

Show Your Teeth Some Love

Keep your teeth healthy and strong by brushing, flossing, and visiting your dentist regularly.

EDUCATIONAL ACTIVITY PACKAGE FOR 4TH-5TH GRADE



Dear Educators and Community Partners,

Thank you for taking the step to explore *Smile, California's* comprehensive oral health educational activity package and enhancing your educational resources.

Our goal with this resource is to equip and inspire you to deliver lessons on the significance of maintaining good oral health, including insights into dental visits covered by the Medi-Cal Dental Program.

Tailored for students in 4th Grade through 5th Grade, the activities in this package can be utilized either as a comprehensive lesson plan or as individual activities.

The primary message conveyed through these activities is for children to understand that their mouth is a window to the health of the rest of their body. To instill this understanding, children are encouraged to adopt healthy habits such as daily brushing and flossing, making nutritious food choices, and, crucially, scheduling regular visits to the dentist twice a year.

As you are aware, parents and caregivers play a crucial role in guiding children to adopt good oral health habits at home. Therefore, we suggest printing and distributing the following resources and activities for families.



- **Toothy Tips for Parents**
- **Teeth Brushing Calendar**
- **Medi-Cal Has Dental Covered Flyer**

For additional oral health and school readiness resources, visit SmileCalifornia.org/School-Readiness.

If you have any questions please e-mail, hello@smilecalifornia.org.

Thank you once again for your unwavering support.

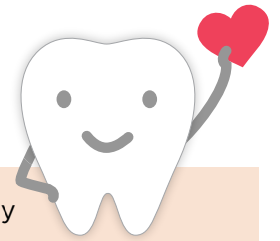
Smile on!
The *Smile, California* Team



Medi-Cal Dental



Love Your Smile Lesson Plan



Grade: 4th - 5th grade (9 - 10 years old)

Background: National Children’s Dental Health Month (NCDHM) is observed annually in February providing the opportunity for dedicated dental professionals, health care providers, educators, community partners, parents and caregivers to raise awareness about the importance of good oral health in childhood. Despite being largely preventable, cavities remain the most common chronic childhood disease. Tooth decay can cause pain, loss of sleep, lack of concentration and absence from school. According to the California Department of Public Health, California children miss 874,000 days of school each year due to dental problems.

Early cavity prevention is extremely important. Tooth decay in baby teeth can lead to tooth decay in permanent teeth. Fortunately, cavities are preventable. Brushing, flossing and regular dental check-ups are essential to keeping children’s teeth healthy, as are getting sealants. Sealants provide additional protection against tooth decay.

Objective of this lesson plan: To teach children the importance of developing healthy dental habits at an early age, including the importance of visiting the dentist regularly. This plan will also introduce and emphasize the relationship between healthier food choices and good oral health.



Before you begin your lesson, we suggest reviewing the dental vocabulary words with your class, as they will be used throughout the lesson plan. Vocabulary words and definitions can be found in Activity 1: Dental Sentences.

Class Discussion Points:

