



## Dental Health (K4 – K5)

### Suggested CHEC-out activities

#### 1 Show tooth decay

Take an apple and make a one-inch-deep hole in it. Put the apple in a paper bag and set aside for a few days. Cut through the place where the hole was made and have students look at the effects of decay. This shows how decay spreads through a tooth. Explain that oral hygiene (brushing twice a day with fluoride toothpaste and flossing once a day) is important to prevent tooth decay.

#### 2 Toothbrushes and toothpaste

Using the coloring sheet found at <http://www.ada.org/public/events/index.asp>, have each student count and color the toothbrushes. The students should also practice drawing a pea size amount of toothpaste on each toothbrush.

#### 3 Dental visit

Have a dentist visit school and talk with your students. Before he or she arrives, have students brainstorm about questions they would like to ask. After the dentist leaves, encourage students to write thank you letters to him or her.

#### 4 Healthy smiles

Create a healthy smiles bulletin board. Take a picture of each student's smile. Have them cut out their mouths and glue them onto a cutout of a tooth. Have each student write a sentence of how they take care of their teeth. Place all the mouths on a bulletin board. See if students can guess who the smiles belong to.

#### 5 Smiling sing-a-long

To be taught in a rap format.

Got my toothpaste, got my brush.  
I won't hurry, I won't rush.  
Making sure my teeth are clean.  
Front and back and in between.  
When I brush for quite awhile,  
I will have a happy smile!

### Books

- "Meet Your Teeth," Schwartz, Linda, Learning Works, 1996.
- "Teaching Young Children Using Themes," Kostelnik, Majorie (editor). Good Year Books, 1996.
- "Open Wide: Tooth School Inside," Keller, Laurie. Henry Holt and Company, Inc., 2000.
- "Sesame Street Ready, Set, Brush," Brannon, Tom and Rudko, Che. Readers Digest, 2008.

### Web sites

- About Smiles, [www.aboutsmiles.com](http://www.aboutsmiles.com)
- American Academy of Pediatric Dentistry, [www.aapd.org](http://www.aapd.org)
- American Dental Association, [www.ada.org](http://www.ada.org)
- Crest Family Care Center, [www.crest.com](http://www.crest.com)
- Delta Dental Plan of Wisconsin "Teeth on the Go" program, [www.deltadentalwi.com](http://www.deltadentalwi.com)
- 5 a Day the Color Way, Produce for Better Health Foundation, [www.5aday.org](http://www.5aday.org)
- Healthy Teeth, [www.healthyteeth.org](http://www.healthyteeth.org)
- Scholastic, Inc., Helping Children Learn, Grow and Be Happy, [www.scholastic.com](http://www.scholastic.com)