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A Healthy Mouth

A healthy mouth is more than having healthy teeth. Your mouth also includes your gums, tongue, lips, jaws, and cheeks. Other parts are the roof of your mouth called the palate, muscles and throat. All these parts work together. They help us to talk, eat and smile.

Your mouth can tell us a lot about the health of your whole body. Some diseases that affect your body can cause signs and symptoms inside the mouth. For example, dry mouth or breath that smells sweet may be a sign of diabetes. Many times the dentist is the first person to find a disease in its early stages.

A healthy mouth may also help with your well-being. Healthy teeth that look good help you feel good. They also help you feel healthy and confident.

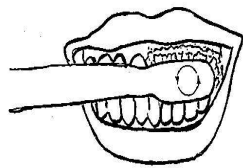
Plaque and Infection

Plaque is a sticky white film of bacteria that forms on the teeth and gums. Plaque can irritate your gums and cause an infection if you do not remove it. Having an infection for a long time can cause gum disease and make you lose your teeth. Many people do not know that gum infections can also raise their chances of having serious health problems. Some of the problems include diabetes, heart and lung diseases, stroke, and problems during pregnancy.

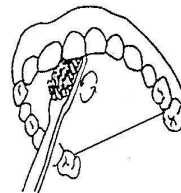
Remove the plaque from your teeth by brushing and flossing. Do not be at risk of getting an infection! Here are some tooth brushing and flossing tips:

Tooth Brushing Tips

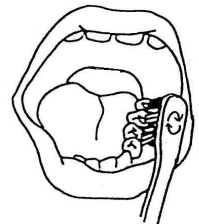
- Brush your teeth for about two minutes and at least two times a day.
- Brush any way that is comfortable, but **DO NOT** scrub hard back and forth.



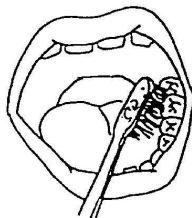
- Use small circular motions.



- Use the tip of your toothbrush to brush the inside of your front teeth.



- Make sure you also reach your back teeth. Clean the tops and sides where the grooves are.



- Be sure to brush the inside of your back teeth. Move your toothbrush to reach this area or use the tip of your toothbrush.
- Brush your tongue for a fresh feeling.



Vocabulary words

- Floss
- Plaque
- Gum Disease
- Fluoride

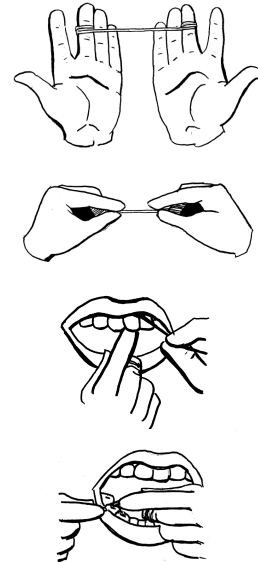
Keep these tips in mind:

- Use a toothbrush with soft bristles so it will not hurt your gums.
- Read the label on the toothpaste tube and make sure it has fluoride in it.
- Never share your toothbrush.
- Replace your toothbrush every 3 months or when the bristles are worn out.

Flossing Tips

In addition to brushing your teeth, you also need to clean in between your teeth. You will do this by using dental floss. You should floss at least once a day.

1. Take an 18-inch piece of floss and wind it around your middle fingers.
2. Hold the floss tight with your thumb and index (pointer) finger.
3. Gently slide the floss between your teeth. Do not snap it into place – this could harm your gums.
4. Gently slide the floss into the space between your tooth and gums. Move the floss up and down to rub the side of the tooth.
5. Floss in between every tooth and the back of the last tooth.



Remember to visit your dentist every six months to keep a healthy smile!

Vocabulary & Definitions

- Floss:** The action of cleaning between your teeth with dental floss. Dental floss is the string that you use to clean between your teeth.
- Gum Disease:** An infection of the tissues and bones that surround and support your teeth. It is caused by having too much plaque.
- Plaque:** A sticky white film of bacteria that can irritate the gums and hurt the bone.
- Fluoride:** A mineral that is found in the body, mostly in the teeth and bones. Brushing your teeth with fluoride toothpaste helps prevent tooth decay. Fluoride can also protect you from having cavities by making your teeth stronger.