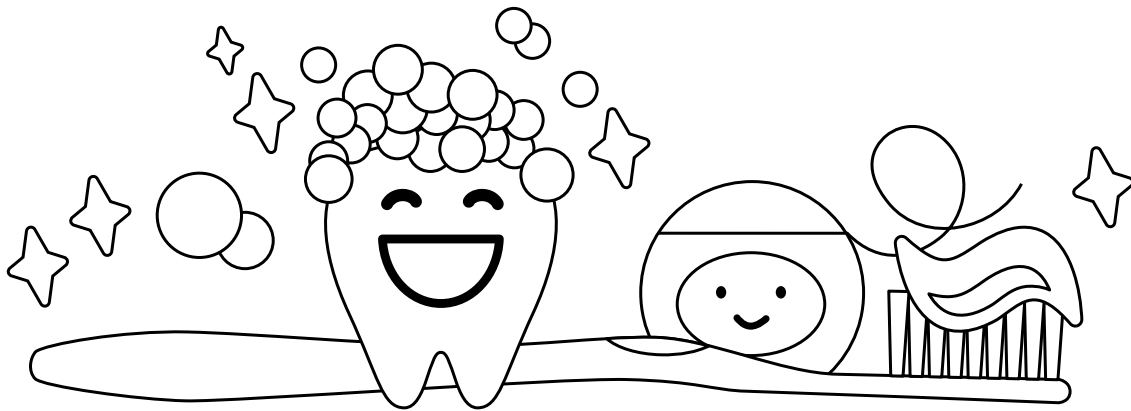
- Introduce National Children’s Dental Health Month, what it is and why it is important (see above Background for reference).
- Get students excited about and motivated to learn about their teeth and the importance of taking good care of them by asking them to tell you what their teeth do and why they are important.
- Explain that to have healthy and clean teeth we must:
 - Brush twice a day—once in the morning and once at night.
 - Floss daily.
 - Eat healthier foods and limit sweets.
 - Visit the dentist 2 times a year—the dentist is our friend!
- Explain that a healthy diet is important for good oral health.
- Introduce the dentist as a friendly doctor whose mission is to help keep our teeth healthy and strong. Explain the following:
 - The dentist is a doctor who is specially trained to care for teeth.
 - When we visit the dentist for a check-up, they will look at our teeth and gums to check for any problems. Explain that the dentist can see problems our parents and/or guardians may not.
 - The dentist also makes sure our teeth are developing properly as we grow.
 - It’s important to visit the dentist every 6 months to make sure our teeth and gums are healthy.

Vocabulary:

Dentist	Sealants	Cavities
Floss	Plaque	Enamel
Fluoride	Tooth Decay	Molar
Gums	Fluoride Varnish	

Healthy Teeth are an Important Part of a Healthy You!

Read the passage below, then answer the questions on the next page.



Your teeth play an important role in your daily life! You use your teeth to chew the food that fuels your body for learning and playing. Your teeth also help you talk and smile. When you smile, you're showing off your enamel. Enamel is the protective layer of your teeth. It is very hard and often white and shiny.

Keeping your teeth healthy means preventing tooth decay. Tooth decay is the breakdown of enamel. Tooth decay is caused by a sticky, slimy substance called plaque. Plaque is caused by bacteria. The bacteria in plaque makes acids when plaque sticks to your teeth. The acids breakdown your tooth enamel causing small holes in your enamel. These small holes in your enamel are called cavities and they can grow larger over time. Cavities are not only harmful to your teeth, but they can also be very painful.

To keep your teeth and gums healthy, you need to brush your teeth at least twice a day. When you are brushing be sure to brush all your teeth, not just your front teeth. And don't forget to brush your gums too! It is important to brush up and down in a circular motion for at least two minutes. It is also important to floss your teeth at least once a day to remove plaque stuck between your teeth and keep your gums healthy.

Keeping your teeth healthy also means visiting the dentist for a check-up every six months. The better you are at keeping your teeth healthy at home, the better your visit to the dentist will be!

Remember, healthy teeth are an important part of a healthy you. Take care of your teeth and they will keep working hard for you!



Name: _____ Date: _____

Healthy Teeth are an Important Part of a Healthy You! – Worksheet & Quiz

Answer the following questions based on the reading passage.
Remember to go back to the passage to find or confirm your answers.

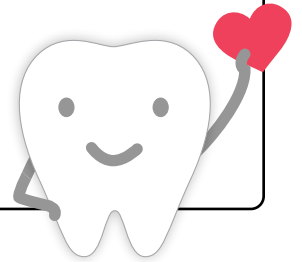
Define These Vocabulary Words:

Enamel: _____

Tooth decay: _____

Plaque: _____

Cavities: _____



How many times a day should you brush your teeth? _____

Why should you floss your teeth? _____

How often should you visit the dentist? _____

Why should you visit the dentist? _____



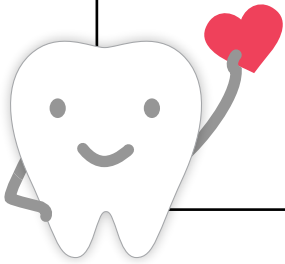
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Name: _____ Date: _____

Things that make me smile!

Instructions: Write a story and draw a picture about a time where something made you smile or about things that make you smile!



Seeing the dentist 2 times a year helps keep your gums and teeth healthy and strong.



