



**GRADE
TWO**

ORAL HEALTH CURRICULUM

Ontario Curriculum, Grades 1—8: Health and Physical Education, 2009.



The dental public health professional association, Ontario Association of Public Health Dentistry (OAPHD), has specially created the following Grade 2 oral health module to align with the new Ontario Curriculum, Grades 1—8: Health and Physical Education, 2009.

OAPHD would like to acknowledge the following Ontario Public Health Units for their collaborative effort in the development of this resource:

Brant County Health Unit
Chatham-Kent Health Unit
Public Health Services City of Hamilton
Haldimand-Norfolk Health Unit
Haliburton Kawartha Pine Ridge District Health Unit
Halton Region
Hastings and Prince Edward Counties Health Unit
Niagara Region Public Health
Oxford County
Region of Peel – Public Health
Porcupine Health Unit
Region of Waterloo Public Health
Simcoe Muskoka District Health Unit
Sudbury and District Health Unit
Wellington-Dufferin-Guelph Health Unit
York Region (Grade 7 Mouth guards)

OAPHD is very interested in your feedback on the following module. Please take a few moments to complete the following survey: <http://www.surveymonkey.com/s/VL2QLV9>



General Topic: Grade 2 Personal Skills & Making Healthy Choices

This section covers the following expectations from The Ontario Curriculum, Grades 1—8: Health and Physical Education, 2009. (Grade 2)

- **LS1.1:** Use self-awareness and self-monitoring skills to help them understand their strengths and needs, take responsibility for their actions, recognize sources of stress, and monitor their own progress, as they participate in physical activities, develop movement competence, and acquire knowledge and skills related to healthy living (e.g., Healthy Living: complete a checklist to monitor their daily care of their teeth).

Activities

- **Brushing Chart:** Brushing log to track twice daily brushing habits
- **Word Search**
- **Colouring Sheet**
- **Brush Everyday Handout**
- **Floss Everyday Handout**

Additional Information

- Canadian Dental Association: http://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/index.asp
- Canadian Dental Hygienists' Association: <http://www.cdha.ca/AM/Template.cfm?Section=SmileCity>
- Health Canada: <http://www.hc-sc.gc.ca/hl-vs/oral-bucco/care-soin/techniques-eng.php>

(Please note that the location of URL's can change over time.)

Oral Hygiene

- Your teeth affect your life in many ways. A healthy mouth allows you to chew and swallow foods and drinks, as well as speak and smile. To achieve and maintain a healthy smile, you must keep your teeth clean.
- Keeping your teeth clean is critical to maintaining a healthy smile and preventing cavities. The plaque (clear sticky film) bacteria (already present in your mouth) mix with sugar (from the foods and drinks you consume) to produce acid. It is this acid that wears away the hard outer layer of your teeth (enamel), and produces a cavity. Therefore, you must work hard to remove the bacteria that cling to your teeth by brushing and flossing daily.

Brushing

- You should brush your teeth two times a day for two minutes each time (hard scrubbing should be avoided – to prevent gum recession and tooth sensitivity) with a peas-sized amount of fluoride toothpaste. *(Please see instruction sheet below.)*
- *Ask your parent/caregiver to help to make sure you are doing a good job. Supervision and adult assisted brushing is advised for children six years of age and younger. The Canadian Dental Association recommends to continue supervising until your child can write (not print) on their own.*
- Hold your toothbrush at a 45-degree angle and gently brush in circular strokes from where the tooth and gum meet to the tip of the tooth. Be sure to brush all outside and inside surfaces of each tooth.
- Clean the pits and crevices on the chewing surface of your teeth with short sweeping strokes. And, brush your tongue to remove bacteria and to freshen your breath.

Style of toothbrush

- When selecting a toothbrush, remember the following:
 - Your toothbrush should have a small head so it is easy to move around inside your mouth, and should fit comfortably in your hand.
 - Your toothbrush should have soft bristles.

Toothbrush Maintenance

- Rinse your toothbrush with water after every use and let air dry.
- Replace your toothbrush when it has become visibly worn or frayed (typically after 3 months).

- Replace your toothbrush after any illness, cold, or flu.

