

**LESSON TITLE:**

Tic Tac Teeth

**LESSON DESCRIPTION:**

Get ready to put your dental health knowledge to the test! In this activity, Sheriff Tex Tooth, his horse Paste, and the Sugar Gang will be reviewing the concepts that have been covered in *Decay? No Way!* After an explanation of how the game is played, Sheriff will introduce the players who will be participating. Let the games begin!



**GRADE LEVEL:**

K-3

**INSTRUCTION PHASE:**

Knowledge, Comprehension, Application

**DURATION:**

Varies – depending on how many times the instructor allows students to play the *Tic Tac Teeth* game.

**DELIVERY METHOD:**

Educator-led

Pairs

**MATERIALS:**

1. Computer(s) with Internet access or Kit on CD
2. Projector
3. Projector screen for front of classroom

**MANAGEMENT:**

- For this instructor-led activity, students will be working in one large group or in two competing teams to watch the game on a projection screen in the front of the classroom.
- As a variation, students can work in partners to complete this lesson in the computer lab or back of the classroom computers if the terms of the unit have all been covered.
- *The educator will need to reserve computer lab time for this activity. Please be aware that the lesson activity after this one may also require the use of this same equipment. If needed, please adjust equipment reservation time accordingly.*

**LESSON OBJECTIVES & STANDARDS:**

The students will be able to:

1. Recall information related to dental health, including why teeth are important, the names of the teeth, differences between primary and permanent teeth, how cavities form, the importance of brushing teeth, and the importance of fluoride.

National Standards

Health: 1, 3, 6

PA State Standards

Health, Safety and Physical Education: 10.1.3.C, E, 10.2.3.A, B

**ANTICIPATORY SET:**

If this activity is done as part of the **Decay? No Way! eLearning Kit®** activities, begin by relating student experiences to the objectives of the lesson by asking the following:

- *What foods do you eat that have calcium?*
- *What technique do you use to brush your teeth?*
- *When do you brush your teeth?*
- *How do you avoid cavities?*
- *What foods do you avoid that are bad for your teeth?*
- *Where is the crown of your tooth?*
- *How many times a year do you visit your dentist?*
- *How many permanent teeth do you have?*
- *Do you have any sealants?*
- *Where is the root of your tooth?*
- *What foods do you eat that have Vitamin C?*
- *What is the chemical in your toothpaste that helps to prevent tooth decay?*
- *Where is the enamel on your tooth?*
- *How many primary teeth did you get?*

### TEACHING – Input:

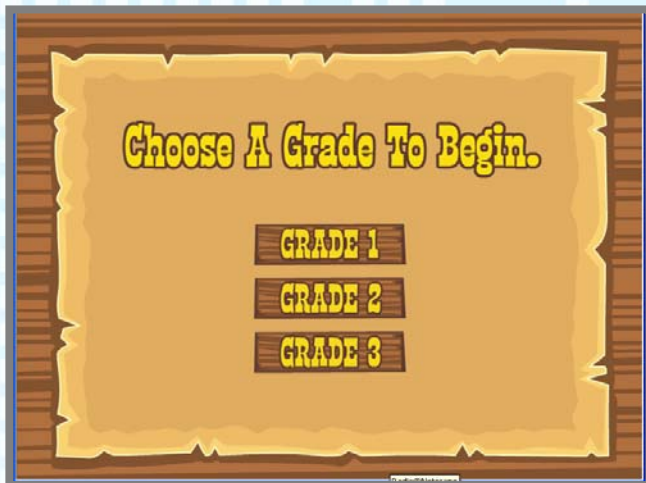
#### Lesson Terms

1. The **bicuspid (premolars)** are the teeth behind the cuspids; they have two points to tear and crush food.
2. **Calcium** is a mineral found in foods such as milk and cheeses that help make bones and teeth strong.
3. A **cavity** is a small hole in the tooth.
4. **Cementum** is the thin layer of bone tissue that anchors the root of the tooth in the jawbone.
5. The **crown** is the part of the tooth that is above the gum.
6. The **cuspids (canines)** are the teeth on either side of the incisors; they are pointed to tear food.
7. **Decay** is to slowly rot.
8. **Dentin** is the bone-like material surrounding the pulp that makes up the body of the tooth.
9. A **dentist** is a doctor who takes care of people's teeth.
10. **Enamel** is the hard covering that protects the crown of the tooth.
11. **Fluoride** is a chemical that helps prevent tooth decay.
12. **Gums** are the pink, tough, flesh around the teeth.
13. The **incisors** are the teeth that are in front of the mouth. They have sharp straight edges to cut food.
14. The **molars** are the larger teeth in the back of the mouth that grind food.
15. The **neck** is the part of the tooth that passes through the gum.
16. The **permanent teeth** are the second set of teeth.
17. **Plaque** is a sticky coating on teeth from sugars and bits of food.
18. The **primary teeth** are the first set of teeth; also called the baby teeth.
19. **Pulp** is the innermost part of the tooth containing nerves and blood vessels.
20. The **root** is the part of the tooth that is down in the gum.
21. A **sealant** is a clear plastic coating that can be put over the grooves of the molars.
22. **Vitamin C** is a vitamin that helps you to have healthy gums and blood vessels; it helps your bones to stay strong.

### TEACHING – Modeling:

- Students will gather as one large group or two smaller groups to watch the activity as it is projected onto the large screen in the classroom. Once the activity is launched, Sheriff Tex Tooth will appear in the town square and introduce himself and his horse Paste.
- After the Sheriff has introduced himself, he will begin to speak about how important it is to take care of the teeth, and what some uses of the team are. He will discuss how the teeth help you to look nice and feel good about yourself, talk, eat, and avoid bad breath. Throughout this time, the students will be introduced to the different members of the Sugar Gang.
- The instructor should be reinforcing these topics as they are covered by the Sheriff.
- At any point during the introduction, the instructor or students will have the option to “Skip to Activity” by clicking on the menu button. This button is located at the bottom left of the screen.
- We will then see the Sheriff on his horse riding towards the barn, where the game **Tic Tac Teeth** is located. Once the Sheriff reaches the barn, he will begin to give directions to the game.