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Dental Sentences

Create 6 sentences using the dental vocabulary words.

Dental Vocabulary Words

Dentist: A doctor who is specially trained to care for teeth. Your dentist will look at your teeth, gums and mouth to check for any problems. It is recommended to visit the dentist twice a year.

Molar: The large teeth in the back of your mouth. We use our molars to chew food.

Sealants: A thin plastic coating that can be put on the tops of molars and premolars (the big teeth in the back of your mouth). Sealants get hard and keep food from getting packed in the surfaces of these teeth. They help prevent cavities.

Tooth decay: Is the breakdown of tooth enamel. It can lead to holes in the teeth called cavities.

Cavity: A hole that forms in a tooth when it decays.

Floss: Thick string used to remove food trapped between your teeth and remove bacteria that cannot be reached by brushing alone.

Fluoride: A natural mineral found in water that helps prevent cavities by making the entire tooth surface more resistant to decay.

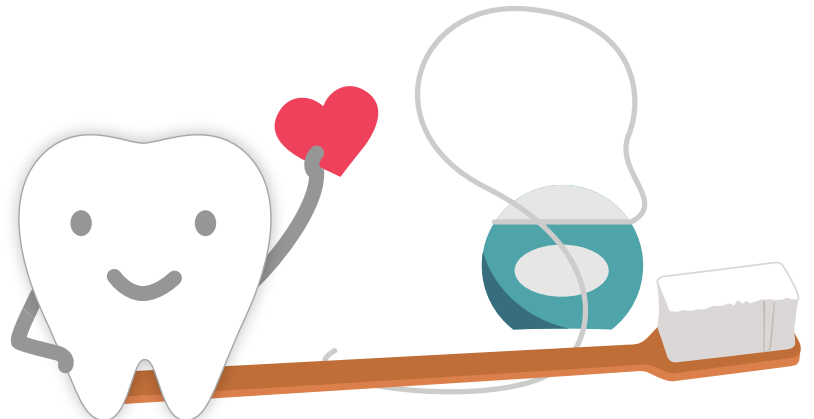
Fluoride varnish: A liquid, containing fluoride that is painted onto the teeth and hardens.

Enamel: The hard-outer surface of the teeth.

Plaque: A soft, sticky, thin layer of bacteria that forms on your teeth all the time.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Keeping your teeth healthy is one of the best things you can do for your overall health!



Sally Goes to the Dentist

Read the story, then answer the questions below.

On Monday, Sally went to the dentist for a check-up. She visits the dentist two times a year.

Sally recently went back to the dentist for sealants.

A sealant is a liquid painted on the top of back teeth. They only take a few minutes to apply and do not hurt. The dentist tells Sally that sealants help fight cavities!

The dentist tells Sally that taking good care of her teeth is very important. Clean teeth are healthy and strong teeth! The dentist is happy to hear that Sally is brushing her teeth for two minutes two times every day and flosses every day too! The dentist reminds Sally that choosing healthy foods help her have a healthy mouth too. The dentist also reminds Sally to limit sweet and sticky foods and drinks.

The dentist gives Sally a high-five for taking care of her teeth! Sally will see the dentist again in six months!

