

## Lesson 4: Oral Health

### Teacher Notes

---

### Objectives

1. Students will be able to explain why oral health is important
2. Students will be able to describe how to maintain oral health
3. Students will be able to find out where to get more information about oral care

### Pre-lesson (10 minutes)

1. Have a brief discussion about oral health, dentists and why oral hygiene is important. Then do the reading comprehension about oral health.

### Lesson – choose from any of the following activities

#### Reading Comprehension (15 minutes)

1. First read the passage about Oral Health to the class.
2. Next have students read the passage silently.
3. Then have the students read aloud with a partner, taking turns.
4. Have the students complete the questions with a partner or individually.
5. Correct as a class.

#### Conversation and Writing (10 minutes)

1. Have students read the oral health dialogue with a partner.
2. If time, have the students perform this dialogue in front of the class.
3. Talk about the dentist's recommendations for maintaining good oral health, as a class.

#### Guided Practice (15 minutes)

1. Go through the "How do I brush and floss?" handout together. Demonstrate proper brushing and flossing motions.
2. Have students practice the motions with toothbrushes and floss in small groups.

### Assessment

#### Quiz (5-10 minutes)

1. As a formal assessment, give the quiz at the end of the lesson.
2. Check the quiz individually, or as a class.
3. Give informal feedback to students as you circulate and listen to them read, check questions and activities.

### Extension

#### Glossary (10 minutes)

1. Have students write a variety of sentences about the advantages of good oral hygiene, using the glossary.

### Appendix of Internet Resources – can be used for computer lab activities

- "The Parts of a Tooth" video by the American Dental Association:  
[www.mouthhealthy.org/en/az-topics/t/tooth.aspx](http://www.mouthhealthy.org/en/az-topics/t/tooth.aspx)

## Lesson 4: Oral Health

### Teacher Notes

---

Not everyone has dental insurance. If you do not have dental insurance but need to see a dentist, here are some more affordable options:

- Services at a dental school
- State-funded dental plans
  - Program for HIV-positive individuals
    - <https://mn.gov/dhs/people-we-serve/adults/health-care/hiv-aids/programs-services/dental-services.jsp>
  - Minnesota public programs cover children and some limited services for non-pregnant adults.
    - MinnesotaCare:
      - [https://mn.db101.org/mn/programs/health\\_coverage/minnesotacare/program2b.htm](https://mn.db101.org/mn/programs/health_coverage/minnesotacare/program2b.htm)
    - Medical Assistance (MA):
      - [https://mn.db101.org/mn/programs/health\\_coverage/ma/program2b.htm](https://mn.db101.org/mn/programs/health_coverage/ma/program2b.htm)
- Non-profit organizations: these dentists, often located at a community clinic, see low-income patients on a sliding fee scale
- Web page for finding additional low cost dental care: <https://www.mndental.org/public/dental-care/>