



Grade 1 Sample Lesson Plan: Unit 3– Dental Care

SOLs (Health Standards of Learning)

- 1.2 d

Objectives/Goals

- Students will learn daily hygiene habits to take care of their teeth
- Students will learn why dental care is important

Materials

- Power Point (in handout section)
- Tagging noodles- 3 per 20 students
- Pool Noodles- 3 per 20 students
- Jump Ropes- 3 per 20 students
- Cones to designate jump rope area

Procedure

Step 1- Power Point

- Show the power point about dental care
- Answer any student questions

Step 2- Dental Tag

- Taggers carry small tagging noodles. They are food taggers.
- Students carrying large pool noodles are the toothbrush
- Everyone else is pretending to be a moving tooth
- Use cones to designate a corner of the gym for jump ropes. Keep non-jumping students out of this area.
- When tagged, students (teeth) pretend they have eaten a meal and are in need of cleaning.
- Tagged students need to brush and floss before re-entering the game.
- The tagged student holds a forearm plank position while waiting to be “brushed”. Brushers thoroughly clean the planking student (for 10 seconds) to clean the tooth.
- After brushing, flossing comes next. 2 choices to floss: 1) the tooth can jump rope 10 times or can do the “floss” dance for 10 seconds.
- After flossing, the tooth reenters the game.

Step 3- Class Discussion

- Why is good dental care important?
- What do we need to do every day to take good care of our teeth?

Assessment Idea

- Class Discussion Questions
- Exit Slip
- Cumulative Verbal Assessment: Questions included on handouts for all lessons in this unit

References

- Kids Health: <https://kidshealth.org/en/kids/teeth-care.html>
- Colgate Professional: <https://www.colgateprofessional.com/education/patient-education/topics/systemic/why-a-healthy-mouth-is-good-for-your-body>

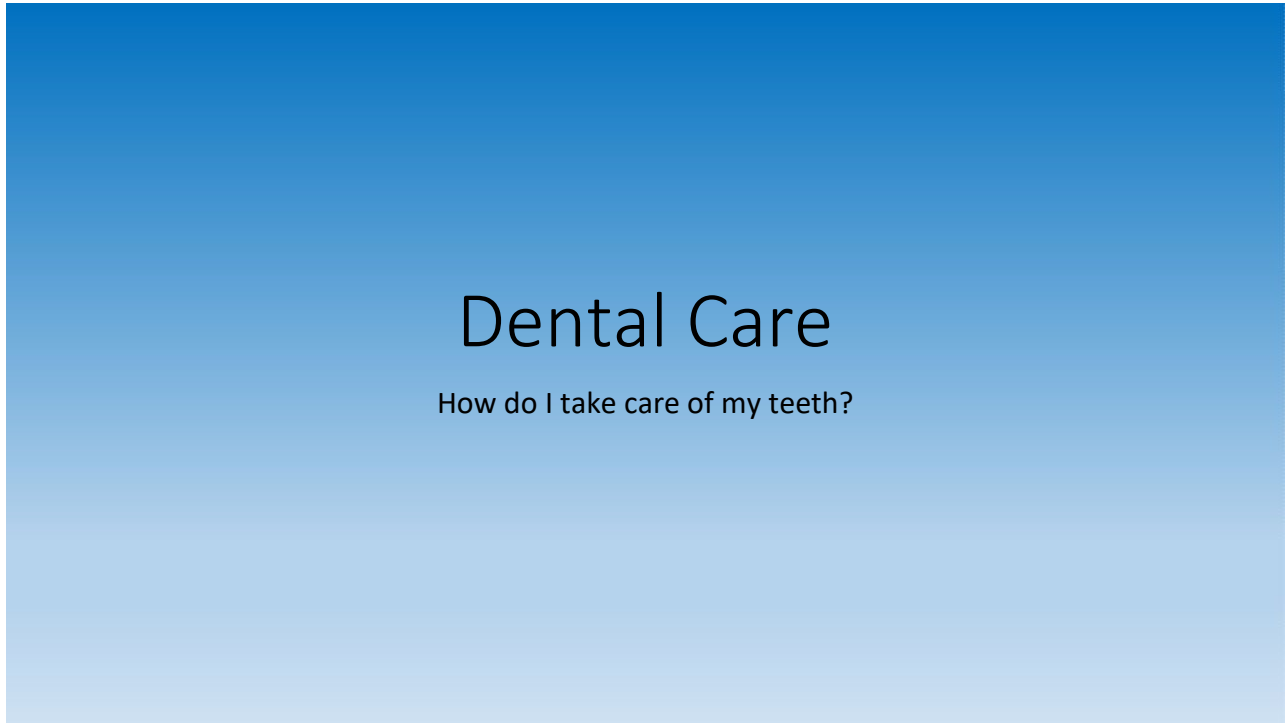
Handout

The next pages include:

- Dental Care Power Point
- Dental Care Tips Handout
- Exit Slip
- Cumulative Verbal Assessment

Dental Care Power Point

Click on the slide below to access presentation



Dental Care Tips

Brush Your Teeth:

- At least twice a day
- Use a soft bristle brush
- Take your time. Brush for about 2 minutes
- Be sure to brush every part of every tooth

Floss:

- Floss every day!
- Flossing helps get rid of tiny food particles that get stuck between your teeth

Visit the Dentist:

- Twice per year

Eat Healthy

- Eat lots of fruits and vegetables
- Limit sugary foods
- Drink water instead of soda and other sugary drinks

Exit Slip

Name 2 things we need to do every day to take good care of our teeth?

You can either write your answer in the blanks, or tell your teacher on the way to get in line

Cumulative Verbal Assessment

Teacher should ask these questions to each student verbally in a 1 on 1 setting

- 1) Name 2 things you can do to protect yourself from the sun**

- 2) What are the 2 things we need to do every day to take care of our teeth?**

- 3) How many hours of sleep should we get each night?**
 - A) 6
 - B) 8
 - C) 10
 - D) 24

- 4) Why is soda an unhealthy hydration choice?**

- 5) To prevent getting sick, what should always we do before eating, after using the bathroom and after touching anything that might have germs on it?**