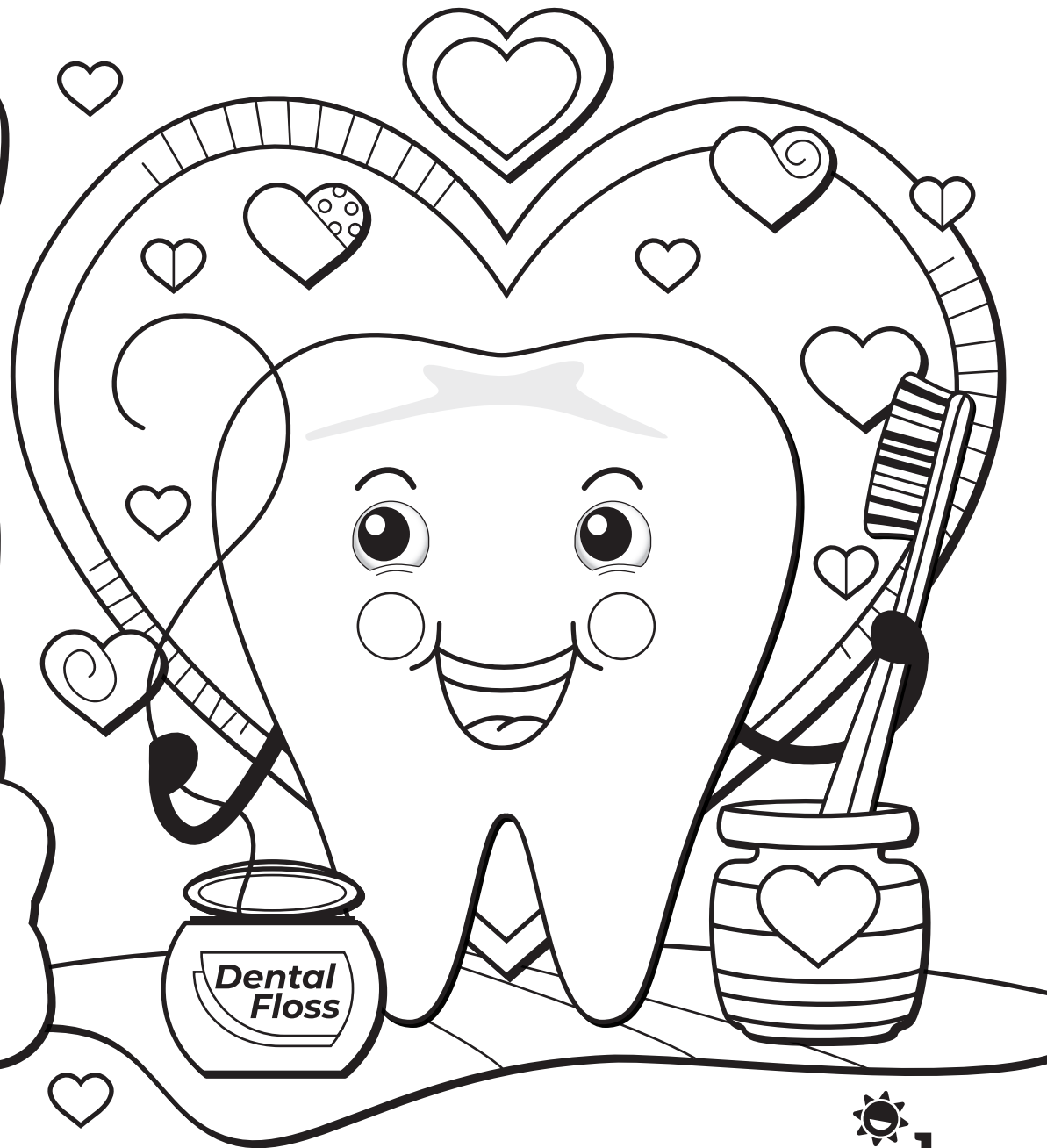


Follow-up Questions:

1. What is a sealant? _____

2. How many times a day does Sally brush her teeth? _____
3. What else does the dentist remind Sally she can do to keep her teeth healthy and strong? _____
4. How many times a year does Sally go to the dentist?

Show
Your
Teeth
Some
LOVE



Medi-Cal covers dental visits for
children and youths. Visit
SmileCalifornia.org to learn more.