Flossing

- Flossing is also important to keep your mouth clean and free from bacteria. Flossing helps remove bacteria from in between your teeth – where your toothbrush cannot reach.
- It is important to have your parent/caregiver help you floss.
- To floss, start with a 30-35 cm (elbow's length) piece of floss and wrap the floss around your two middle fingers.
- For your upper teeth, use your two index fingers and thumbs to guide the floss. Your thumbs should be on the outside.
- For your lower teeth, use your two index fingers; when guiding the floss, your fingers should be no more than 2.5cm apart.
- Gently guide the floss between your teeth using a —seesaw” motion.
- Move the floss up and down on the side in of the tooth in a “C” shape motion 2-3 times or until clean.

Financial Assistance for Oral Care

There are limited programs available in Ontario for children and youth with no dental insurance. The following list provides a description of what is available.

- **Children In Need Of Treatment (CINOT)** dental program provides emergency dental treatment for children 0-17 years of age whose families are not on social assistance, do not have insurance, and cannot afford to pay for their dental treatment. (<http://www.mhp.gov.on.ca/en/healthy-communities/dental/default.asp>)
- **Healthy Smiles Ontario (HSO)** is a new program for children and youth 0-17 years of age who do not have access to any form of dental coverage. This is a preventive and basic dental care program. Children and youth who are members of a household with an Adjusted Family Net Income of \$20,000 per year or below may be eligible. (<http://www.health.gov.on.ca/en/public/programs/dental/>)

References

American Dental Association. (2005). *Watch your smile*. Retrieved from <http://www.ada.org/3257.aspx#top>

American Dental Association. (2002). Diet and tooth decay. *Journal of the American Dental Association*, 133, 527.

Canadian Dental Association. (2005). Cleaning teeth. Retrieved from http://www.cda-adc.ca/en/oral_health/cfy/dental_care_children/cleaning.asp

Ministry of Health and Long-Term Care. (2010). Healthy Smiles Ontario. Retrieved from <http://www.health.gov.on.ca/en/public/programs/dental/>

Ministry of Health Promotion and Sport. (2010). Dental Health (CINOT). Retrieved from <http://www.mhp.gov.on.ca/en/healthy-communities/dental/default.asp>

Activity 1: Brushing Chart

Materials Needed:

- Copies of the attached brushing chart

Preparation:

Teacher
<ul style="list-style-type: none"> • Print copies of attached brushing chart for each student

Activity:

Teacher	Students	Time Required
<p>Introduction:</p> <ul style="list-style-type: none"> • Distribute the brushing chart to each student <p>Content:</p> <ul style="list-style-type: none"> • Challenge students to complete the brushing chart – to brush twice daily for two minutes each time (using a pea-sized amount of fluoride toothpaste) for 4 weeks • Challenge students to floss once daily over the 4 weeks • Have students bring completed charts back to school after the 4-week time period <p>Conclusion:</p> <ul style="list-style-type: none"> • After the 4-week time period, discuss the brushing chart and have students talk about their experience brushing twice daily and flossing once daily • Discuss with students the importance of oral hygiene and the impact on tooth decay 	<ul style="list-style-type: none"> • Students will complete the brushing chart over 4 weeks • Students will be challenged to floss once daily over the 4 week time period • Students will learn about the importance of oral hygiene in preventing cavities (tooth decay) • Students will start healthy brushing behaviours as a result of the activity 	<ul style="list-style-type: none"> • Total: 4 weeks • Discussion: 30 minutes

Activity 2: Word Search

Materials Needed:

- Copies of the attached word search

Preparation:

Teacher
<ul style="list-style-type: none">• Print copies of attached word search for each student

Activity:

Teacher	Students	Time Required
<p>Introduction:</p> <ul style="list-style-type: none">• Distribute the word search to students to work independently <p>Conclusion:</p> <ul style="list-style-type: none">• Link the words in the word search to the lesson on oral hygiene and healthy eating choices for their oral and overall health	<ul style="list-style-type: none">• Students will work independently	<ul style="list-style-type: none">• 15 minutes

Activity 3: Colouring Sheet

Materials Needed:

- Copies of the attached colouring sheet
- Pencil crayons
- Crayons

Preparation:

Teacher
<ul style="list-style-type: none"> • Print copies of attached colouring sheet for each student • Bring either pencil crayons or crayons for students

Activity:





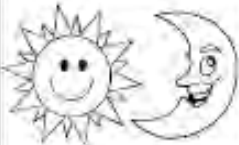
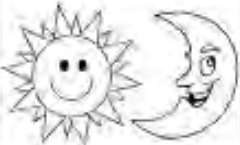