Content Developed by



- After the Sheriff has given the directions on how to play the game, he will introduce the characters. There will be 9 characters filling in the game board.
- Once the characters are introduced, it is time to play the game. The instructor should choose a grade level (Grade 1, 2, or 3) and begin the game.
- The educator will prompt individual students from each team to choose a character. Once they choose a character, the instructor should click on that character to get the True or False statement.
- The team or student will then choose whether they agree or disagree with the statement. After they decide, the instructor will click on the “Agree” or “Disagree” buttons on the screen.
- If they are correct, an “X” or an “O” will be placed in the box.
- The object of the game is to get three “X”s or three “O”s in a row in any direction.
- Once the game is completed, the instructor will have the option of playing again or moving on to something else.

### **TEACHING – Check for Understanding:**

1. The three reasons why the teeth are important are the ability to eat, speak, and look good and feel good about oneself.
  - How do our teeth help us to eat?
  - How do our teeth help us to talk?
  - How do our teeth help us look good and feel good about ourselves?
2. The two sets of teeth include the Primary Set, and the Permanent Set.
  - What is the name of the first set of teeth that we get?
  - What is the name of the second set of teeth that we get?
  - Why is it so important to take care of the permanent teeth?
3. The differences between the primary and the permanent set of teeth include size, number, location, and function.
  - Which set contains the larger, harder teeth?
  - How many primary teeth do we get?
  - How many permanent teeth do we get?

- How many molars are present in the permanent set of teeth?
  - How many molars are present in the primary set of teeth?
4. It is important to take care of the permanent teeth because they must last us forever.
- Why do we need to take care of the permanent teeth?
  - What will happen if we don't take care of the permanent teeth?
  - Do we also need to take care of the primary set of teeth?
5. The crown is the part of the tooth that is above the gum. Enamel is the hard covering that protects the crown of the tooth. The neck is the part of the tooth that passes through the gum. The root is the part of the tooth that is down in the gum.
- Where is the crown located?
  - Where is the enamel located?
  - Where is the neck of the tooth located?
  - Where is the root of the tooth located?
  - What is the function of the crown?
  - What is the function of the enamel?
  - What is the function of the root of the tooth?
6. Plaque is a sticky coating on teeth from sugars and bits of food.
- How does plaque form on our teeth?
  - What happens if too much plaque forms on the teeth?
  - How can we remove plaque from our teeth?
  - What is plaque made of?
7. Cavities form when plaque mixes with acid in the mouth and begins to decay the tooth enamel.
- How can we prevent cavities from happening?
  - What three substances need to be present for decay to happen?
  - What is a cavity?
  - Cavities affect which parts of the teeth?
8. The proper way to brush the teeth is to remove the plaque near the gum line by sweeping it away from the gums. It can also be called the "Wiggle, Giggle, Swoosh" method.
- What is the purpose of brushing teeth?
  - Describe the best way to brush teeth.
  - Where on the tooth should you focus your brushing?
9. It is important to brush your teeth in order to avoid cavities, tooth decay, and plaque build-up. This will allow you to eat, talk, and smile with no problems.
- What will happen if we do not brush our teeth?
  - Can flossing help to clean our teeth as well?
  - Will cavities form if you do not brush your teeth?
  - What will happen if there is a build up of plaque and acid on your teeth?

10. It is important to brush our teeth three times a day. You should brush after breakfast, lunch, and dinner.
- When should you brush your teeth?
  - How many times a day should you brush your teeth?
  - If you do not have a toothbrush, is there anything else that you can do to clean your teeth after a meal?
  - Should you brush our teeth before or after you eat?
11. Some sugary, sticky foods that should be avoided include candy, cookies, and cake.
- What kinds of foods should be avoided in order to keep your teeth healthy?
  - Give some examples of these kinds of foods.
  - What will happen if you eat too many of these kinds of foods?
  - What kind of snacks could we eat instead of these sugary, sticky foods?
  - If we do decide to eat things like candy, cookies, and cake, is there anything that we can do to make sure that they don't hurt our teeth?
12. Any hard and crunchy fruits or vegetables like apples, carrots, celery, or peanuts are considered cleansing foods because they help to remove plaque from the teeth when you are chewing them.
- What foods are considered to be cleansing foods?
  - How do cleansing foods create a cleansing effect?
  - Are there any cleansing foods that you like to eat?
  - Would it be smart to eat these foods before or after you have something that is sugary and sticky?
13. It is important to see the dentist regularly because they need to check to make sure all of your teeth are coming in correctly, check for cavities, and fix any possible problems with your teeth.
- What is a sealant?
  - Why would the dentist need to use a sealant?
  - What is an X-ray?
  - How do dentists use X-rays?
  - What will the dentist do if you have a cavity?
  - Is it sometimes scary to visit the dentist?
  - Will the dentist clean your teeth for you?
  - What may the dentist give you that will make your teeth stronger? (Hint: It is also found in toothpaste)
14. Fluoride is a chemical that helps to prevent tooth decay.
- Where is fluoride usually found?
  - Will the dentist give you fluoride?
  - Will fluoride hurt you?
  - What will fluoride do for your teeth?
  - Why is it important for you to use fluoride?

**CLOSURE:**

Review key points of the lesson to help students form a coherent understanding of the lesson objectives. Ask students to tell or show you what they have learned, using questions similar to those found in **Check for Understanding**.