

**Building Blocks**  
**Healthy Eating, Physical Activity, and Oral Health**  
**A Lesson Plan Module for Teachers**  
**Junior Kindergarten – Grade 6**

**Oral Health**  
**Grade 4**  
**Lesson 1**

**Lesson 1: Sink Your Teeth Into This! Poem, Rap or Song Contest**

**Curriculum Expectations:**

- Describe ways to keep teeth healthy

**Objectives:**

Students will:

- Think creatively
- Practise reading and writing skills
- Learn healthy dental practices

**Suggested Outline**

Section 1: Introduce Today's Lesson "Sink Your Teeth Into This!"

Section 2: Discuss how to prevent cavities and gum disease

Section 3: "Sink Your Teeth Into This!" activity sheet

Section 4: Conclusion

**Section 1: Introduce Today's Lesson**

**Section 2: Discuss how to prevent cavities and gum disease**

Ask students to think about proper dental practices, and how they can prevent cavities and gum disease. Everyone should brush twice a day for two minutes: once in the morning and once at night before bed. Eating healthy snacks may also help prevent cavities. Examples of healthy snacks are vegetables, fruit, crackers and cheese, milk and 100% fruit juice.

**Section 3: "Sink Your Teeth Into This!"**

Hand out the "Sink Your Teeth Into This!" activity sheet

Students are to create a poem, rap or song about how to take care of their teeth, prevent cavities and gum disease. Encourage the students to rhyme words and think creatively. Students can work in pairs, small groups or individually. Once finished, encourage the students to read or perform their creations to the class.

**Section 4: Conclusion**

Review proper dental practices such as proper brushing technique, frequency, length of brushing, healthy and unhealthy snacks.

