

Oral Health

Key Concepts

Grades Pre K-2

A. Health Concepts

_____ Fluoride is a mineral that helps make teeth strong and may be obtained from many sources.

LINK: A.3. Demonstrate an understanding of basic health terms.

_____ Dental sealants protect teeth from decay.

LINK: A.3. Demonstrate an understanding of basic health terms.

_____ Tooth decay, which creates unhealthy teeth, can be prevented.

LINK: A.3. Demonstrate an understanding of basic health terms.

_____ Primary teeth are replaced by permanent teeth.

LINK: A.3. Demonstrate an understanding of basic health terms.

B. Health Information, Services and Products

_____ Visiting a dental professional regularly is important in caring for teeth.

LINK: B.1. Identify which school and community health helpers are needed in given situations.

_____ Dental professionals use special equipment to care for teeth, gums, and the mouth.

LINK: B.1. Identify which school and community health helpers are needed in given situations.

C. Health Promotion and Risk Reduction

_____ Brushing and flossing remove plaque from tooth surfaces, helping to prevent tooth decay and gum disease.

LINK: C.2. Demonstrate personal hygiene skills.

_____ Foods that are rich in vitamins and minerals help teeth grow.

LINK: C.3. Choose healthful foods.

_____ Foods that are high in sugar are unhealthy for teeth, especially if they are eaten often or without other foods.

LINK: C.3. Choose healthful foods.

F. Decision-Making and Goal Setting

_____ Teeth should be brushed daily after meals and especially before going to sleep at night.

LINK: F.2. Set a short-term health goal.

Grades 3-4

A. Health Concepts

_____ Tooth decay and gum disease may be prevented by flossing, and brushing each tooth surface and along the gum line.

LINK: A.1. Describe the relationship between healthy practices and personal health.

_____ Fluoride helps reduce tooth decay by making tooth enamel stronger and more resistant to acids in the mouth.

LINK: A.1. Describe the relationship between healthy practices and personal health.

_____ Dental sealants are an effective way to prevent decay in the deep fissures of permanent teeth.

LINK: A.1. Describe the relationship between healthy practices and personal health.

_____ Each tooth has a crown, neck, and root composed of enamel, dentin, and pulp.

LINK: A.3. Describe the basic structures and functions of the human body systems.

_____ The most important function of teeth is to aid in digestion of food.

LINK: A.3. Describe the basic structures and functions of the human body systems.

_____ Bacteria in plaque and acids in the mouth can cause tooth decay and gum disease.

LINK: A.4. Identify common health problems of children that should be detected and treated early.

_____ A tooth that is knocked out can sometimes be saved by quickly retrieving the tooth and receiving prompt dental care.

LINK: A.7. Demonstrate essential understanding of basic health concepts.

C. Health Promotion and Risk Reduction

_____ Oral health problems such as gum disease and cancer may be caused by tobacco products.

LINK: C.1. Compare behaviors that are safe to those that are risky or harmful.

_____ Mouth guards help prevent injury to the mouth and teeth and also help prevent head and neck injuries.

LINK: C.2. Develop injury prevention and safety strategies for personal health.

_____ Healthy food choices and eating patterns promote healthy teeth.

LINK: C.3. Demonstrate basic care of human body systems.

_____ Children need to develop good daily habits of brushing and flossing their teeth.

LINK: C.3. Demonstrate basic care of human body systems.

Grades 5-8

A. Health Concepts

_____ Proper care of teeth will prevent dental disease and minimize expenses for dental services.

LINK: A.1. Explain the relationship between healthy behaviors and the prevention of injury, illness, and disease.

_____ Students can greatly reduce their risk of oral injuries by wearing mouth guards when they engage in many sports.

LINK: A.1. Explain the relationship between healthy behaviors and the prevention of injury, illness, and disease.

_____ Using smokeless tobacco is not less harmful than smoking and has negative consequences for many components of health.

LINK: A.3. Analyze the effects that risky behaviors have on personal health.

_____ Nutritional deficiencies can interfere with the development of the teeth and maintenance of the supporting bone.

LINK: A.8. Demonstrate thorough understanding of key health concepts.

C. Health Promotion and Risk Reduction

_____ Practicing good oral hygiene requires good daily habits and self-motivation.

LINK: C.1. Explain the importance of assuming responsibility for personal health.

_____ Flossing properly is a skill that needs to be learned in order to prevent decay and periodontal disease.

LINK: C.3. Develop strategies to improve or maintain personal and family health.

D: Influences on Health

_____ Advertisements for oral care products should be analyzed for their information about the product and intended appeal.

LINK: D.2. Analyze how messages from media influence both health behaviors and the selection of health information, products, and services.

Secondary

A. Health Concepts

_____ Professional removal of plaque/calculus, receiving maximum fluoride benefits, and sealants are strongly recommended as tools in dental disease prevention.

LINK: A.1. Analyze the relationship between personal health practices and individual well being.

_____ Lip and tongue piercing are associated with pain, infection, scar formation, tooth fracture, metal hypersensitivity reactions, localized periodontal disease, speech impairment and nerve damage.

LINK: A.3. Evaluate the short and long-term effects of risky behaviors.

LINK: A.11 Demonstrate in-depth understanding of complex health concept.

_____ Adolescence and young adulthood marks a period of significant dental caries and periodontal disease concerns such as malocclusion and tissue damage.

LINK: A.6. Describe health issues common at different stages of life.

_____ A lifelong healthy diet is critical for enhancing oral health.

LINK: A.9. Describe how disease-causing microorganisms, family history, nutrition, and other factors relate to the cause or prevention of disease and other health problems.

B. Health Information, Services and Products

_____ Proper selection, use and care of oral health products recommended by dental health professionals will aid in oral health.

LINK: B.2. Evaluate factors that influence personal selection of health products and services.

_____ Professional preventive dental health care, on a routine basis, assists in preventing oral disease and disclosing existing disease in its early stages.

LINK: B. 3. Access school and community health services.

_____ Identifying professional dental health services helps students be better dental health consumers.

LINK: B. 3. Access school and community health services.

C. Health Promotion and Risk Reduction

_____ Traumatic injury to teeth and oral structures may be reduced by use of mouth protectors.

LINK: C. 2. Demonstrate strategies to avoid, change, and report unsafe situations.

Secondary

D. Influences on Health

_____ Advertisements for oral care products should be analyzed for the intended appeal and the validity of the information before choosing a product.

LINK: D.2. Evaluate the effect of media and other factors on personal, family, and community health.

F. Decision-making and Goal Setting

_____ Proper oral health care for adolescents and young adults includes shared responsibility by the young person and professional providers.

LINK: F. 2. Analyze health concerns that require collaborative decision making.

LINK: F. 4. Implement a plan and evaluate progress in attaining personal health goals.