

The Plaque Attack!

DENTAL DISEASE AND DECAY

OVERVIEW

The Plaque Attack! vignette covers: gum disease and decay; how plaque is formed and hardens into tartar; how plaque and sugar influence the process of decay; healthy snacks; and the benefits of preventive dentistry.

EDUCATIONAL STANDARDS ADDRESSED

The Plaque Attack! addresses these areas of the Sunshine State Standards for Health Education: health literacy; advocate and promote healthy living; and responsible health behavior.

PRE-K TO 2: 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; recognizes that decisions about personal behavior may be healthy or unhealthy; knows and practices good personal health habits; identifies safe and unsafe behaviors.

GRADES 3-5: 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; 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 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.

OBJECTIVES

The student will be able to:

- 1) Describe plaque and how it forms in the mouth.

Answer: Plaque is a film of bacteria that sticks to teeth.

- 2) Describe the characteristics and maintenance of healthy gums.

Answer: Healthy gums should be pink with a firm stippled (orange-peel) texture. People see a dentist if they have red, sore gums. The problem can be treated by cleaning the teeth and gums, proper home care and, if necessary, medicine.

- 3) Explain the role of dental checkups in preventing and treating tooth decay.

Answer: People should see the dentist at least twice a year for checkups. If decay is detected, it can be removed and a filling can be placed by the dentist.

- 4) Describe what causes cavities.

Answer: Cavities are caused by eating foods that contain sugar and by removing plaque improperly.

- 5) Describe how plaque accumulates in the mouth.

Answer: Plaque will be found near the gums, between teeth and on the chewing surface of the teeth.

SUGGESTIONS FOR ACTIVITIES AND DISCUSSION

- 1) Use the supplemental materials in the *Introduction* section.
- 2) Open a healthy-snack restaurant – students design menus with healthy snacks; role-play as cooks, patrons and servers; tally receipts; and, of course, clean up!
- 3) Paint or draw a still life of healthy-snack choices.
- 4) Dramatize *The Plaque Attack!* – students play healthy teeth, villainous snacks, healthy snacks and heroic dental habits (brush, floss, checkup).

REVIEW GUIDE MATERIALS

- 1) Key Terms
- 2) Review Guide answers
- 3) Primary review
- 4) Intermediate review

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DENTAL DISEASE AND DECAY – REVIEW GUIDE

REVIEW KEY TERMS

- 1) **plaque**
Plaque is a clear, sticky substance that clings to the teeth. It contains several types of bacteria. These bacteria use the sugars we eat to produce acid.
- 2) **bacteria**
Bacteria are microscopic germs. Several kinds are found in our mouths.
- 3) **cavities**
Cavities are holes in the teeth. They are formed from the acid that plaque makes.
- 4) **tartar**
Tartar is plaque that has hardened on the tooth surface when left undisturbed for 24 hours.
- 5) **filling**
A filling is material used to fill a hole or cavity in a tooth. The filling restores the tooth's form and function.

