

Delaware Recommended Curriculum Unit Template

Unit Title: *A Healthy Smile means a healthy you!*

Grade Cluster: 3-5

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Big Idea: *Health is Personal Power*

Overarching Enduring Understanding:

- Functional knowledge of health concepts impacts health behavior
- People, places and things compete for our health choices
- Utilizing valid resources facilitates health
- Effective communication protects and enhances health
- Decision making is a process that impacts health
- Goal setting enhances health outcomes
- A healthy lifestyle impacts the quality of life
- Advocacy is critical to personal, family and community health

Overarching Essential Questions:

1. What is health?
2. What prevents people from practicing healthy behavior?

Exit Transfer Task:

Delaware Health Education Standards

- Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.
 - ATOD
 - Nutrition/PA
 - Personal Health & Wellness
 - Community & Environmental Health
 - Injury Prev. & Safety
 - Family Life & Sexuality
 - Mental Health
- Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
- Students will demonstrate the ability to access information, products and services to enhance health.
- Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Students will demonstrate the ability to use decision-making skills to enhance health.
- Students will demonstrate the ability to use goal-setting skills to enhance health.
- Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Students will demonstrate the ability to advocate for personal, family, and community health.

Time Frame: (# of lessons) 3 Lessons (approximately 20 minutes each.)

1. Normal Anatomy of the Healthy Mouth 5 Activities
2. Oral Hygiene 6 Activities
3. Oral Pathology-*Decay, Periodontal Disease, or Health!* 6 Activities

Brief Summary of Unit: This unit will promote the students ability to know the normal anatomy of a healthy mouth, the importance of good oral hygiene and how to prevent tooth decay and periodontal disease to maintain good oral health.

Stage 1: Desired Results
(Determine What Students Will Know, Do and Understand)

Unit Big Idea: *A Healthy Smile means a healthy you!*

Unit Enduring Understandings:

Unit Essential Questions:

1. **What are key factors and/or conditions that contribute to a healthy mouth?**
2. **What are the causes of tooth decay, periodontal disease and tooth loss in children and adults?**

Knowledge & Skills

Students will know....

- How to identify the kinds of teeth found in the mouth and their function. Additionally, the students learn about other structures in the mouth and how the teeth are integrated in their functions with the other organs in the mouth and body. (Lesson 1)
- Proper oral health care habits, brushing and flossing. (Lesson 2)
- The pathology about the development of cavities (caries) and gum disease (gingivitis and periodontitis). Emphasis is placed on learning about the different forms of treatment for cavities, including sealants. (Lesson 3)

Students will be able to...

- Label structures of the oral cavity.
- Identify types, positions, functions and parts of the teeth.
- Model proper techniques of brushing and flossing.
- Observe Plaque build-up.
- Illustrate the progression of dental caries (decay).
- Illustrate the progression of periodontal disease.
- Examine their mouth for bite (occlusion) and missing teeth.

**Stage 2: Assessment Evidence
(Design Assessments To Guide Instruction)**

Unit Transfer Task:

Students will work in small groups to develop an informational booklet or a story board filled with a collage of key oral health components that tells a story about optimal oral health. It can be about a family member, a fictional story or personal.

Rubrics/checklists for Transfer Tasks

4- Students make meaning of the information and incorporate it into their own mental world model by generating strong illustrations that tell a comprehensive story.

3- Students make partial meaning of the information and incorporate it into their own mental world model by generating moderate illustrations that tell a story.

2- Students make little meaning of the information and incorporate it into their own mental world model by generating illustrations that tell a story.

1- Students make very little or no meaning of the information and do not incorporate it into their own mental world model by generating illustrations that tell a story.

Other Evidence:

1. Students will complete a family oral health survey.
2. Students will complete the "Mechanics of Chewing" worksheet demonstrating the use of proper names of the teeth and oral cavity structures.
3. Students will maintain an oral health care record of their oral hygiene habits for one week.

Stage 3: Learning Activities To Align with Goals and Assessments

Lessons needed to achieve unit goals:

(This curriculum unit was adapted with permission from UTHSCSA Teacher Enrichment Initiatives Multidisciplinary Health Science Curriculum. K-12 Teachers & Scientists in Partnership-The University of Texan Health Science Center at San Antonio)

Lesson 1: Normal Anatomy of a Healthy Mouth

- Focus:** Humans usually start adult life with a full complement of from 28-32 teeth. This lesson will help strengthen student's awareness of the anatomy, development and function of the teeth.

Entire Lesson and Activity Pages:

<http://teachhealthk-12.uthscsa.edu/curriculum/oralhealth/pa09pdf/0901LSN.pdf>

Recommended Activities:

All activities are recommended

Lesson 2: Oral Hygiene

- Focus:** To minimize tooth decay and periodontal disease, the most important thing we can regularly do is keep up with our oral hygiene and visit a dentist or dental hygienists regularly. Proper daily brushing and flossing is a must.

Entire Lesson and Activity Pages

<http://teachhealthk-12.uthscsa.edu/curriculum/oralhealth/pa09pdf/0903LSN.pdf>

Recommended Activities:

All activities are recommended

Lesson 3: Pathology

- Focus:** We make a daily decision, sometimes without realizing it, of promoting dental caries (decay) or trying to maintain a caries-free mouth. Periodontal disease accounts for roughly 50% of tooth loss among adults. This lesson will help students understand how dental caries (decay) and periodontal disease can be controlled in order to maintain good oral health.

Entire Lesson and Activity Pages

<http://teachhealthk-12.uthscsa.edu/curriculum/oralhealth/pa09pdf/0905LSN.pdf>

Recommended Activities:

5A, 5B, 5C and 5E

Resources & Teaching Tips:

- **What text/print/media/kit/web resources best support this unit?**

This is the home page for the entire oral health unit of the UTHSCSA Teacher Enrichment Initiatives Multidisciplinary Health Science Curriculum. K-12 Teachers & Scientists in Partnership-The University of Texan Health Science Center at San Antonio

<http://teachhealthk-12.uthscsa.edu/curriculum/oralhealth/oralhealth.htm>

This unit is adapted from a much larger National Institute for Health funded curriculum titled Positively Aging®: Choices and Changes. The oral health unit introduces students to the importance of developing and maintaining good oral health care habits throughout their lives. They have the opportunity to learn the proper method of brushing and flossing their teeth, the use of fluoride in the prevention of tooth decay and to evaluate their own dental care habits. The relationship between nutrition and oral health is presented in the context of dental caries being caused in part by what you eat and drink. Integration of oral health care education into Delaware elementary, middle and high school classrooms will promote primary preventive techniques that can ultimately reduce the occurrences of dental decay.

○ **Tips to teachers of the unit can you offer about likely rough spots/student misunderstandings and performance weaknesses, and how to troubleshoot those issues?**

1. *Please watch for pronunciation of words.*
2. *The words cavities, caries and dental decay are used interchangeably.*
3. *Stress to the students the importance of not sharing straws, spoons, drinks, etc. Be sure that during lessons students do not place their fingers in another student's mouth.*

Accommodation/Differentiation ideas and tips

1. *Poster boards (cut to size) will be needed for the collage and can be hung in the hall way to educate other students.*