

Mouth Wise

INTRODUCTION

The Florida Dental Association is pleased to present *Mouth Wise*, a dental health education kit for elementary students. This CD about proper dental care was produced by dentists and dental-health educators in cooperation with the University of Florida College of Dentistry and the university's Learning Resource and Communications Department.

A grant from the Florida Dental Health Foundation funded the development of this curriculum module. The Foundation is a charitable organization founded in 1980 by the Florida Dental Association to generate and direct resources for charitable and educational oral-health programs for the people of Florida.

Mouth Wise is designed to give children in kindergarten through fifth grade a basic understanding of teeth, mouth and gums and the importance of preventive dentistry as it relates to health care. To accomplish this, the CD contains five vignettes that cover a variety of dental topics. These topics include the role of the dentist and the dental team, what happens on a visit to the dental office, and the importance of prevention, nutrition and proper dental-care techniques. The vignettes are supplemented by teaching objectives, dental vocabulary, *Review Guides* and other related educational material.

Each vignette has materials for primary and intermediate lessons.

Here are some ideas for how to use the kit:

- 1) introduce the objectives for the section
- 2) show appropriate vignette
- 3) review Key Terms
- 4) use the Review Guide
- 5) use the Supplemental Activities provided at the end of the Introduction Section

OTHER RESOURCES:

- 1) NIH Oral Health Curriculum Supplement Materials (for first and second grades) – a fun, interactive program with lesson plans.
<http://science-education.nih.gov/customers.nsf/elementaryschool.htm>
- 2) American Dental Association – career information, Children's Dental Health Month materials, animation and games
<http://www.ada.org/public/education/index.asp>
- 3) Florida Dental Association – career information, Children's Dental Health Month contest
<http://www.floridadental.org/public>

INTRODUCTION MATERIALS

- 1) Sunshine State Standards
- 2) Evaluation form
- 3) Supplemental activities answers
- 4) Supplemental activities

MOUTH WISE ADDRESSES THESE SUNSHINE STATE STANDARDS FOR HEALTH EDUCATION.

Pre-K to 2

Health Literacy

1. The student comprehends concepts related to health promotion and disease prevention.
 - knows names of body parts.
 - understands positive health behaviors that enhance wellness.
 - identifies common health problems of children and possible ways to prevent these problems.
 - classifies food and food combinations according to the Food Guide Pyramid.
2. The student knows how to access valid health information and health-promoting products and services.
 - knows sources of health information (e.g., people, places, and products) and how to locate them.

Advocate and Promote Healthy Living

1. The student knows how to use goal-setting and decision-making skills that enhance health.
 - recognizes that decisions about personal behavior may be healthy or unhealthy.

Responsible Health Behavior

1. The student knows health-enhancing behaviors and how to reduce health risks.
 - knows and practices good personal health habits.
 - identifies safe and unsafe behaviors.

Grades 3-5

Health Literacy

1. The student comprehends concepts related to health promotion and disease prevention.
 - understands the functions of the human body systems.
 - knows how personal health behaviors influence individual well-being.
 - knows the indicators of physical, mental, emotional and social health during childhood.
 - understands how the family influences personal health.
 - knows the most common health problems of children.
 - knows why health problems should be detected and treated early.
 - knows how childhood injuries and illnesses can be prevented and treated.
 - knows the nutritional values of different foods.
2. The student knows how to access valid health information and health-promoting products and services.
 - knows the characteristics of valid health information, products, and services.

Advocate and Promote Healthy Living

1. The student knows how to use goal-setting and decision-making skills that enhance health.
 - knows appropriate sources of information for making health-related decisions.
 - knows various methods for predicting outcomes of positive health decisions.

Responsible Health Behavior

1. The student knows health-enhancing behaviors and how to reduce health risks.
 - knows the importance of assuming responsibility for personal health habits.
 - compares behaviors that are safe to those that are risky or harmful.
 - uses strategies for improving or maintaining personal health.

Mouth Wise

DENTAL HEALTH EDUCATION KIT EVALUATION FORM

On a scale from 1 to 5, with 5 being the highest, please rate the following:

1. The CD met the curriculum's objectives. _____
2. The objectives met grade-level curriculum needs. _____
3. The Review Guide enhanced the curriculum. _____
4. What was the overall value of Mouth Wise? _____

Comments:

(This section is optional.)