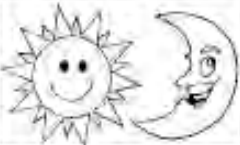


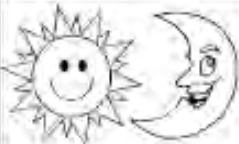







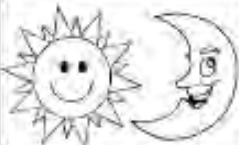
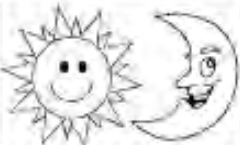
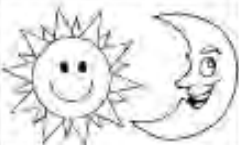
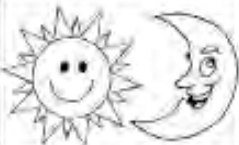




Teacher	Students	Time Required
<p>Introduction:</p> <ul style="list-style-type: none"> • Distribute the colouring sheet to students to work independently <p>Conclusion:</p> <ul style="list-style-type: none"> • Link the image on the colouring sheet to the lesson on oral hygiene, reinforcing the importance of oral hygiene in maintaining a healthy smile, free from cavities 	<ul style="list-style-type: none"> • Students will work independently 	<ul style="list-style-type: none"> • 15 minutes



Monthly Brushing Chart

To show that you have brushed your teeth in the morning, colour the sun. To show that you have brushed your teeth at night, colour the moon.

Name: _____

Day	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

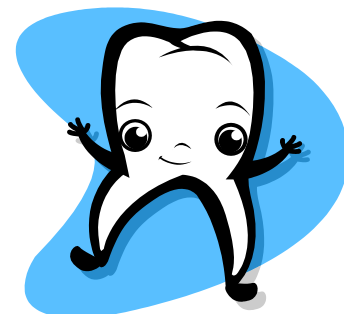
Tooth Word Search

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

Find the following words:

teeth
toothbrush
dentist
tongue
sugar
cavity

floss
decay
gums
smile
healthy
checkup



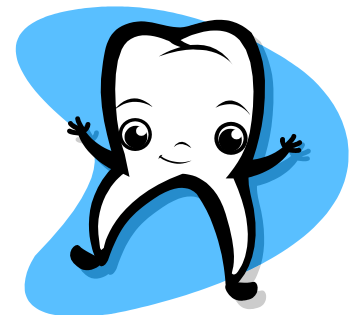
Tooth Word Search

Answer Guide

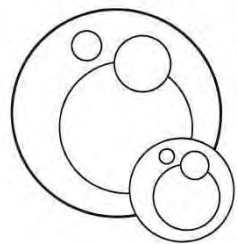
U S O E E N F N V T E Q O J P O
 O G F O E M A M L H G O E R F S
 R P S L W E O I **D E N T I S T** T
 I M M F D E C K W I L O Z Y E N
 B U C I I M O T C Y I O H L L L
 X H T I T H M **C A V I T Y** I H X
 K I O S V T **T C G E L H B B M E**
 O E O E F S **E E F A B B S Z L Z**
 L I S H N **D S C E L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

teeth
 toothbrush
 dentist
 tongue
 sugar
 cavity

floss
 decay
 gums
 smile
 healthy
 checkup



2
for
2



is what
you do!



Brush
your teeth
2 times
each day
for
2 minutes
each time

Sponsored by:
The Ontario Association Of Public Health Dentistry



1. Brush your teeth 2 times each day for at least 2 minutes each time—2 for 2 is what you do!



2. Place your toothbrush where your teeth and gums meet. Brush in small circles to loosen the plaque.

3.

Work in a pattern:

- brush the outside,
- brush the inside, and
- brush the chewing surfaces.



4.

To brush behind the front teeth, use the tip of your toothbrush:

- brush down on the upper, and
- brush up for the lower



The best way to brush every day!



1. Wind 45 cm (18 inches) of floss around your middle fingers.

2. Hold the working portion between your thumbs and first fingers while guiding the floss back and forth between your teeth.



3. Curve the floss into a c-shape around the side of your tooth where the tooth meets the gum. Place your fingers inside your mouth and slide the floss up and down to remove the plaque and food debris.



4. Unwind the floss from one finger to the other so you have a clean section of floss to use each time.



5. Using a holder may make flossing easier, especially for children.

Floss every day!

General Topic: Grade 2 Personal Skills & Making Healthy Choices

This section covers the following expectations from The Ontario Curriculum, Grades 1—8: Health and Physical Education, 2009. (Grade 2)

- **C2.2:** Demonstrate an understanding of how to make healthy food choices for meals and snacks, considering the factors they can and cannot control (e.g., the food that's available in the home; the food that's available when eating out; energy needed at different times of day; allergies; food guidelines associated with medical conditions such as diabetes or celiac disease; food safety related to food preparation, storage, handling, and cleanliness).

