

Grade 5 Oral Health Lesson- Making Choices



Alberta Health
Services

Teeth For a Lifetime

Presented by Community Oral Health



Curriculum

The unit supports the Alberta Learning Program of Studies in the Health and Life Skills Curriculum under the following sections:

Wellness Choices

- W-5.2 Assess the importance of regular hygiene practices during adolescence
- W-5.6 Examine and evaluate the impact of smoking on personal health/wellness

Relationship choices

- R-5.8 Develop strategies to address personal roles and responsibilities in group situations

Life Learning Choices

- L-5.3 Investigate the effectiveness of various decision-making strategies
- L-5.4 Analyze factors that affect the planning and attaining of goals

Grade Range

Grade 5

Overview

To enable students to make well-informed, healthy choices and to develop behaviors that contributes to the well-being of self and others. Students will demonstrate the ability to use goal-setting and decision making skills to improve oral health.

Materials

- PowerPoint Presentation Grade 5 “Teeth for a Lifetime”
- “Making the Best Choice” procedure sheet
- “Making Choices” activity sheets

Lesson Duration

60 minutes

Lesson Objectives

At the end of the lessons students will be able to:

1. Name the two most common dental diseases
2. Name the cause of tooth decay and gum disease
3. Describe gingivitis
4. Describe calculus
5. Recognize the role sugar plays in tooth decay
6. Explain proper brushing technique
7. Describe how tobacco affects the mouth

Procedure

1. Lesson- “Teeth for a Lifetime” PowerPoint presentation (25 minutes)
 - Introduction to lesson on notes page 2 of slide show
2. “Making the Best Choice”- Discuss with class the six steps used in decision making (10 minutes)
3. Dental Scenarios- “Making Choices” activity sheets (25 minutes)
 - Divide the class into small groups. Give each group 1 dental scenario
 - Each group has 5 minutes to work on decision-making strategies using “Making the Best Choice” six step procedure
 - Each group will present their scenario followed by a class discussion as time allows
 - Question and answer, wrap up

Additional Resources and Ideas

Please distribute the handout “How Can I Get Dental Treatment for My Child?” (Downloaded at <http://www.albertahealthservices.ca/ps-1042857-coh-gen-tx-child.pdf>) This information may be helpful to some parents who do not have dental insurance.

ADDITIONAL ORAL HEALTH LESSONS - Grade 5

Re-Think Your Drink

Students will learn about sugar in everyday beverages
<http://www.albertahealthservices.ca/5444.asp>



We hope that you enjoy this oral health lesson. If you have any questions or comments, please call the Oral Health Program at (403) 943-6797.