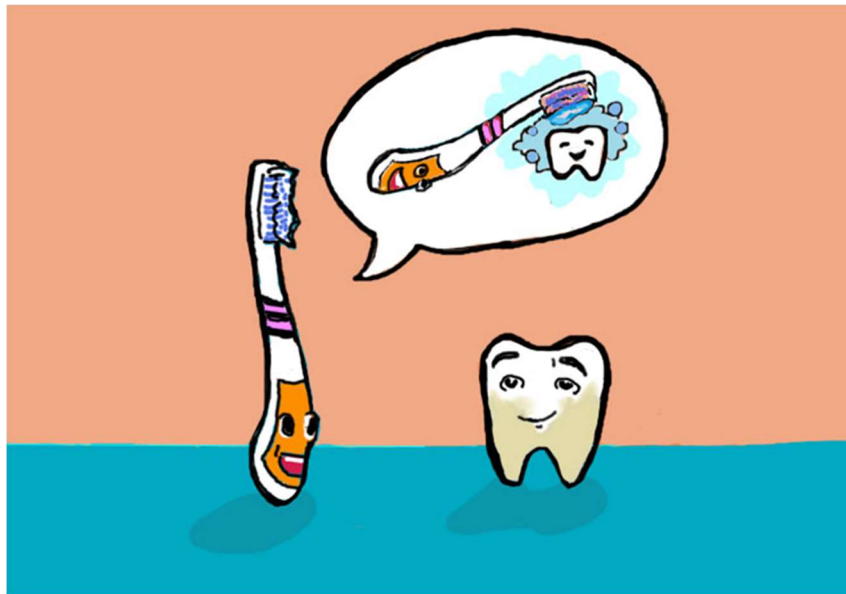


DENTAL HYGIENE



WHAT ARE WE GOING TO LEARN FROM THIS BOOKLET?

1. LESSON ONE: What are we going to learn?
2. LESSON TWO: What is Dental Hygiene?
3. LESSON THREE: How to protect your teeth from germs?

Let us start our journey on Good Dental Hygiene!

LESSON ONE: WHAT ARE WE GOING TO LEARN?

Oral health is an important part of overall health.

- Children in Tamil Nadu increasingly are eating sweet foods and drinking sugary sodas and other drinks.
- Only a small share of students brushes their teeth twice a day with a toothpaste that has fluoride. Almost no students see a dentist to clean their teeth.
- The result is an epidemic of tooth decay. The typical child has multiple cavities.
- These cavities are costly for families, cause school absences, lead students to lose teeth. Some students are in pain when in school – which makes it harder for them to learn.
- By teaching about how to keep teeth healthy and by instilling lifelong habits such as brushing teeth, you can keep a healthy oral hygiene!

Through this module, the students will learn the following:

- learn that sugary foods and drinks cause cavities and bad breath by encouraging bacteria to grow and poop out acid;
- learn that brushing teeth and a diet with vegetables prevents cavities;
- feel that it is important to brush teeth twice a day;
- increase tooth brushing.



HAPPY TOOTH!

LESSON TWO: WHAT IS DENTAL HYGIENE?

ACTIVITY TIME!

To identify the importance and practice of good dental hygiene.

Activity:

We are going to discuss dental care, another important aspect of good overall health. Dental problems, such as cavities and tooth decay, can be prevented, just like accidents.

Teacher Instructions!

Have a discussion with the students around teeth and dental care on the following notes.

What are teeth for?

- Biting and chewing our food – teeth allow us to chew foods that keep us healthy
- Speech and pronunciation
- Smiling and feeling confident

What are ways that let in invaders (Germs that cause bad breath and tooth decay)?

Germs love *sugar*! They eat the sugar and poop out *acid*!

- Soda to babies in bottles is their *perfect* home!
- Snacking frequently, especially with sugary foods and sodas, increases the number of acid attacks on your teeth each day.
- So to make bacteria happy, eat lots of sweets!
 - Especially if not eating other foods so saliva washes sugars away

What happens if we don't take care of our teeth & bacteria invade?

- Bad breath
- Stains
- Plaque made up of invading bacteria
 - Plaque is a sticky, clear film that forms on your teeth constantly.
- Cavities
 - The germs in plaque and sugars in food mix together to make acid.
 - [OR: The bacteria that live in plaques eat sugar and poop out *acid*.]
 - The acid [that is, bacteria poop] in your mouth attacks your teeth.
 - Eventually the acid [bacteria poop] can burn a hole in your teeth.
 - That hole is called a *cavity*.
 - Repeated attacks cause the cavities to grow bigger,
 - which can lead to terrible pain and loss of teeth.
 - If we brush our teeth we get rid of

- the bacteria
- the sugar they love to eat and
- the acid [they poop out]

A small **EXPERIMENT** can be demonstrated alongside the above-mentioned activity!