Name: _____

Grade level: _____ School: _____

City: _____ County: _____

Supplemental Activities

(PRINT/COPY AND DISTRIBUTE AS NEEDED)

Primary

- Word search
- Maze
- Write a short story about your visit to the dentist
- Connect the dots

Intermediate

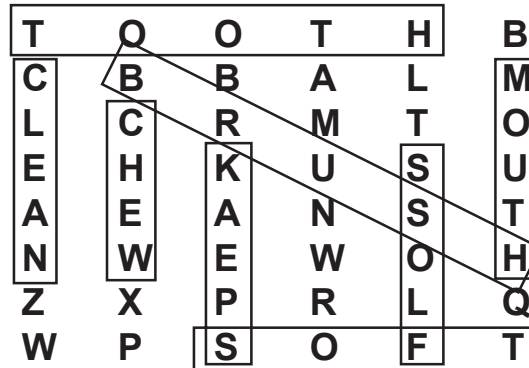
- Meet D.J. Dentin
- Crossword puzzle
- Dental word search
- Connect the dots
- Break the code



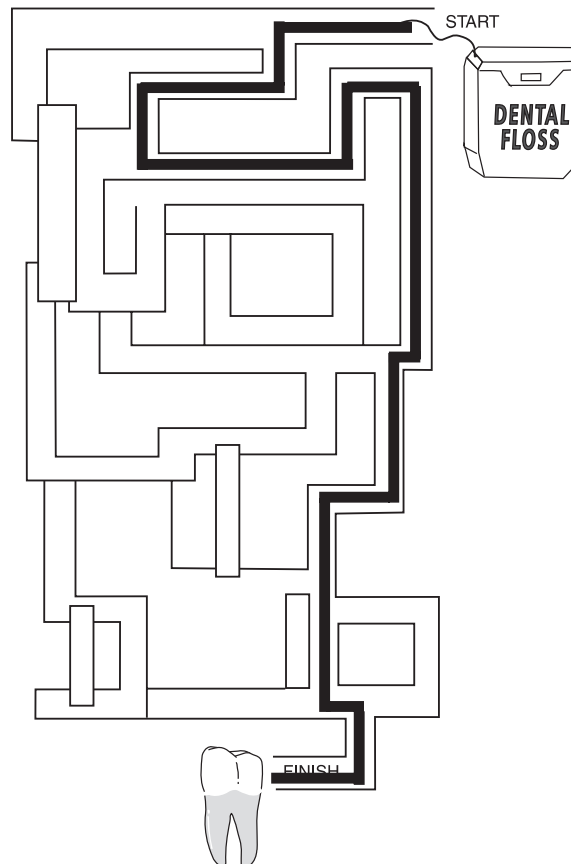
Supplemental Activities

ANSWERS — PRIMARY

WORD SEARCH



MAZE



Name _____

Word Search

Brush
Chew
Clean
Floss

Mouth
Soft
Speak
Tooth

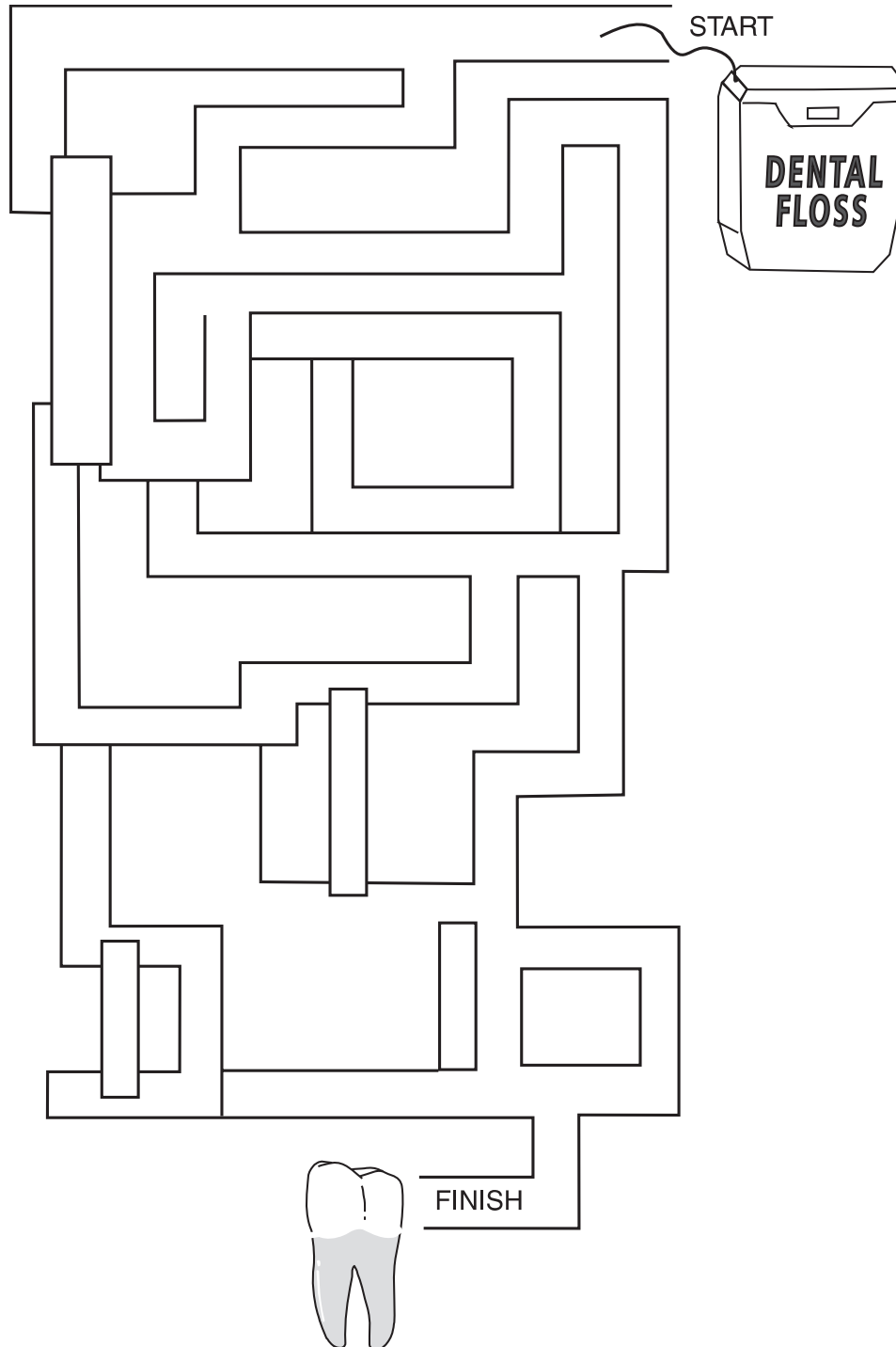
T	O	O	T	H	B
C	B	B	A	L	M
L	C	R	M	T	O
E	H	K	U	S	U
A	E	A	N	S	T
N	W	E	W	O	H
Z	X	P	R	L	Q
W	P	S	O	F	T



Name _____

Maze

Stretch your floss through the maze to find the tooth that needs proper home care.



