

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

Oral Health
Grade 5
Lesson 3

Lesson 3: Dental Word Puzzle

Curriculum Expectations:

- Analyse information that has an impact on healthy eating practices
- Name body parts (teeth) and talk about their function
- Describe ways to care for teeth
- Demonstrate an awareness of health and safety practices

Objectives:

Students will:

- Practise reading
- Practise spelling
- Become more familiar with dental terminology

Suggested Outline

Section 1: Introduce Today's Lesson

Section 2: Dental terms

Section 3: Dental Word Puzzle activity sheet

Section 4: Conclusion

Section 1: Introduce Today's Lesson

Hand out the Dental Word Puzzle to each student

Section 2: Dental Terms

Using the Dental Word Puzzle activity sheet, review and discuss each term found on the list of words to find.

Molar: largest teeth, found in the back and are used for grinding and chewing food

Bicuspids: found on the side of the mouth, behind the cuspid or canine teeth. Also known as Premolars. They act like a nutcracker to crush your food into smaller pieces

Cusids: in the front corners of the mouth, slightly more pointed, used for tearing and grasping food. Also known as canine teeth

Incisors: in the front of the mouth, used for biting and cutting food

Grind: molars grind our food into small pieces that can be easily swallowed

Cut: a function of the incisors

Chew: what we do to the food in our mouth before we swallow

Smile: a healthy smile is when we don't have any cavities or gum disease

Speech: teeth help us talk and form words and sounds



Tear: a function of cuspids or canine teeth

Crush: a function of the bicuspid

Root: holds the tooth in the jawbone, underneath the gumline

Crown: the portion of the tooth that is above the gum line

Teeth: help us talk, eat, bite and chew

Mouth Guard: should be worn during all active sports to prevent injuries like broken, chipped or cracked teeth.

Toothbrush: the most effective tool to clean our teeth. Should be soft bristled with a small head.

Floss: thin, string-like, used to clean between the teeth where the toothbrush can't reach. Use with adult supervision.

Apple: an example of a healthy snack. It is not only good for the body, but also for the teeth

Decay: also known as cavities. Decay can be prevented by brushing twice a day for two minutes each time

Section 3: Dental Word Puzzle activity sheet

Find all the words in the list. Words are hidden up, down, backwards, diagonally and forwards.

Section 4: Conclusion

Review the words on the Dental Word Puzzle activity sheet and make sure all students have found all the words.