PRIMARY REVIEW GUIDE ANSWERS

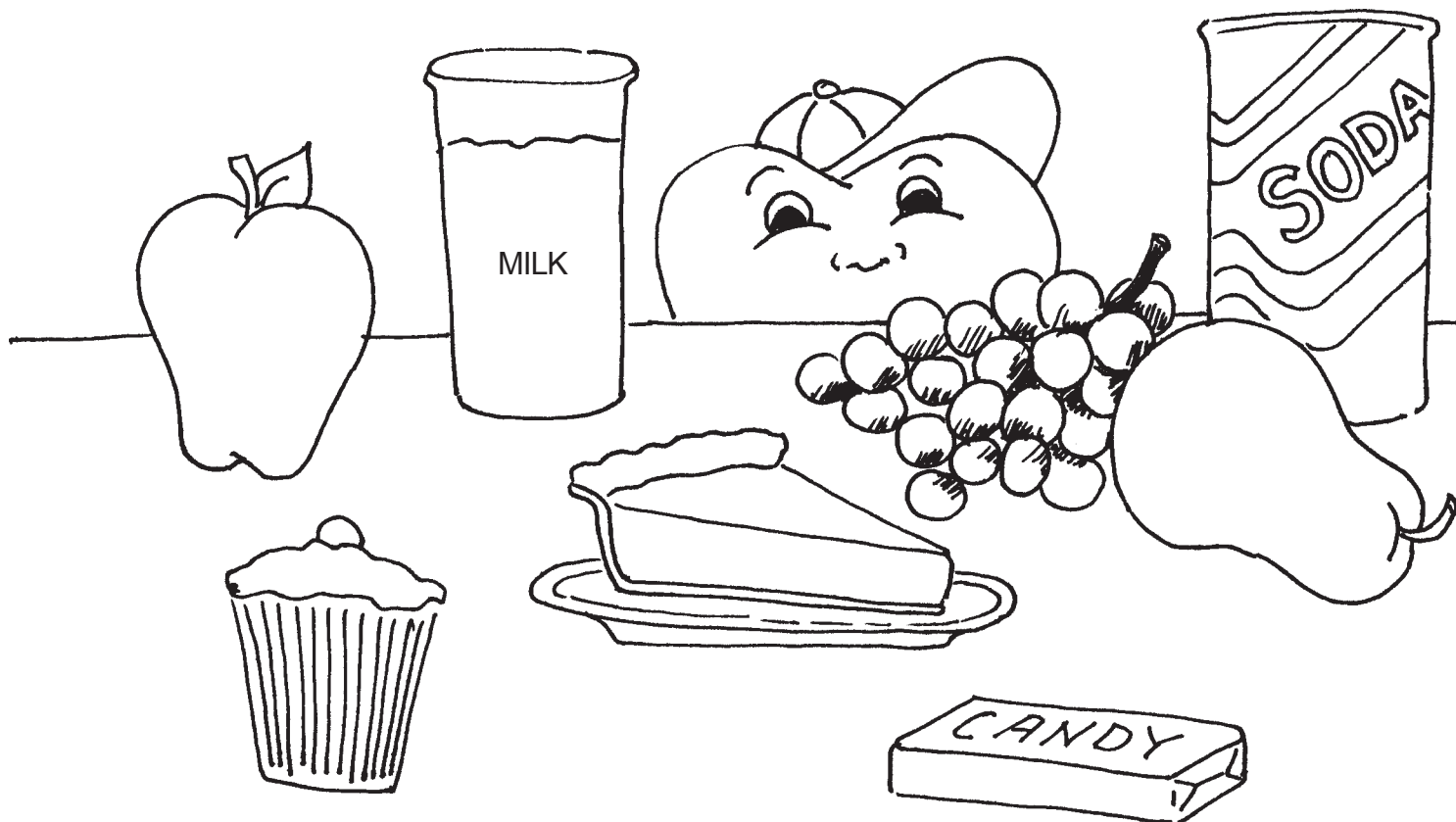
- 1) circle: cupcake, soda, candy, pie
- 6) good snacks: milk, cheese, nuts, grapes, popcorn, carrot group
bad snacks: soda, cake, candy

INTERMEDIATE REVIEW GUIDE ANSWERS

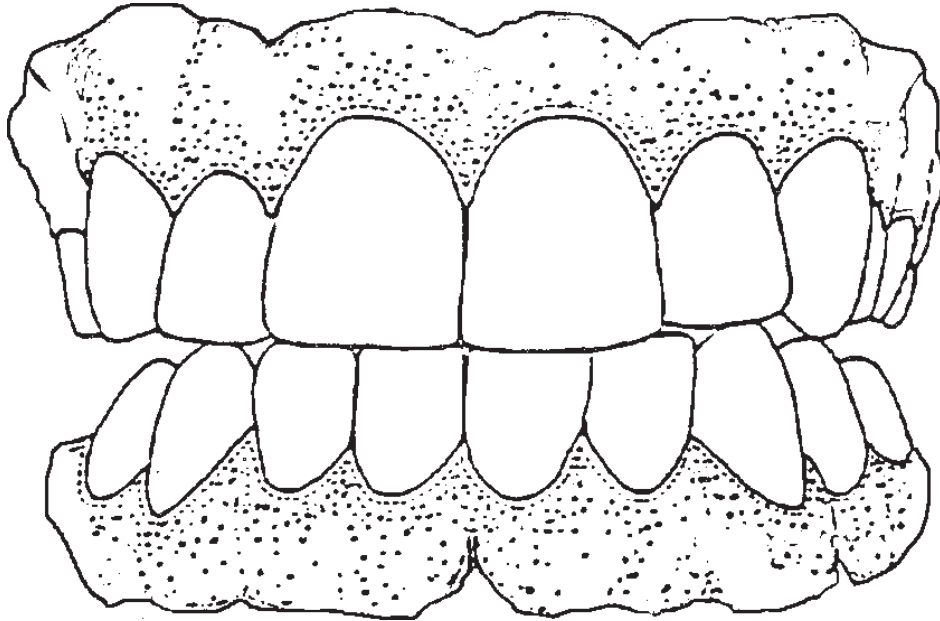
- 2) 2, 3, 5
- 3) 2, 1, 4, 3
- 4) b, c, f, g, h
- 5) bacteria; plaque; sugar; acid; cavity; filling

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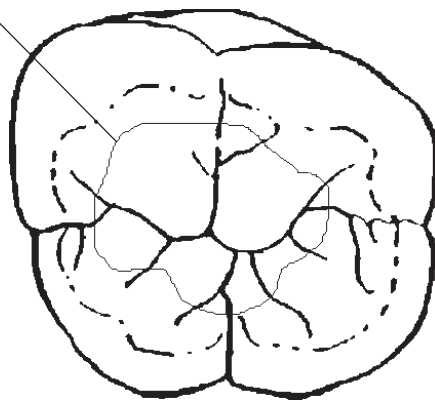
- 1) This looks yummy! But D.J. Dentin isn't quite sure which food and drink to choose. Help him out and circle the pictures that may cause plaque and cavities.



