

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

Oral Health
Grade 4
Lesson 3

Lesson 3: Oral Health Board Game

Curriculum Expectations:

- Describe ways to keep teeth healthy

Objectives:

Students will:

- Practice reading skills
- Practise hand-eye co-ordination (flipping the coin)
- Learn healthy dental habits

Suggested Outline

Section 1: Introduce Today's Lesson

Section 2: Play the Oral Health Board Game

Section 3: Discuss the board game squares

Section 4: Conclusion

Section 1: Introduce Today's Lesson

Section 2: Play the Oral Health Board Game

Have students get into teams of two and hand out the Oral Health Board Game and a penny. Each student should receive a playing piece (button, coin etc). Students flip the penny, "heads" moves one space, "tails" moves two spaces.

Section 3: Discuss the board game squares

Review each square, asking the students why. E.g. "Looking at the first square, why do you think brushing your teeth twice a day is good?"

Section 4: Conclusion

Review with the students that healthy snacks, brushing their teeth twice a day for two minutes can help them get healthy teeth and gums, while eating candy or other sugary snacks and not brushing their teeth may cause them to get tooth decay and gum disease.