ORAL HEALTH

LESSON PLAN KIT

"MY BRIGHT SMILE!"





Instructions:

Learners discover what teeth do and why they are important. Activities include drawing their own smile and naming tooth functions. Introduce the idea of caring for teeth every day.



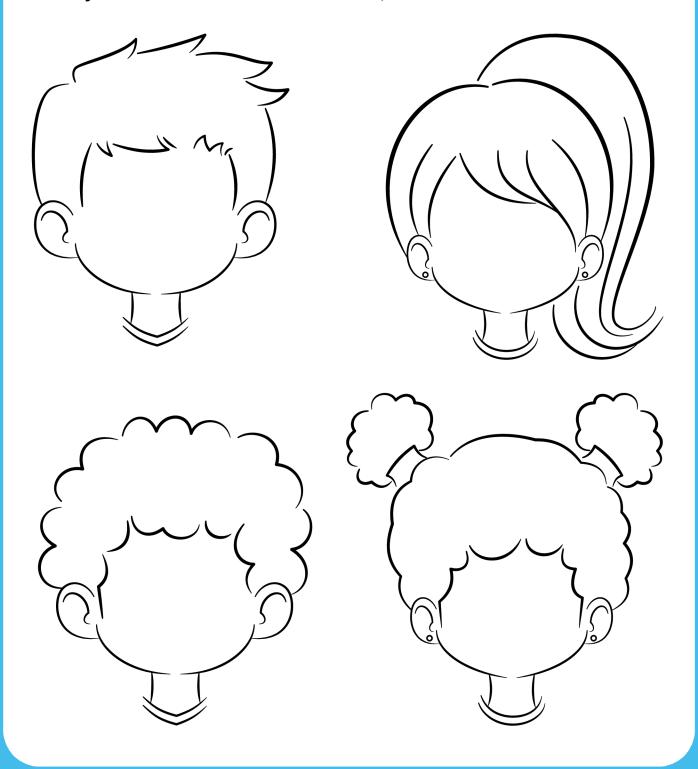
Activity:

Learners will draw their teeth and smile in an image they identify with as themselves and label the teeth according to their types.



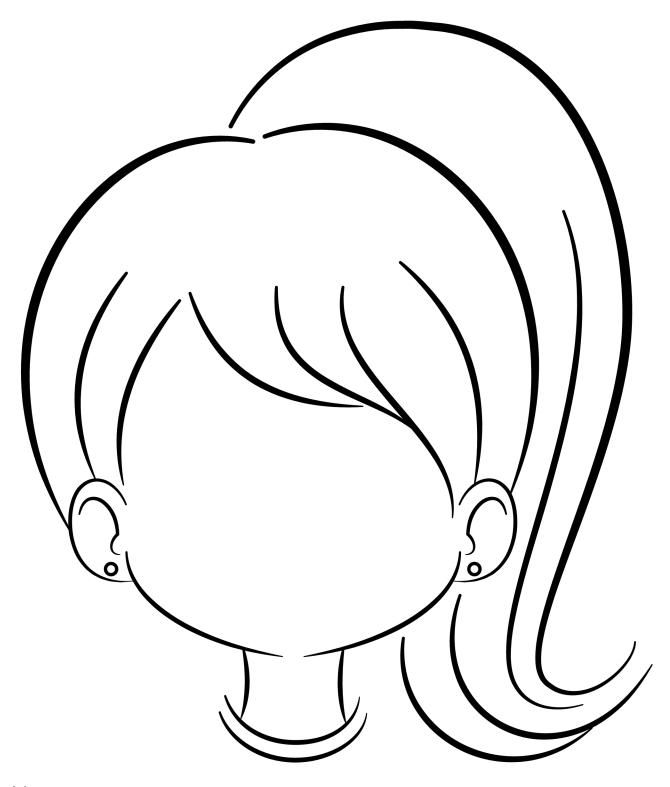
Draw your smile and label your teeth.

Can you tell which are incisors, canines and molars?