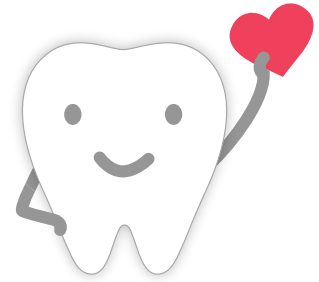


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Love Your Teeth Activities

Happy Teeth Word Unscramble



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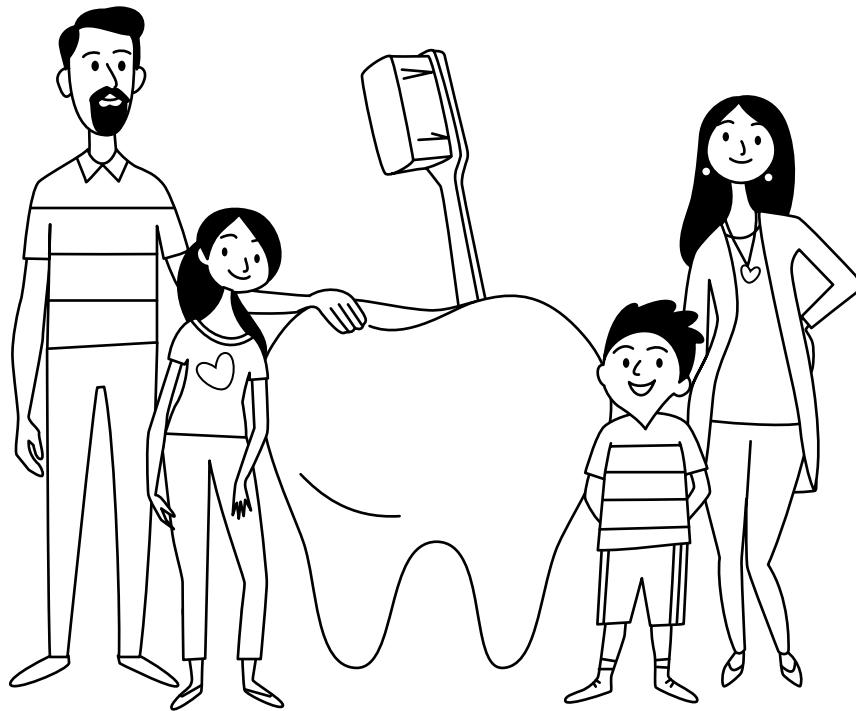
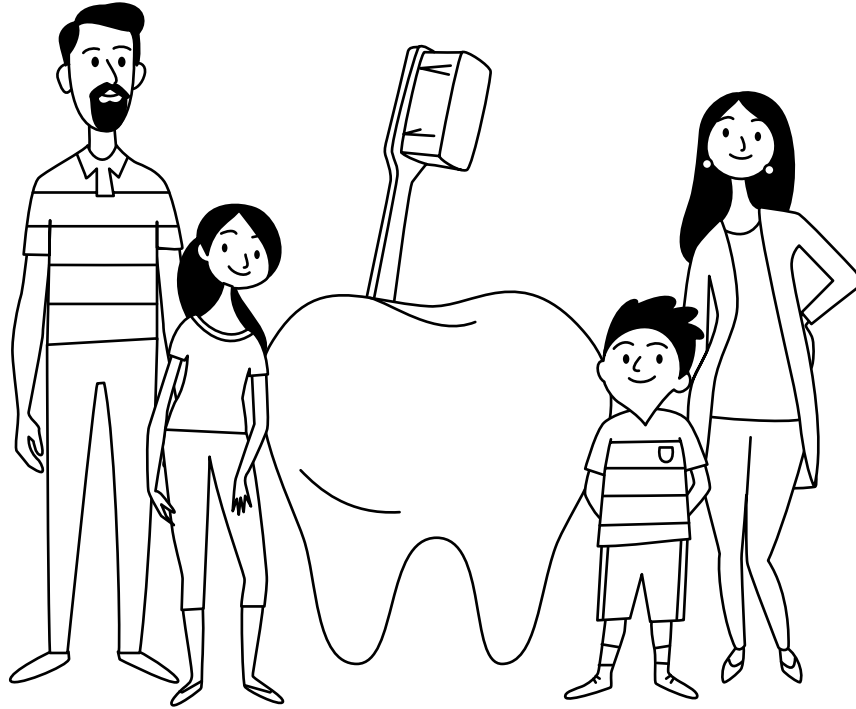
hsteopaot _____

yxras _____

Word Unscramble Answers: smile, dentist, tooth, floss, toothfairy, brush, gums, cavity, toothpaste, xrays

Love Your Teeth Activities

Find the 12 Differences



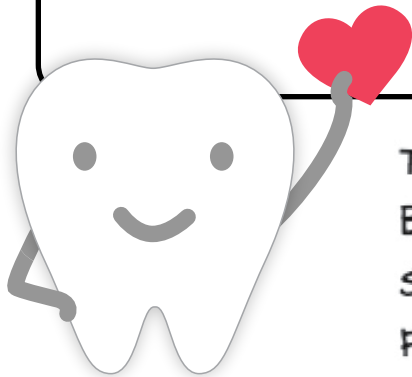
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Love Your Teeth Activities