- 2) Healthy gums should be pink.
Healthy teeth should be white.
Color this healthy smile.



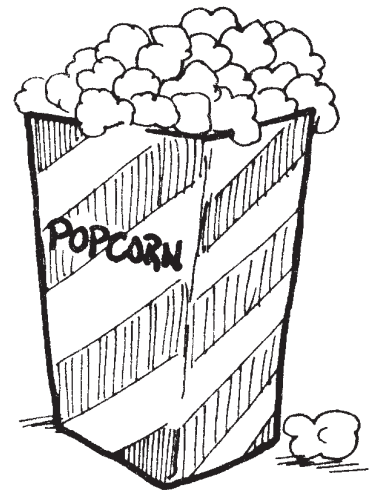
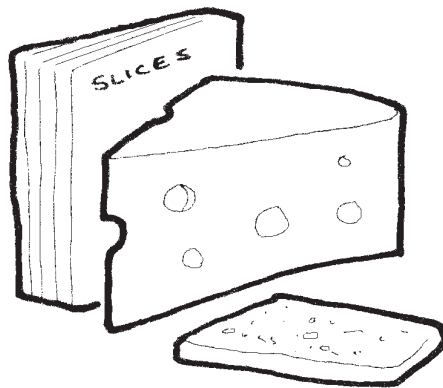
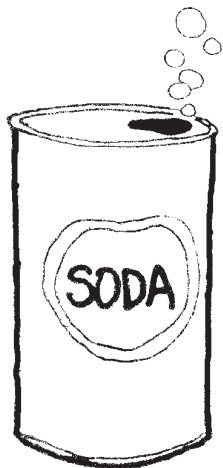
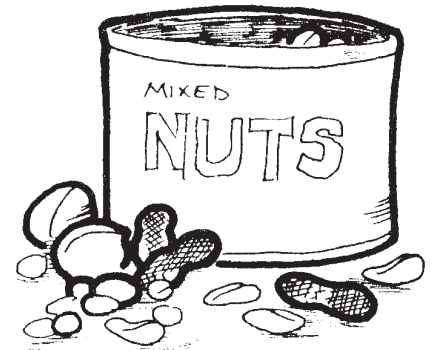
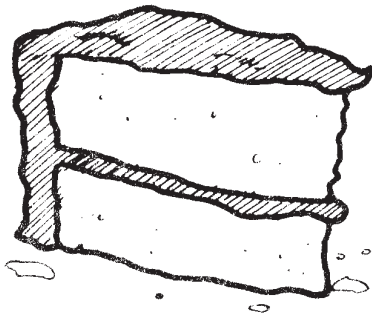
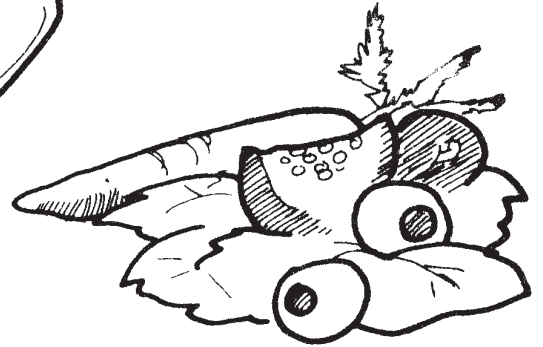
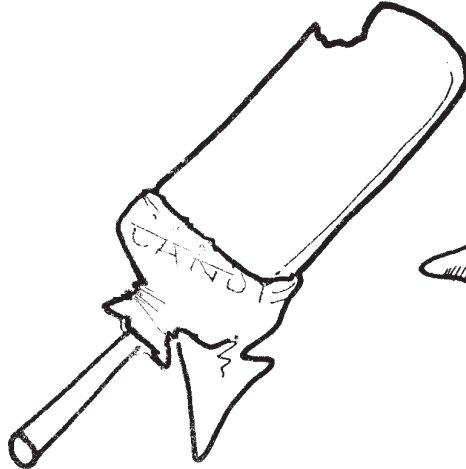
- 4) A dental filling fixes a cavity.
Color this filling gray.



- 5) Circle each picture that you and D.J. Dentin can use at home to make sure you don't get red, sore gums.