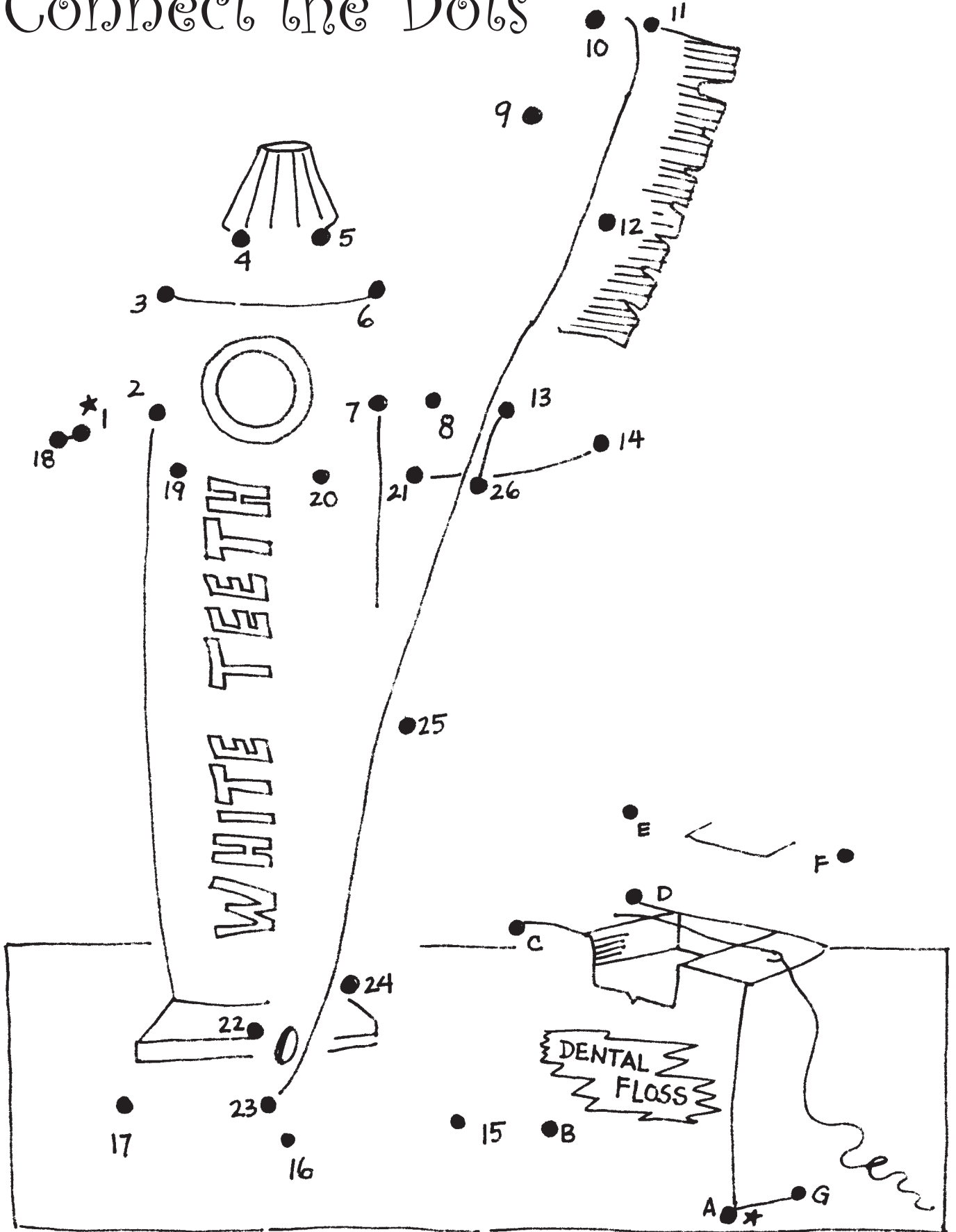
Name _____

My Visit to the Dentist

**Write a short story
about going to the dentist.**



Connect the Dots



To use after cake or candy, connect the dots to find something dandy!

Supplemental Activities

ANSWERS — INTERMEDIATE

WORD SCRAMBLE – MEET D.J. DENTIN

- (1) Toothbrush, (2) Healthy, (3) Snacks, (4) Cavities, (5) Fluoride,
 (6) Dentist, (7) Clean, (8) Hygienist, (9) Tooth Decay, (10) Teeth

CROSSWORD PUZZLE

- (1) Plaque, (2) Acid, (3) Toothbrush, (4) Floss, (5) Dentist, (6) Decay, (7) Gum, (8) Calculus

DENTAL WORD SEARCH



KEY TO "BREAK THE CODE"

(Dental term letter = Secret code letter)

A = G	J = H	S = I
B = C	K = A	T = B
C = F	L = D	U = E
D = K	M = L	V = J
E = N	N = M	W = O
F = W	O = V	X = P
G = U	P = S	Y = T
H = Z	Q = Y	Z = X
I = R	R = Q	

Name _____

Meet D.J. Dentin



HELP HIM UNSCRAMBLE
THE DENTAL WORDS.