Happy Teeth Word Search

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



TOOTH
BRUSH
SEALANTS
FLOSS

DENTIST
SMILE
HEALTHY
MOLARS

HAPPY
CHECKUP

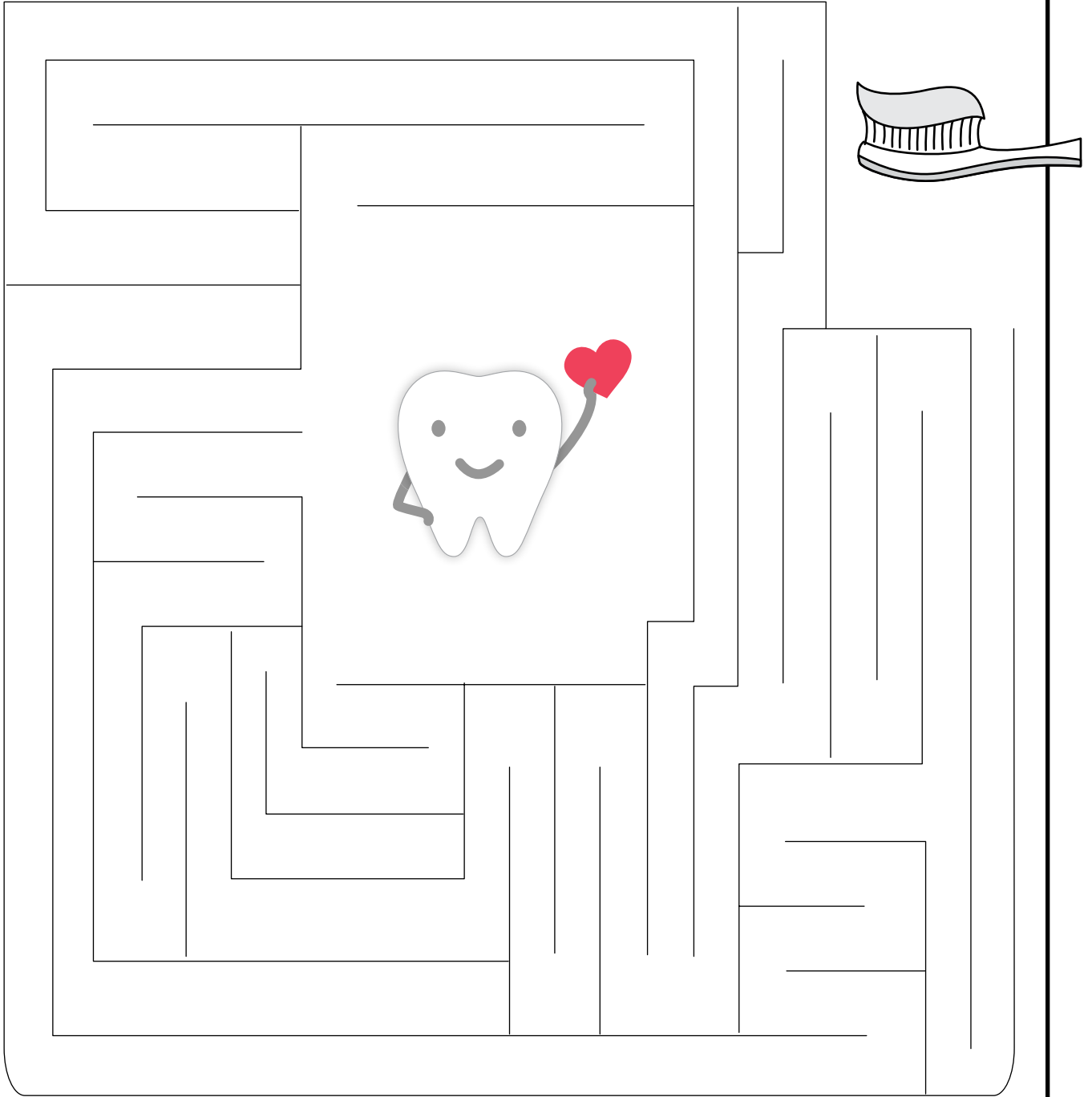


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Love Your Teeth Activities

Help the Toothbrush Find the Tooth Maze



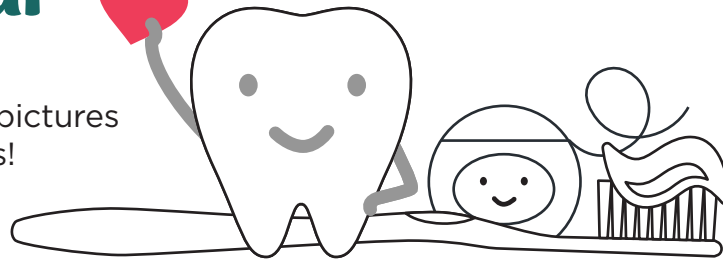
Love Your Smile Calendar



Name: _____

Show your teeth some love!

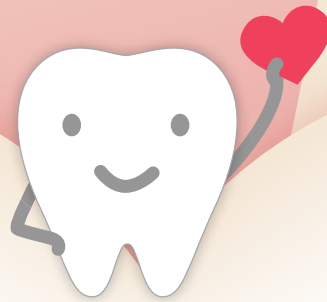
Remember to brush and floss twice a day. Color in the pictures each time you give your smile the extra care it deserves!



Month: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Regular visits to the dentist keep your gums and teeth healthy. Medi-Cal covers dental check-ups for children and youths.



Dental Love Pledge

I, _____,
proudly pledge to show my teeth some love
so they can be healthy and strong for life.

I commit to:

Visiting the dentist regularly for check-ups and care.

Brushing and flossing my teeth twice a day.

Encouraging my friends and family
to prioritize their dental health.

Date: _____



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Toothy Tips for Parents

Show children's teeth some love. Explore preventive care options covered by Medi-Cal Dental.

Did you know that healthy baby teeth make way for healthy permanent teeth? Help your children keep their smiles strong and healthy for a lifetime by building good oral health habits now.



- **Brush twice a day.** As soon as your child's first tooth appears, help them brush twice a day, in the morning and at bedtime. You should continue brushing your child's teeth until you are sure they can brush on their own. Once your child can brush on their own, you should continue to supervise, reminding them to use good brushing techniques.
- **Floss daily.** Help your child floss between their teeth as soon as they have two teeth that touch.