Activities

- **Make a Snack:** Students will work together to develop three healthy snack options (*This activity can also be linked with a lesson on nutrition.*)
- **Tooth Decay Process Matching**

Additional Information

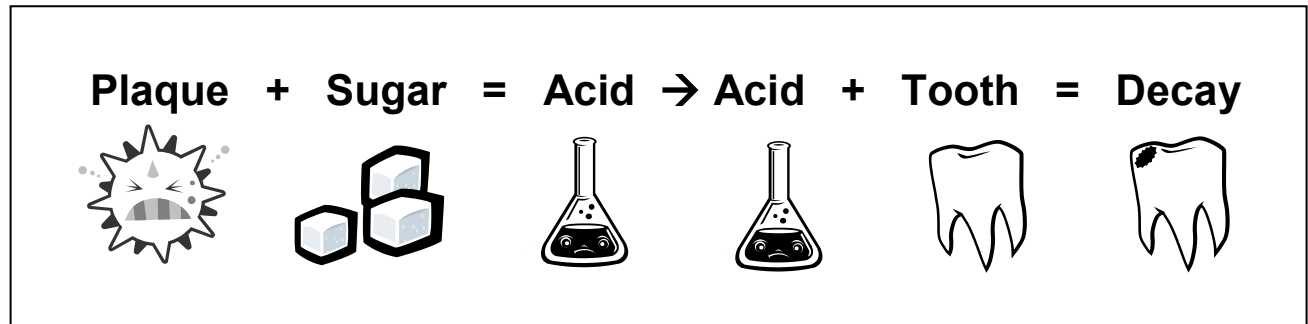
- Nova Scotia Department of Health Promotion and Protection:
www.gov.ns.ca/hpp/resources/dental.asp
- Canadian Dental Hygienists Association:
<http://www.smilecity.ca/>
- Canada's Food Guide (Health Canada):
<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

(Please note the location of the URL's can change over time.)

Tooth Decay

Tooth Decay Process

- Cavities or tooth decay occur when sugary foods are frequently left on your teeth. The bacteria (plaque) already in your mouth feed on the sugar and produce acid. This acid attacks the hard outer layer of your tooth (enamel), weakening it and causing tooth decay (cavity).



Choosing Healthy Snacks

- In addition to oral hygiene, your diet contributes to the health of your teeth and mouth. To help prevent cavities, choose healthy foods that are nutritious and do not contain added sugars. These foods are beneficial for both your oral and overall health.
- Avoid snacks that are sticky (toffee, dried fruit, fruit chews, etc.); these snacks cling to your teeth coating them with sugar.
- Choose foods that increase your saliva flow, for example hard and crisp fruit and vegetables (broccoli, celery, apples, etc.), and cheese, to help cleanse your teeth and dilute the sugar in your mouth. Other healthy snacks for your teeth include:
 - Plain yogurt (recommend < 2% M.F. [Milk Fat])
 - Eggs
 - Nuts (at home snacks)
 - Seeds (sunflower and pumpkin)
 - Popcorn (plain)

- Watch for hidden sugars (e.g. corn sweeteners, corn syrup, dextrose, fructose, glucose, honey, maple syrup, molasses, and sucrose) and limit your consumption of foods and drinks that contain these sugars.
- Limit how often (frequency) you consume sugar and how long (duration) sugar is in your mouth. Avoid sucking on hard candies (increased duration or time sugar is in your mouth) and sipping drinks with added and naturally occurring sugar (increased frequency of sugar intake when drinks are sipped throughout an extended period of time), as these can increase your risk of cavities (tooth decay).

Tips for Sugar-Sweetened Beverage Consumption:

- Try to avoid drinks with added sugar, including: fruit drinks, pop, and sports drinks.
- Although white milk, chocolate milk, and 100% fruit and vegetable juices are healthy beverage options, they do contain naturally occurring sugar that can contribute to the risk of tooth decay if they come in contact with your teeth for a prolonged amount of time. With regard to the affect it has on teeth, naturally occurring sugar is no different than added sugar.
- Try to consume these drinks occasionally and at mealtime, when your saliva levels are high; this will help neutralize the acid caused by the high sugar contents.
- Try 100% fruit juice instead of juice drinks, cocktails, punches, as well as pop and energy drinks. These drinks contain very little real fruit juice and are mostly sugar.
- Moderation is key; consume sugar-sweetened beverages at mealtime only!
- Swish your mouth with water after the drink is done. This will help dilute the sugar and acid in your mouth.
- Use a straw. This will help keep sugars and acid away from your teeth.