1. HTOTOUBRHS _____

2. EHTLAHY _____

3. NKSASC _____

4. ACTIIVSE _____

5. IDERULFO _____

6. TTDIENS _____

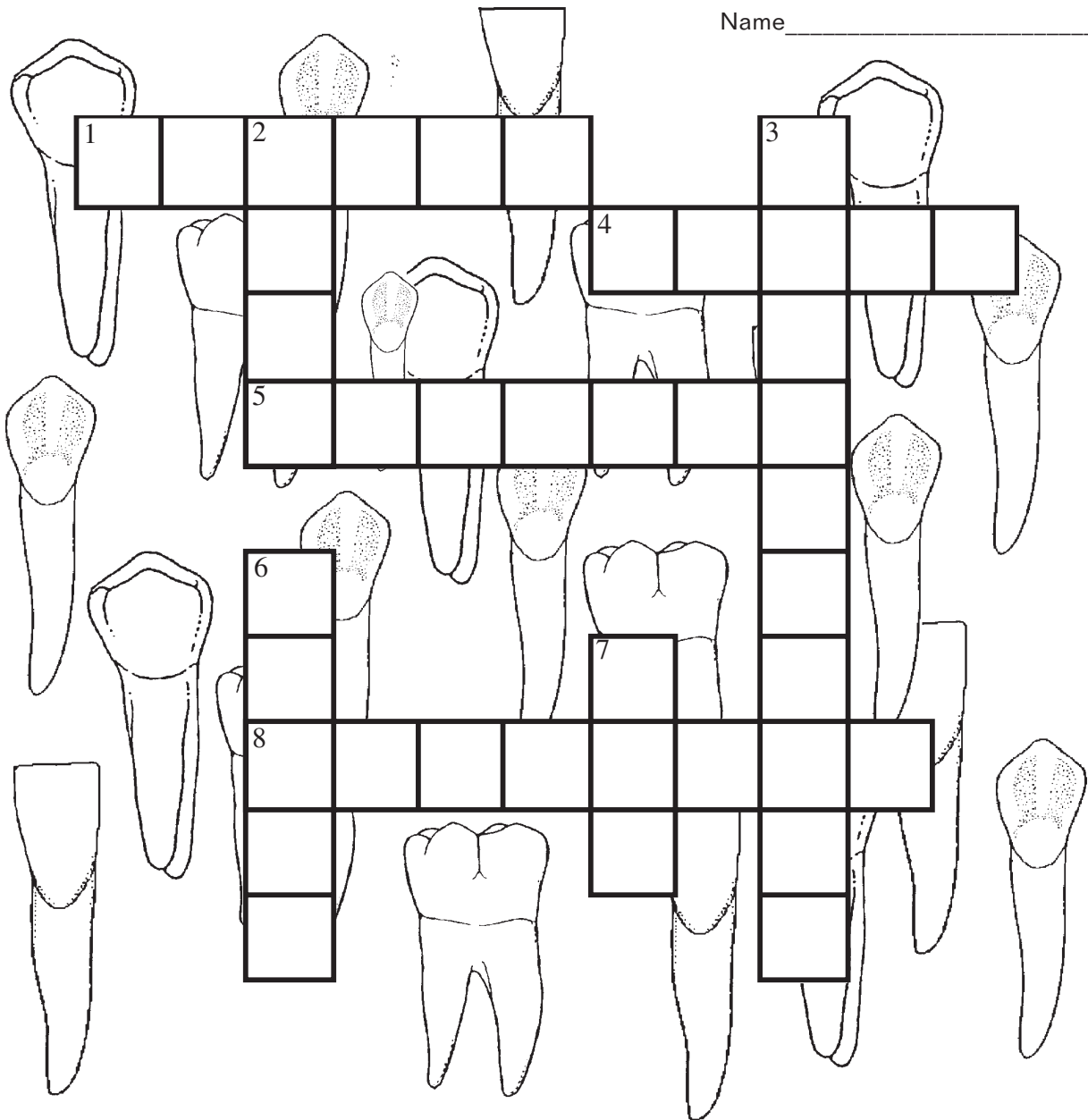
7. ENLCA _____

8. YGIHEISNT _____

9. HOTHOCDEYA _____

10. EHTTE _____

Name _____



CROSSWORD PUZZLE

Across

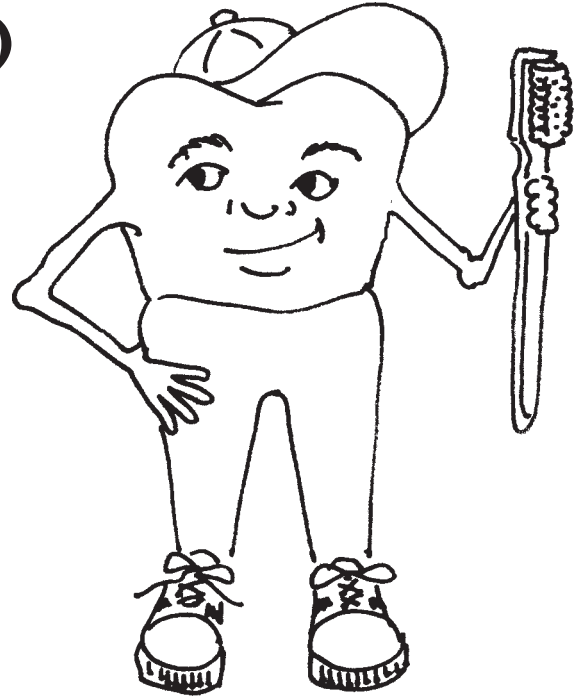
1. A sticky, colorless film of bacteria that grows and collects on our teeth.
4. Helps us clean between our teeth
5. The doctor who helps us take care of our teeth.
8. When plaque builds up on our teeth and hardens, it is called _____.

Down

2. Bacteria in plaque combine with sugar to make _____.
3. We should use a soft-bristled _____.
6. Another word for cavities is tooth _____.
7. Two types of dental problems are tooth decay and _____ disease.