- **See the dentist twice a year.** Children under the age of 21 should see the dentist for a cleaning and check-up every six months. If your child doesn't have a dentist, visit SmileCalifornia.org and click on the Find A Dentist button to find a dentist near you.
- **Choose healthy foods and drinks.** A balanced diet is an important part of keeping your teeth and gums healthy. Help your child make healthier food choices. Be sure to limit sugary snacks and drinks, like juice and candy.

Remember, children learn by watching their parents. Be a good oral health role model by taking good care of your own teeth and gums!

Good Oral Health Through the Years

Babies

Your child's first dental visit should take place after their first tooth appears, but no later than their first birthday. Baby teeth are critical to your child's health and development. Kids can get cavities as early as age two, so visit the dentist as soon as possible.

Kids

Children start to lose their baby teeth as early as five years old. This is when their permanent teeth begin to grow in. Ask the dentist about sealants to help protect your child's back teeth from cavities. Sealants are clear, protective coatings that are quick and painless.

Teens

Continuing to eat sugary foods and drinks as teens can put them at a higher risk for tooth decay. Teenagers who get regular dental check-ups maintain good oral health well into adulthood. Keeping a travel-size toothbrush in a locker or backpack to brush after meals can also help reduce the risk of cavities and keep teeth bright — a boost to any teen's self-esteem.

Pregnancy

Good oral health care helps prevent problems during pregnancy. As a Medi-Cal member, you are covered during pregnancy and 12 months after the birth of your baby. Regular brushing and flossing, eating a balanced diet and visiting your dentist regularly, will help reduce dental problems that may accompany pregnancy.



