





## Lesson Plans

These first two educational inputs could be built on by any of the following activity suggestions.

### The Science Behind Decay

Objective: Understand the process of tooth decay and its causes.

#### Activities:

Use visual aids to explain the process of tooth decay. Visual aids and prompts are provided at in this document.

#### Differentiation:

- 1. Use simple language and visuals. Provide hands-on activities like colouring sheets or cut, re-order and stick.
- 2. Include more detailed scientific explanations and discussions. Use real-life examples and case studies.
- 3. Encourage research projects or presentations on the topic.

### **Getting Toothbrushing Right**

**Objective**: Learn the correct technique for brushing teeth.

Activities: Show the proper brushing technique using a model or video.

• Students practice brushing on dental models or their own teeth.

The instructions in this document at from Oral Health Foundation's "Brushtime".

#### Differentiation:

- 1. Use songs or rhymes to make the activity fun. Provide extra guidance and supervision.
- 2. Discuss the importance of brushing and the consequences of poor oral hygiene. Allow peer teaching.
- 3. Include information on different types of toothbrushes and toothpaste. Discuss the role of fluoride.







### Acid-Eggshell Experiment

Objective: Demonstrate how acids can affect teeth.

Activities: Soak eggs in vinegar to see how the acid effects the shell.

Naked Eggs: Acid-Base Reaction - Science World

#### Differentiation:

- 1. Simplify the experiment and provide step-by-step instructions. Use visual aids.
- 2. Extend experiment by including other liquids. Encourage hypothesis formation and detailed observations. Discuss the science behind the experiment.
- 3. Include a written report on the findings. Discuss the implications for dental health.

### Write a Two-Minute Toothbrushing Song

**Objective**: Create a fun and engaging song / rap to encourage proper toothbrushing.

Activities: Students work in groups to write lyrics and create a tune / rhythm.

#### Differentiation:

- 1. Provide a simple melody and help with lyrics. Use familiar tunes.
- 2. Encourage creativity and originality. Allow the use of instruments or digital tools.
- 3. Include choreography or a performance element. Discuss the importance of rhythm in brushing.

### Instructions for Toothbrushing

**Objective**: Write clear and concise instructions for proper toothbrushing.

Activities: Students write step-by-step instructions for brushing teeth.

#### Differentiation:

- 1. Use pictures and simple sentences. Provide templates.
- 2. Focus on clarity and detail. Include tips and common mistakes.
- 3. Create instructional videos or infographics. Discuss the importance of effective communication.

### **Chronological Reports of the Caries Process**

Objective: Understand and describe the stages of tooth decay.

Activities: Students write a chronological report on the caries process.

#### Differentiation:

- 1. Use a timeline with pictures and simple descriptions. Provide templates.
- 2. Include detailed explanations and scientific terms. Encourage peer review.
- 3. Write comprehensive reports with references. Discuss preventive measures and treatments.







Place the head of the toothbrush against the teeth, then tilt the bristle tips to a 45 degree angle against the gum line. Move the brush in small circular movements, several times, on all the surfaces of every tooth

North Somerset

Brush the outer surfaces of each tooth, upper and lower, keeping the bristles angled against the gum line.



Do this again, but on the inside surfaces of all your teeth. To clean the inside surfaces of your front teeth, tilt the brush vertically and make several small, circular strokes with the front part of the brush.

Brush the biting surfaces of your teeth.

# Flashcard one



Our mouths are naturally home to thousands of microorganisms, some are good and help our digestion and immune systems, others are pests which enjoy the environment of the mouth.



# Flashcard two



Some of the oral bacteria that makes up our plaque, feed on sugar. They have a feast when we eat something sweet and sugar is left on our teeth after we've swallowed.



## Flashcard three



 As the bacteria eats the sugar on our teeth, it releases an acid. This brings down the pH of the mouth making it very acidic. This makes our tooth enamel dissolve; the calcium and phosphate particles that make up our enamel are released into our saliva.



# Flashcard four



Saliva is there to bring the pH back to normal and clean up the sugar on our teeth. The more often we eat sugar, the more time the bacteria spends eating it and releasing acid which is dissolving our teeth; and the less our saliva can do about it.



# Flashcard five



Fluoride attracts calcium and phosphate back to the tooth, and becomes part of the new enamel being formed, making it stronger than before and less vulnerable to dissolving.



# Flashcard six



Fluoride also plays havoc with biology of the acid-producing bacteria, preventing it from metabolising sugar, holding onto teeth or even staying in one piece.



## Flashcard seven



Reducing how much sugar we eat and how frequently, and brushing our teeth twice a day with fluoride helps teeth to remineralise before irreversible damage is done.