Name _____

DENTAL WORD SEARCH



DENTIST
FLOSS
TOOTHBRUSH
TOOTHPASTE
CHAIR
TEETH

FLUORIDE
OFFICE
GUMS
APPOINTMENT
BALLOONS
MIRROR

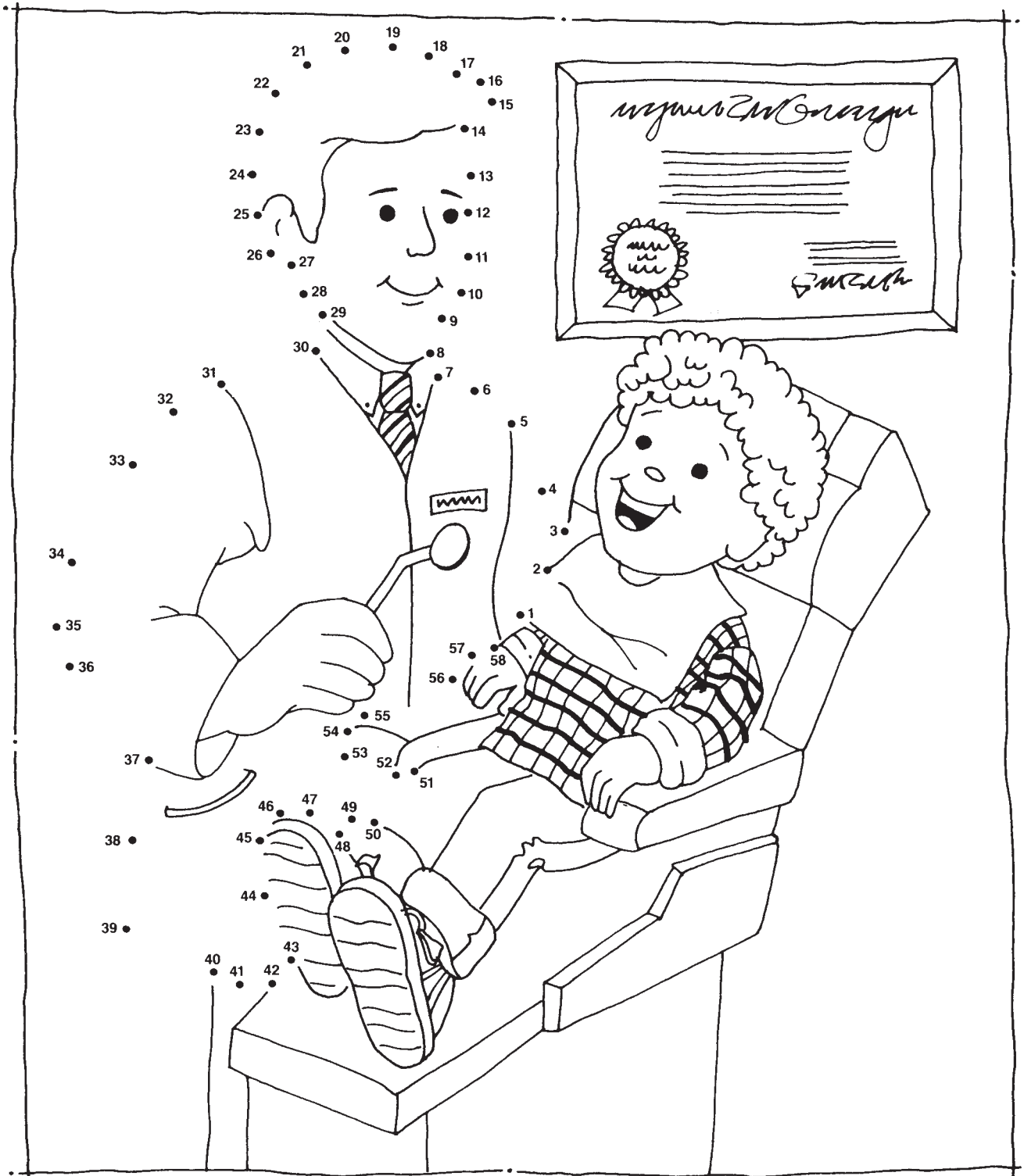
STICKER
TOY CHEST
MOLARS
PICTURES
WAITING ROOM

The words can be backwards, horizontal, vertical and diagonal.

A R S T I V N L T C O A M Z R Q G F
P L V D U K E M O R H U L E Z E A L
P I M Y A S E R Y M B A K C F R U O
O B K J R L H N C P T C I K T A C S
I J H A O L M A H R I S D R F G N S
N I L P R D D R E T V C W U V H A N
T O O T H B R U S H E L T E L A C Q
M I R R O R R A T D N E G U M S U E
E T O U A I U E O V J H F P R T W X
N L O X Z A E B C D L L H T E E T V
T O M M Y B L N V B A L L O O N S L
