

HEALTH EDUCATION GUIDELINES FOR CLASSROOM TEACHERS

CATEGORY	BASIC (Essential Oral Health Needs)	ADVANCED (More healthful than BASIC)	EXEMPLARY (More healthful than ADVANCED)
Pre-Kindergarten	<p>Incorporate these topics into the curriculum:</p> <ul style="list-style-type: none"> • Purpose of teeth • Proper toothbrushing techniques • Importance of using fluoridated toothpaste • Which foods combine with bacteria to cause decay.\ Effects of soft drinks on teeth 	<ul style="list-style-type: none"> • Incorporate this topic into the curriculum: ✓ How fluoride protects teeth ✓ How to brush teeth using “modified toothbrushing protocol • Ensure daily toothbrushing using “modified toothbrushing protocol” 	<ul style="list-style-type: none"> • Use “disclosing tablets” to demonstrate plaque • Establish a dental office in play area
Primary	<p>Incorporate these topics into the curriculum:</p> <ul style="list-style-type: none"> • Purpose of teeth • Purpose of healthy teeth • Names of permanent teeth • Proper toothbrushing and flossing techniques • Importance of using fluoridated toothpaste and rinse • Names of • “teeth healthy” foods • Effect of sugar-laden foods and beverages 	<p>Incorporate this topic into the curriculum:</p> <ul style="list-style-type: none"> • How fluoride protects teeth <p>Integrate oral health education into</p> <ul style="list-style-type: none"> • Reading • Vocabulary 	<p>Integrate oral health education into</p> <ul style="list-style-type: none"> • Reading • Vocabulary • Science • Creative arts

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Elementary	<p>Incorporate these topics into the curriculum:</p> <ul style="list-style-type: none"> • Names of teeth and purpose of teeth • Proper toothbrushing and flossing techniques • Purpose of sealants • Purpose of braces • Effects of tobacco/drugs on teeth • Effects of soft drinks and sports drinks on teeth 	<ul style="list-style-type: none"> • Organize a class oral health fair • Include dental professions in studies of careers 	<p>Organize a class oral health fair, featuring each element of the school curriculum, such as:</p> <ul style="list-style-type: none"> • Creative writing • Reading • Math • Science • Social studies
MIDDLE SCHOOL	<p>Incorporate these topics into the curriculum:</p> <ul style="list-style-type: none"> • Care of permanent teeth and braces • Effects of tobacco and spit tobacco on teeth and mouth • Effects of methamphetamine on teeth • Effects of oral piercing on teeth, gums, oral cavity, and infections <p>Effects of soft drinks, sports drinks, sugar and starches on teeth</p>	<ul style="list-style-type: none"> • Incorporate these topics into the curriculum: ✓ Role of oral health on overall health ✓ Contributions of oral disease on other disease of the body • Organize a class oral health science project 	<ul style="list-style-type: none"> • Create opportunities for students to teach oral health in Pre-K and primary classrooms • Create opportunities for students to shadow dental professionals

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HIGH SCHOOL	<p>Incorporate these topics into the curriculum:</p> <ul style="list-style-type: none"> • Care of permanent teeth and braces • Effects of tobacco and spit tobacco on teeth and mouth • Effects of methamphetamine on teeth • Effects of oral piercing on teeth, gums, oral cavity, and infections • Effects of soft drinks and sports drinks on teeth 	<ul style="list-style-type: none"> • Incorporate oral health content as selections for science projects • Use oral health content as examples in chemistry and biology classes 	<ul style="list-style-type: none"> • Create opportunities for students to teach oral health in Pre-K and primary classrooms • Create opportunities for students to work in dental offices