Lesson Plan

A Healthy Mouth

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> • Dry erase board and dry erase markers • Pencils 	<ul style="list-style-type: none"> • “ A Healthy Mouth” Lesson • “Listening Activity” Handout • Skills Practice Worksheet • Pre-post Workshop Survey 	<ul style="list-style-type: none"> • 1 Hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic. Time: 5 minutes • Conduct the Pre-Test Time: 5 minutes • Introduce the new vocabulary Time: 5 minutes 	<ol style="list-style-type: none"> 1. Why is it important to take care of your mouth? 2. What do you do to take care of your teeth? 3. Have you ever lost a tooth? Why? What happened? <ul style="list-style-type: none"> • Distribute Pre-Test, and ask students to turn it in when it is complete. • Write the vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions. Use “ A Healthy Mouth ” Lesson.
Instructions	<ul style="list-style-type: none"> • Read the lesson on “A Healthy Mouth” Time: 10 minutes • Identify the vocabulary words in the lesson Time: 5 minutes • Distribute and review the <i>Skills Practice Worksheet</i> with the students, and ask them to complete it Time: 25 minutes 	<ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Activity 1: Students have 10 minutes to complete this activity. • Activity 2: Students have 10 minutes to complete this activity. • Activity 3: Students have 5 minutes to complete this activity.
Concept Check	<ul style="list-style-type: none"> • Conduct Post Test Time: 5 minutes 	<ul style="list-style-type: none"> • Students complete Post Test.



A Healthy Mouth Practice Worksheet

Name: _____

Date: _____

➤ Activity 1: Let's Read!

Pedro has had pain in his teeth for the last 3 months. He looks at his teeth in the mirror and finds that his gums are red and bleeding. When he bites he feels like his teeth move. Pedro does not worry too much about it. He thinks he can deal with the pain and keep working.

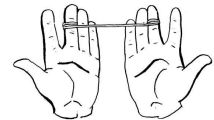
1. What are some of the risks Pedro is taking?

2. Why is it important for Pedro to take care of his teeth?

➤ Activity 2: Flossing Your Teeth: What Should You Do First?

Number in order the steps you need to do to floss your teeth in the right way.

_____ Take an 18-inch piece of floss and wind it around your middle fingers.



_____ Floss in between every tooth and the back of the last tooth.



_____ Hold the floss tight with your thumb and index (pointer) finger.

_____ Slide the floss into the space between your tooth and gums.
Move the floss up and down to rub the side of the tooth.



_____ Gently slide the floss between your teeth. Do not snap it into place – this could harm your gums.



➤ Activity 3: Now, listen up! Listen to your teacher's instructions carefully.

Question	True	False
1	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>

Listening Activity
A Healthy Mouth

Listening Activity
Now, listen up!

Purpose: To practice listening comprehension
Time: 5 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. Say that you are going to read five different statements twice.
3. Let them know that after you finish reading the statement for the second time, they need to decide whether the statement is true or false.
4. At the end, check the students' answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clear.

True or False?

Statement/Question	True	False
1) You should always make sure that your toothpaste has fluoride.	<input checked="" type="radio"/>	<input type="radio"/>
2) If you brush and floss your teeth every day you are protecting yourself from gum disease.	<input checked="" type="radio"/>	<input type="radio"/>
3) Gum infections can cause you to have other health problems like diabetes, and heart disease.	<input checked="" type="radio"/>	<input type="radio"/>
4) When brushing your teeth it is important to scrub them hard back and forth.	<input type="radio"/>	<input checked="" type="radio"/>
5) It is okay to share your toothbrush with others.	<input type="radio"/>	<input checked="" type="radio"/>



A Healthy Mouth
Post-Assessment

Date: _____

Name: _____

Circle the correct answer.

1. Can your mouth tell the doctor about the health of your body?

Yes

No

2. A healthy mouth is more than having good teeth. It also includes which of the following:

a. good gums

b. healthy lips

c. healthy cheeks

d. all of the above

3. What type of bristles should your toothbrush have?

soft

hard

4. *Plaque* is a sticky white film that can cause infections in your mouth.

True

False

5. Should your toothpaste contain fluoride?

Yes

No

Total Correct: _____

Describe how you should floss your teeth. (not scored)