L M E C I F F O C O L M N V D S I M
Q D B W A I T I N G R O O M P N T Q
F L O U R I D E X N V A E L D R N R
N R Z A V W Y T O O T H P A S T E N
X L M O R G A G D V R M Z D R P D O

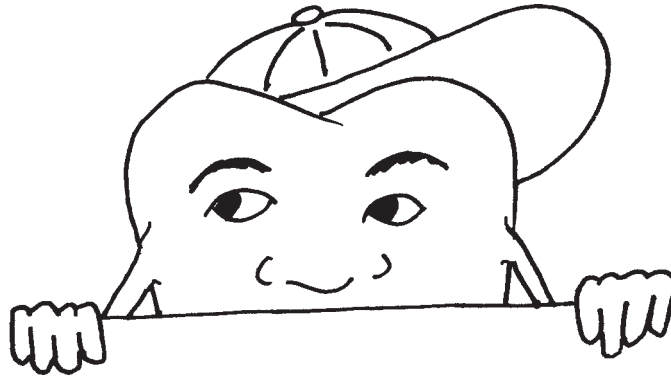
CONNECT THE DOTS

FIND YOUR CAVITY-FIGHTING FRIEND.
HE HELPS KEEP YOUR TEETH HEALTHY.



Be sure to visit your dentist regularly.

Name _____



BREAK THE CODE!

1. BVVBZCQEIZ _____
2. BVVBZSGIBN _____
3. FGJRBT _____
4. KNMBRIB _____
5. BNNBZ _____
6. WDVII _____
7. ZNGDBZT _____
8. ZTURNMRIB _____
9. UELI _____
10. P-QGT _____

The words above are written in a secret code. Each letter's code is the same throughout the list. Break the code and discover the different dental terms.