

Oral Health Supporting My Overall Health

Lesson Plan

Resource: H&PE Elementary Resources

Unit: Human Development and Sexual Health

Grade(s): 2

Lesson: 4 of 5

H&PE Curriculum Expectations

2019 H&PE Curriculum Expectations: A1.3, A1.5, D2.4

Materials

- 1 toothbrush and toothpaste
- Access to a shared document (chart paper and markers or online interactive tool)
- Egg experiment: 2 hard-boiled white eggs or pieces of non-glazed porcelain with a safe edge, 1 spoon, 2 plastic cups, dark liquid (e.g., soda pop, fruit juice, energy drink, vinegar, cold coffee), light or clear liquid (e.g., dairy, soy or rice milk, water)
- Paper/journals and appropriate writing, drawing and colouring utensils
- **Teacher Resource: Anecdotal Recording Chart (PDF)**

Learning Goals

We are learning to apply practices that help us maintain good oral health as part of taking care of our body.

Overall Assessment

Using the Anecdotal Recording Chart, observe students and provide verbal and written feedback on their ability to understand and apply practices that contribute to the maintenance of good oral health that contribute to their overall health.

Minds-On

Share the learning goals with the class and co-construct success criteria with students. Consider posting the success criteria in the learning space for reference throughout the lesson.

Using Direct Instruction, tell students that having healthy teeth and gums contributes to our overall health and well-being in all stages of development. It is important to know how to take care of our teeth and gums, because we use them to chew healthy food, which keeps our bodies strong and helps us stay focused when learning. Our choices of food and drink can help or hurt our teeth.

Using an [Elbow Partner](#) strategy, and the following teacher prompts, have students generate and share different practices they can use for good oral health (record student responses).

Teacher prompts: “What are some practices that we can do to take care of our teeth and gums? How do these daily practices support other areas of our health and well-being?”

Student responses:

- “We can brush and floss our teeth when we wake up in the morning and before we go to bed.”
- “We can make sure we brush our tongue too, because germs and sugars on our tongues can also cause cavities on our teeth.”
- “Flossing is important because some germs between my teeth can be hard to get for a toothbrush.”
- “Going to the dentist regularly for a checkup helps to make sure my teeth are healthy.”
- “Eating foods and beverages that are less sugary will also keep my teeth and gums healthy. This is also a good practice to keep my body at its best!”

Action

Prior to the lesson, prepare two white hard-boiled eggs per group. Note, if using non-glazed porcelain, substitute it for the eggs in the following instructions.

Show students the hard-boiled eggs. Explain that the outside shell of the egg is made up of a material similar to the thin outer covering of their teeth which is called enamel. Ask students what they think the purpose of the eggshell serves.

Teacher prompt: “What purpose do you think the shell of the egg serves?”

Student response: “It protects the soft egg on the inside, similar to the way enamel protects teeth.”

Fill one plastic cup with dark soda pop, fruit juice, energy drink, or dark coffee/tea, and one plastic cup with dairy milk, soy milk, rice milk, or water. Have students observe the colour of both eggs before placing one in each cup and predict what might happen to each egg in the different substances. Have students record or illustrate their observation and prediction. Allow the eggs to sit in the cups overnight then gently lift the eggs out of the liquid using a spoon. Have students observe what happened to each of the eggs overnight. Have students record their new observations and compare them with their observations from the day before. For example, the enamel is dark on the egg that was in the darker liquid and the enamel colour on the egg that was in the lighter liquid didn't change. Invite students to share their observations with the class. Consider completing this activity in small groups taking into account students who may have allergies to eggs, dairy or soy.

Engage students in a large group discussion about the effects of sugary or acid liquids and proper ways to care for their teeth using the following teacher prompts.

Teacher prompts: “Why did the colour of one egg change and not the other? What does this experiment tell us about how different foods can affect the health of our teeth? What can we do to minimize or prevent this damage to our teeth?”

Student responses:

- “Soda pop, fruit juice, energy drinks, dark coffee, and tea can contain sugar and/or acid that can stain the enamel on our teeth.”
- “Exposing our teeth to a lot of sugary drinks can cause cavities and discolored teeth, which is similar to what happens with the eggshells.”
- “We should try to make water our first choice when we want a drink and try to limit sugary drinks.”
- “If we drink or eat food with lots of sugar, we should brush our teeth as soon as we can to avoid getting cavities or our teeth getting stained.”
- “If we can’t brush our teeth right away, we can always rinse our mouth with water until we get home to brush.”
- “We should brush our teeth at least two times a day for two minutes each time to remove food that can stain and hurt our teeth. This helps us maintain healthy teeth and helps our overall health.”
- “We can floss our teeth too to make sure we get any food from between our teeth that brushing doesn’t get out.”
- “If I lose a tooth, I should remember to brush the gap between the teeth.”

In a large group, model proper brushing technique by using a toothbrush and toothpaste to brush the discoloured egg. Illustrate how to hold the toothbrush at a 45-degree angle to the teeth (the egg) and then use gentle circles to clean the teeth (the egg). Remind students not to scrub the teeth. The key word is gentle because brushing too hard can hurt the gums. Consider having students take turns brushing the eggs to practice the gentle circular motion. (*The brushing technique instructions were excerpted from: Canadian Dental Association (2022). [Cleaning Teeth](#)*)

Consolidation

Review the good oral health practices that have been identified throughout the lesson. Invite students to decide which practices are daily practices that they can follow to care for their teeth and overall health.

Have students create a chart with seven columns, labeling each column: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. Have students record the daily oral health practices they will try to follow. Encourage students to post their chart at home to monitor the daily care of their teeth and gums and practice good health habits that contribute to their oral health and overall well-being.