A week earlier: In front of the students, pour Coke into a glass and water into a second glass. Put an egg in each glass. In a week, Remove the egg from the Coke and from the water. The Coke egg should be very soft. The acid in the soda has softened the eggshell, just as acid from germs soften your teeth.



LESSON THREE: HOW TO PROTECT YOUR TEETH FROM GERMS?

HOW CAN YOU TAKE CARE OF YOUR TEETH?



- ✓ Brush your teeth, gums, and tongue twice a day.
- ✓ Best to use your own toothbrush or stick rather than sharing with members of your family.
 - Eat a healthy diet!
 - Eat healthy snacks instead of sugary ones.
- ✓ Eat any sugary food with meals so that your saliva can help wash the acid off your teeth or rinse your mouth with water after eating.
- ✓ Visit the dentist, especially if you have a cavity.
 - The only way to cure a cavity is by going to the dentist, and it is important to get a cavity fixed before it becomes too painful and affects your ability to eat.

PROPER WAY TO BRUSH YOUR TEETH!

- Place a pea-sized dab of toothpaste on the toothbrush.
- Place the brush at the gum line and begin brushing in small, gentle circles.
- Brush one or two teeth at a time, moving in an established routine (left to right or right to left; top first, then bottom, or vice versa).
- Brush the outside of all teeth, then the inside.
- Brush the chewing surfaces last, using a firm back-and-forth motion to remove cavity-causing germs that collect in deep grooves of the tooth's surface.

Dentists recommend changing your toothbrush at least every three to four months or whenever it appears worn. And remember to replace a toothbrush that was used during an illness such as a cold.

STORY TIME!

GERRY THE GERM MAKES CAVITIES!



This is GERRY THE GERM!

I am Gerry the Germ. I love to eat sugar and poop out acid! That acid burns holes in teeth. And those holes are where I live! It is great to be a germ!

I want to get one family, with 3 boys and a little girl. They are the last kids no germ has ever gotten. The parents remind them to eat healthy foods. And then make sure they brush teeth carefully. But the parents are leaving on a trip, so this is my chance to *get* them. I will be the most famous germ in the world!

Anand is oldest. He often forgets to brush teeth. I live on his teeth and make holes in his teeth.

- When the holes get deep enough, they become a safe home for *more* germs.
- And me and my friends eat *more* sugar and poop out *more* acid.
- Eventually the acid burns all the way through the tooth to the nerve that lives in the middle. Now Anand has a *cavity*.
- He is in so much pain! It is great to be a germ!

Bharat almost always remembers to brush his teeth. But he brushes in a hurry. I live on the inside parts of his teeth, and he always forgets to brush there. Soon he is with his brothers – holes in his teeth, and spending lots of time with the dentist. His mother does *not* look happy at how much she pays. And he looks even sadder, with all the pain I cause!

Chandra brushes much more carefully than Bharat. But I am not worried. Chandra drinks soda all day. With all that sugar, I get to live on his teeth and poop out *lots* of acid. More cavities! Yay for me!

Just Avantika, the little girl, is left. Once I get her, I will be the most famous germ in the world!

But all Avantika she eats lots of fresh fruits and vegetables. Those are not fun for me. But I still am not worried – her big brothers are not good at brushing.

Then she brushes teeth, every night. And also every morning. What sort of child remembers *each* time?

Even worse, Avantika brushes carefully. Front and back of *each* tooth – and the top as well. There is no place for a germ like me to live!

This is the saddest story *ever*.



BRUSH! BRUSH! BRUSH!

ACTIVITY TIME!

CATEGORIZE FOODS!

Objective: Students sort cards to reinforce which foods are good or bad for their teeth.

What you need: Cards with sugary and nutritious foods on them

Time: 10 minutes

Activity: Ask the students to sort these cards into foods that make teeth happy and those that make germs happy



TIME FOR AN OUTDOOR GAME!

Divide into groups of about 5-8 players.

Each group has one Toothbrush, two Germs and the rest are Teeth. Teeth form a line, holding hands.

Germs get a head start and try to run around the Teeth in their group and avoid the Toothbrush. Germs are allowed to duck between Teeth, but the Toothbrush is not.

If the game ends pretty quickly or after a short while, call everyone together. Ask the Toothbrush if it was a disadvantage to have to run around the teeth.

Now change the rules and tell the Toothbrush they can also duck between Teeth.

If the game ends pretty quickly or after a short while, call everyone together. Ask the Toothbrush if it was easier when they could duck between teeth. Remind students that it is important to brush between teeth! Germs can hide there – they have chase them out.

Rotate so there is a new Toothbrush and Germs. Play a few rounds.

TEACHER INSTRUCTIONS!

Students learn to brush between their teeth with the above activity. Discuss and remind children the proper ways of brushing their teeth.



