



## Smile, California

### 4th – 5th Grade

# Children's Dental Health Education Package

The objective of this comprehensive digital package is to introduce students to the importance of dental health, especially the importance of regular dental check-ups. Adopting healthy dental hygiene habits at an early age can benefit children well into their adult years. Download the *Smile, California* Children's Dental Health Education Package at [SmileCalifornia.org](http://SmileCalifornia.org).

### Each Educational Package Includes the Following Content:

- Letter to educator detailing package contents
- *Smile, California* lesson plans (includes corresponding worksheets)
- [Smile, California Toothy Tips for Parents one-sheet](#)
- [Smile, California Healthy Smile Pledge Certificate](#)
- [Smile, California teeth brushing techniques and American Dental Association resource one-sheet](#)

### 4th – 5th Grade:

- **Dental Sentences:** dental vocabulary and definition worksheet followed by a sentence building activity
- **Things That Make Me Smile! writing activity:** asks children to write a story about a time something made them smile or things that make them smile
- **What Do Sugary Drinks Do to Your Teeth? science experiment:** shows the effect of sugar on tooth enamel using eggs, water and soda followed by an activity that requires children to form a hypothesis and record their observations
- **Healthy Teeth are an Important Part of a Healthy You! reading activity:** highlights the importance of healthy teeth and introducing the science behind tooth decay followed by questions from the passage
- **Healthy Smile Pledge Certificate:** a certificate for children to sign as part of their commitment to practicing healthy dental habits
- **Teeth Brushing and Flossing Calendar:** calendar to help students keep track of how many times a day they brush and floss

