

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

Oral Health
Grade 6
Lesson 5

Lesson 5: Accidental Injuries to Teeth

Curriculum Expectations:

- Learn healthy dental practices and safety guidelines

Objectives:

Students will:

- Learn healthy dental practices
- Learn about dental injuries
- Learn how to prevent dental injuries

Suggested Outline

Section 1: Introduce Today’s Lesson “Accidental Injuries to Teeth”

Section 2: Discuss different ways people can damage their teeth and the different types of injuries

Section 3: “Accidental Injuries to Teeth” activity sheet

Section 4: Conclusion

Section 1: Introduce Today’s Lesson

Section 2: Discuss different ways people can damage their teeth and the types of injuries

Ask students to think about different types of injuries to teeth. Different types include chipped enamel, cuts or bruises to areas inside the mouth, chipped or broken teeth or cut lip. Ask the students to think about how damage could happen to their teeth or mouth. Injuries can occur by: opening packages, pins or clips with their teeth, playing active sports without a mouth guard and mask; horseplay around the fountain or the play ground; or not wearing a seat belt while in the car.

Section 3: “Accidental Injuries to Teeth” activity sheet

Hand out “Accidental Injuries to Teeth” activity sheet. Ask the students to fill in the boxes with answers to “Possible Injuries” and “How to Prevent Injuries” for each situation.

Section 5: Conclusion

Review the different types of injuries to teeth and mouth, and how to prevent them.



ACCIDENTAL INJURIES TO TEETH

POSSIBLE INJURIES

1st photo – may chip enamel from teeth; may bruise gums

2nd photo – may cause broken front teeth; may cause cuts or bruises to areas inside the mouth

3rd photo – may chip or break front teeth; may cut lip

4th photo – if can stop quickly you could bump teeth injuring nerve, chipping teeth, injuring lip.

HOW TO PREVENT INJURIES

1st photo – do not open packages, pins, or clips with teeth

2nd photo – always wear mouth guard and face protector for active sports

3rd photo – do not push or shove at drinking fountains or on the playground

4th photo – always wear a seatbelt when riding in a car