Parents, California law, Education Code Section 49452.8, requires that your child have an oral health assessment (dental check-up) by **May 31** in either kindergarten or first grade, whichever is his or her first year in public school. Assessments that have happened within the 12 months before your child enters school also meet this requirement. The law specifies that the assessment must be done by a licensed dentist or other licensed or registered dental health professional.

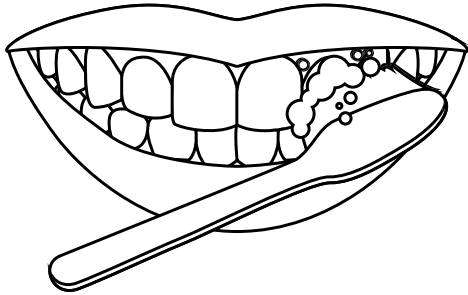


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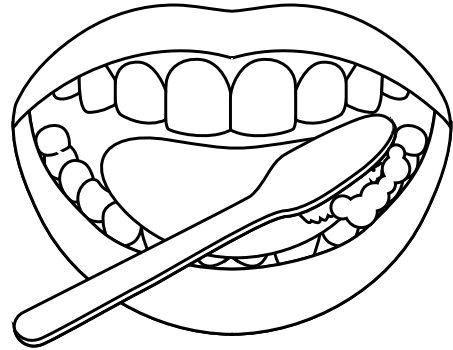
For more information about oral health, and to learn about Medi-Cal dental services, visit SmileCalifornia.org.

Love Your Brushing Techniques

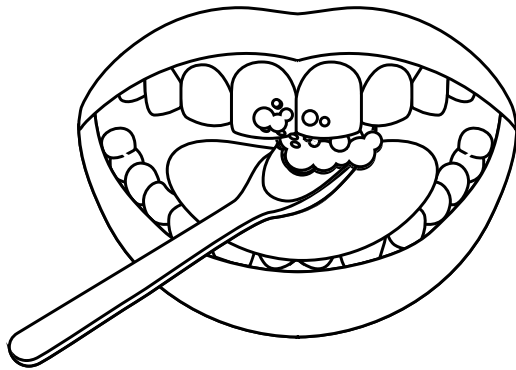
Discover the art of brushing with love! Explore helpful techniques to keep your smile healthy and strong.



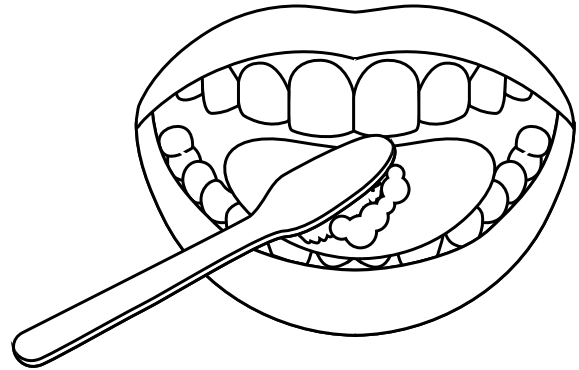
1. Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.



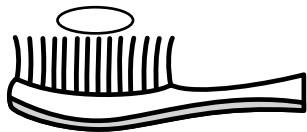
2. Gently brush the outer, inside, and chewing surfaces of all your teeth, making sure to reach the back teeth.



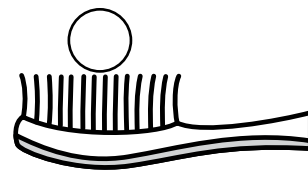
3. Clean the inside surfaces of your front teeth by tilting the brush vertically and making up-and-down strokes with the front of the brush.



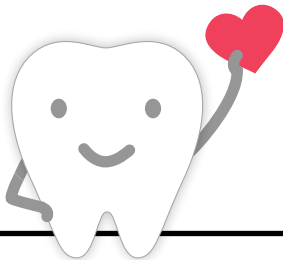
4. Don't forget to brush your tongue! This helps keep bad breath away and gets rid of bacteria.



Children ages 0-3 should use a grain of rice-sized amount of toothpaste.



Children 3 years and above should use a pea-sized amount of toothpaste.



A child can start brushing their own teeth when an adult confirms they can do it properly.



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