

## HEALTH EDUCATION GUIDELINES FOR CLASSROOM TEACHERS

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

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