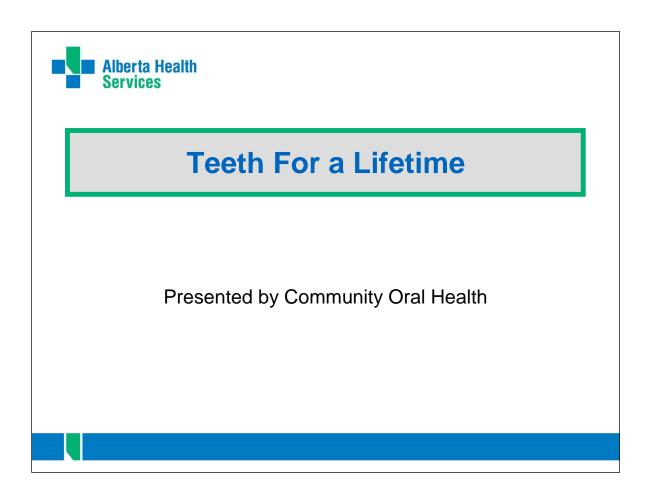


# **Grade 5 Oral Health Lesson- Making Choices**





### 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 decisionmaking 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**

- 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 <a href="http://www.albertahealthservices.ca/ps-1042857-coh-gen-tx-child.pdf">http://www.albertahealthservices.ca/ps-1042857-coh-gen-tx-child.pdf</a>) This information may be helpful to some parents who do not have dental insurance.

#### **ADDITIONAL ORAL HEALTH LESSONS - Grade 5**



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.