Avoid Eating/Drinking at Night:

- Eating or drinking anything other than water after brushing at night can be harmful to your teeth because we have less saliva to wash away food while sleeping.
- It is important to remove decay-causing bacteria from your mouth before going to sleep to avoid damage while sleeping.

References

American Dental Association. (2005). *Watch your smile*. Retrieved from <http://www.ada.org/3257.aspx#top>

American Dental Association. (2002). Diet and tooth decay. *Journal of the American Dental Association*, 133, 527.

Canadian Diabetes Association and Dieticians of Canada. (2005). *Look at the label*. Retrieved from http://www.diabetes.ca/documents/about-diabetes/ENG_RGB_FactSheet.pdf

Ontario Dental Association. (2010). Food and your teeth. Retrieved from <http://www.youroralhealth.ca/food-a-your-teeth.html>

Activity 1: Make a Snack

Materials Needed:

- Copies of the attached —Make a Snack” template

Preparation:

Teacher
<ul style="list-style-type: none"> • Print copies of attached —Make a Snack” template for each group

Activity:

Teacher	Students	Time Required
<p>Introduction:</p> <ul style="list-style-type: none"> • Divide the class into small groups (3 to 4 students) <p>Content:</p> <ul style="list-style-type: none"> • Have students work together to create three snack options that are healthy for both their oral and overall health • Encourage students to consider the effects of drinks with added sugar and sticky foods that can cling to teeth <p>Conclusion:</p> <ul style="list-style-type: none"> • Discuss the students’ choices, and how nutritious foods benefit their oral and overall health • Discuss how snack options may differ based on students’ cultures and celebrate these differences (and introduce students to different food options) • Make copies of snack ideas for the students 	<ul style="list-style-type: none"> • Students will be divided into small groups • Students will work together to make three balanced snack options that are healthy for both their oral and overall health • Students will discuss their snack options and their impact on their oral and overall health 	<ul style="list-style-type: none"> • 1 hour (30 minutes for group work and 30 minutes for discussion)

Activity 2: Tooth Decay Process Matching

Materials Needed:

- Copies of the attached “Tooth Decay Matching” sheet

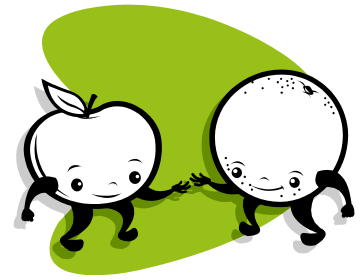
Preparation:

Teacher
<ul style="list-style-type: none"> • Print copies of attached “Tooth Decay Matching” sheet for each student

Activity:

Teacher	Students	Time Required
<p>Introduction:</p> <ul style="list-style-type: none"> • Distribute the matching sheet to students to work independently <p>Content:</p> <ul style="list-style-type: none"> • Have students work independently to complete the matching sheet <p>Conclusion:</p> <ul style="list-style-type: none"> • Discuss the students’ matches and discuss the tooth decay process – how the foods and drinks they consume impact their oral and overall health 	<ul style="list-style-type: none"> • Students will work independently • Students will work independently to complete the matching sheet 	<ul style="list-style-type: none"> • 15 minutes

Make a Snack

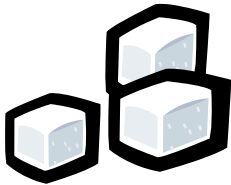


In small groups, design three snack options that include healthy foods and drinks that benefit your oral and overall health.

Option 1	Option 2	Option 3
<p>Food:</p> <p>Drink:</p>	<p>Food:</p> <p>Drink:</p>	<p>Food:</p> <p>Drink:</p>

Tooth Decay Matching Sheet

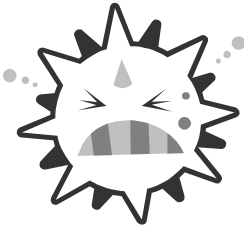
Use a line to match the picture to the corresponding word



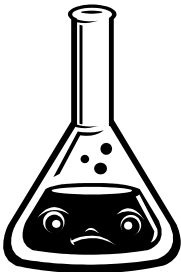
Plaque



Acid



Cavity (decay)



Sugar



Tooth