

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

Oral Health
Grade 6
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 your teeth, prevent cavities and gum disease. Encourage the students to rhyme words and think creatively. Students can either 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 as well as healthy and unhealthy snacks.