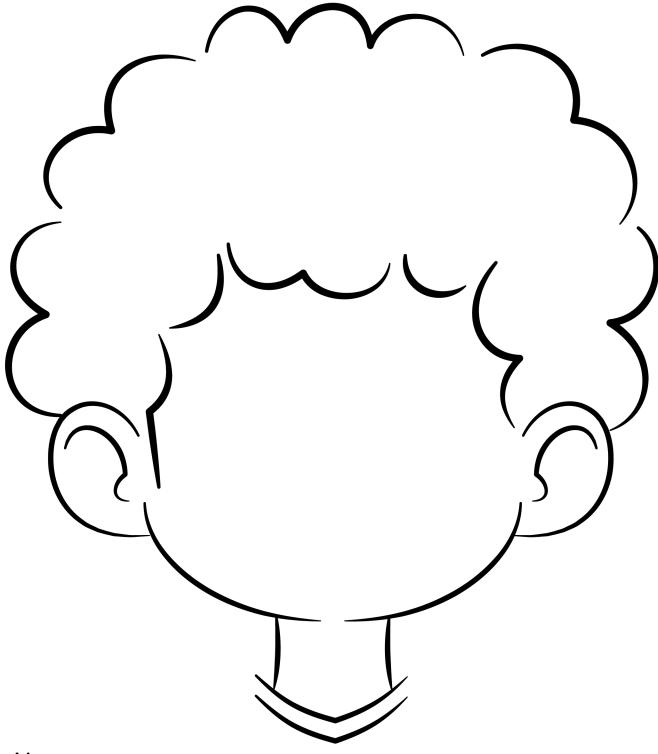














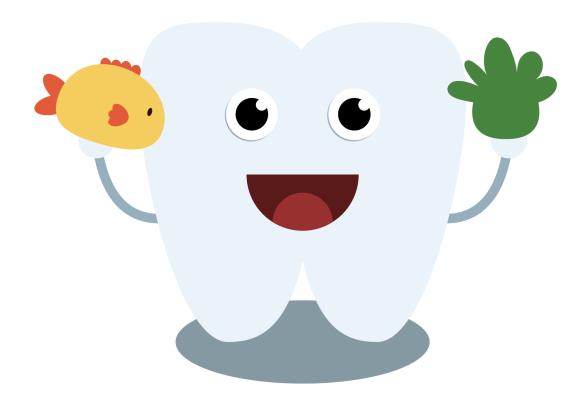






Instructions:

Learners identify tooth-friendly foods. Includes a cut-and-paste activity to sort healthy and unhealthy foods. Remind learners that water and milk are the best drinks!

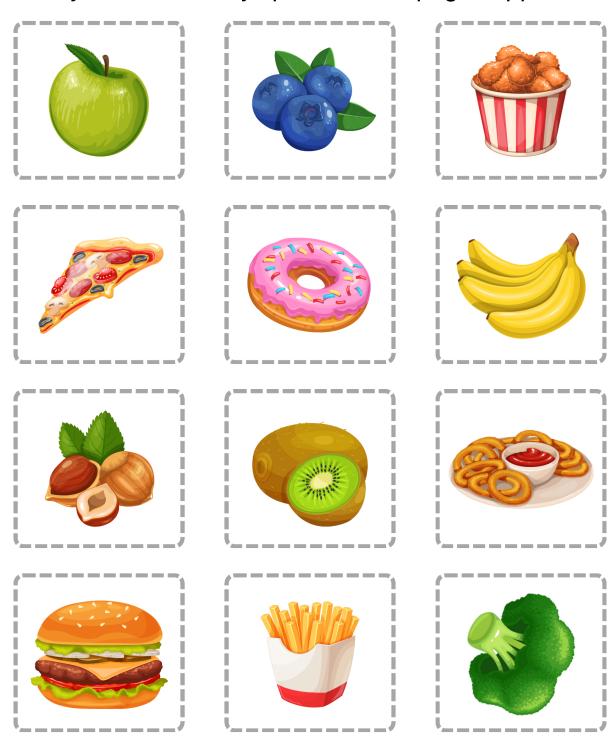


Activity:

Learners cut food items out and sort them according to 'Healthy' and 'Unhealthy' by sticking the food item in the relevant box. Learners can do the same exercise by cutting pictures of healthy and unhealthy foods from magazines and newspapers.



Cut out all the foods below and paste them into the Healthy and Unhealthy spaces in the page supplied.





HEALTHY

UNHEALTHY



HEALTHY

UNHEALTHY



Instructions:

Learners learn the correct brushing sequence.

Includes a 7-day brushing chart.

Demonstration on brushing in small circles and counting for two minutes.



Activity:

Learners will arrange the various images on how to brush their teeth in the correct sequence.



By drawing a line from the picture below to the number in the chart, you will be able to arrange the pictures in the correct sequence to brush your teeth!







Use toothpaste and toothbrush





WEEKLY BRUSHING CHART

Colour in the tooth every time you brush your teeth!







TUESDAY

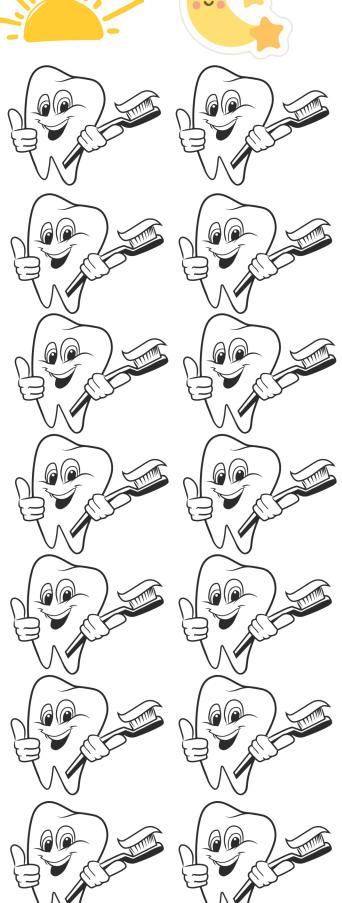
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY





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