

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

**Oral Health**  
**Grade 5**  
**Lesson 5**

**Lesson 5: The Story of Periodontal (Gum) Disease**

**Curriculum Expectations:**

- Practice appropriate personal hygiene
- Describe ways to keep teeth healthy

**Objectives:**

Students will:

- Learn the signs and symptoms of periodontal disease
- Learn how to keep their teeth healthy

**Suggested Outline**

Section 1: Introduce Today's Lesson "The Story of Periodontal (Gum) Disease"

Section 2: Discuss periodontal (gum) disease

Section 3: The Story of Periodontal (Gum) Disease activity sheet

Section 4: Conclusion

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

**Section 2: Discuss periodontal (gum) disease**

Ask students if they have ever heard of periodontal disease or gum disease. Periodontal disease, also known as gum disease, is an infection of the gums and bones that supports the teeth. Bacterial plaque is the major cause of gum disease. Other factors that influence gum disease can include general health, nutrition, smoking and other medical conditions.

**Signs and Symptoms**

Soft, swollen or sore gums

Gums bleed after brushing

Bad breath

Gums shrinking away from teeth

Pus and blood appear when slight pressure is applied to the gums (advanced stage)

Loose teeth (advanced stage)



### Prevention

Brush your teeth thoroughly twice everyday, for two minutes each time. Flossing is very important in removing plaque between the teeth. It should be done once a day. Visit your dentist regularly. If you notice any of these symptoms, tell your parent, doctor, dentist or school nurse.

### **Section 3:** The Story of Periodontal (Gum) Disease activity sheet

Hand out The Story of Periodontal (Gum) Disease activity sheet to the class. Have the students cut out the pictures and arrange them in the proper order, starting from healthy and finishing with diseased. Answer sheet is attached.

### **Section 4: Conclusion**

Review the signs, symptoms and ways to prevent periodontal disease

