficacy Self-regulation Social Relationships

Mouth Rhymes

Domain: Literacy Knowledge and Skills

Materials (included in curriculum): *Mouth Rhymes* (book)

Instructions: Read *Mouth Rhymes* to the children.

My Teeth

Domain: Literacy Knowledge and Skills

Materials (included in the curriculum): *My Teeth Have Many Jobs* (book)

Instructions: Read *My Teeth Have Many Jobs* to the children.

Your Smile Is Special

Domain: Social and Emotional Development

Materials (not included in curriculum): Construction paper or paper plates

Instructions:

1. Divide the children into two groups. One group will be actors and the other will be the audience.
2. Demonstrate the following for the actors. Kneel behind a table, and hide your face and hair behind a piece of paper or a paper plate. Move your head up over the table edge, and move the paper up high enough so that only your smile shows. Ask the audience: Whose smile is this?
3. Have each of the actors do the same thing, and ask the audience to guess who each child is by their smile. Ask the audience to say something positive about each smile (for example, What a big smile! What shiny teeth!).
4. Continue the game until every child has had a chance to be an actor and show his or her special smile.



Source: Adapted with permission from Sigmon C. 2006. *Tooth Time: A Dental Education Curriculum for Preschool Children Ages 2 Through 5*. Hendersonville, NC: Henderson County Department of Public Health.

How Many Teeth?

Domain: Mathematics Knowledge and Skills

Materials (included in curriculum): Lips template

Materials (not included in curriculum): Red construction paper to make lips, white beads (can also use white paper squares or packing peanuts), glue

Instructions:

1. Hand out the paper lips, white beads, and glue.
2. Have the children count out 20 beads.
3. Have the children glue 10 beads on the top and 10 beads on the bottom of the lips to make a smile.

Source: Adapted with permission from Maryland Department of Health and Mental Hygiene, Office of Oral Health; Head Start Oral Health Workgroup. 2002. *Head Start Oral Health Awareness Lesson Plans: A Teacher's Guide for Creating Healthy Smiles*. Baltimore, MD: Maryland Department of Health and Mental Hygiene, Office of Oral Health. <http://www.mchoralhealth.org/PDFs/HSLessonPlans.pdf>.



Jobs for Teeth

Domains: Creative Arts Expression, Physical Development and Health

Materials (not included in curriculum): Magazines, scissors, construction paper, glue

Instructions:

1. Hand out the magazines, scissors, construction paper, and glue.
2. Tell the children to cut out (or help them cut out) pictures of people who are eating, talking, or smiling, and tell them to glue them onto the paper.
3. Hang the pictures around the room for all to see.

Source: Adapted with permission from Maryland Department of Health and Mental Hygiene, Office of Oral Health; Head Start Oral Health Workgroup. 2002. *Head Start Oral Health Awareness Lesson Plans: A Teacher's Guide for Creating Healthy Smiles*. Baltimore, MD: Maryland Department of Health and Mental Hygiene, Office of Oral Health. <http://www.mchoralhealth.org/PDFs/HSLessonPlans.pdf>.

My Mouth

Domains: Science Knowledge and Skills, Social and Emotional Development

Materials (not included in curriculum): Small hand mirror for each child

Instructions: Give each child a mirror. Have them look in their mouths. Ask them the following questions:

- What do you see in the mirror when you smile?
- What do your lips look like?
- What do you see inside your mouth?
- What do your teeth look like?
- Are there any spaces between your teeth?

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"The Wheels on the Bus."