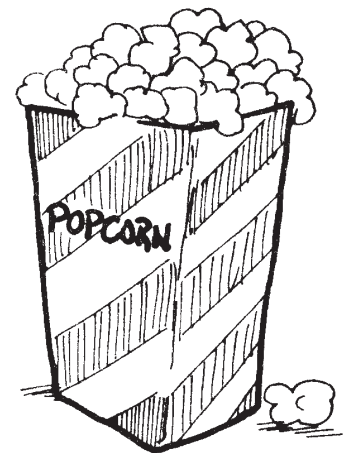
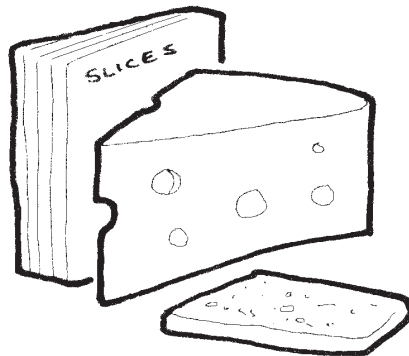
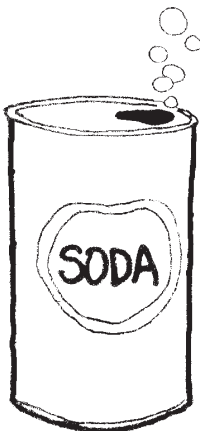
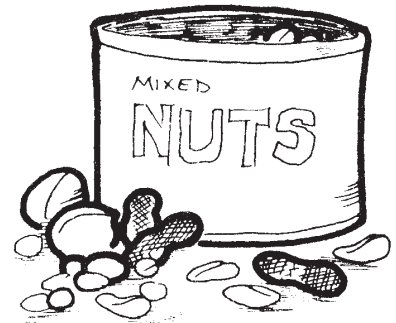
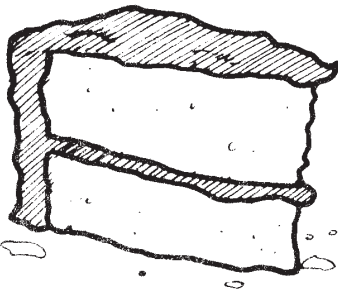
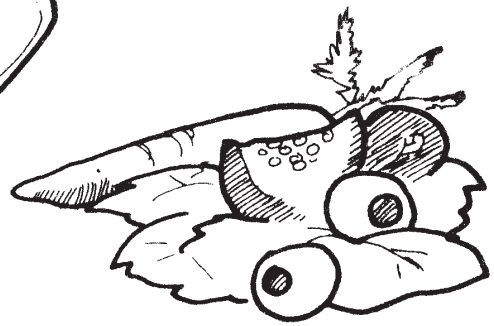
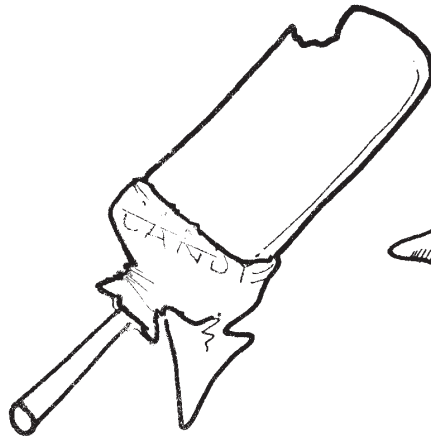


6) Cut out the pictures of snacks and make a chart of good snacks and bad snacks.



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- 1) Help D.J. Dentin choose the foods that are good for his teeth. Circle the pictures of healthy snacks. He knows he should stay away from foods with sugar because they cause tooth decay. Draw an X over the foods that are bad for his teeth.



2) To keep teeth and gums healthy, you will need to (circle all the correct answers):

- 1) watch cartoons on TV
- 2) have regular dental checkups
- 3) rinse with fluoride
- 4) drink plenty of soda
- 5) brush and floss properly every day

3) How does a dentist find and fix a cavity? In the correct order, number the steps to finding and fixing a cavity.

- _____ clean the cavity with a dental handpiece
- _____ detect a cavity with a mouth mirror and explorer
- _____ shape the filling to match the tooth
- _____ place a gray metal or tooth-colored plastic filling

4) Underline the things that you and D.J. Dentin need to keep your teeth healthy.

- a) ice cream b) floss c) toothpaste d) candy e) soda
- f) toothbrush g) fluoride h) dental checkup

5) Using the list below, fill in the blanks with the right word.

filling cavity bacteria sugar plaque acid

There are many kinds of _____ that live in your mouth. These germs form a clear film that sticks to your teeth. The film is called _____. Germs use the _____ from foods we eat to make _____. This acid can make a hole or _____ in a tooth. Your dentist must then fix the tooth with a _____.