



Effective Dental Hygiene

Lesson: Dental Hygiene

Date: As used

Time: As used

Class: 1st and 2nd Class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Using the resources from the Lunch Bag website, use the 'Effective dental hygiene' resource to introduce the lesson, then use the 'Dental hygiene' video as the lesson with the 'Effective dental hygiene' assessment sheet to assess the learnings and then the lesson is finished with the 'Effective dental hygiene' activity sheet.

Learning Objectives

1. Recognise and develop basic hygiene skills such as practising effective dental care.
2. Realise that each individual has a responsibility for their own self-care.
3. Recognise the importance of treating the body with respect and dignity.

Introduction/Stimulus

The lesson is introduced with the 'Effective dental hygiene' introduction resource. This gives children an understanding as to how small bacteria are, and that although the different areas of your body may appear clean, they can possess a lot of harmful bacteria. This also further reinforces the importance of good hand hygiene and how if this is neglected, germs can be easily transmitted.

Development

- The lesson begins with the importance of your teeth in chewing and breaking down food being highlighted to students, along with their importance in helping you speak clearly and in giving your face its shape. Students are also educated on the importance of minding their teeth.
- The correct process to minding their teeth is explained, beginning with the importance of brushing your teeth regularly, the number of strokes to use when brushing different areas, the time to spend in total when brushing and also the different directions in which students should brush their teeth.
- The importance of brushing your tongue, of flossing, and of rinsing your mouth when finishing brushing your teeth is explained to students.
- Lastly, the importance of eating a balanced diet and of avoiding sugar sweetened beverages and sweet foods in protecting your dental health is highlighted to children to avoid the breakdown of enamel.

Conclusion

The learnings of the lesson are assessed using the 'Effective dental hygiene' assessment whereby a group discussion is carried out using prompts to assess what was learned by the class. The lesson is then concluded using the 'Colour me in' activity sheet.

<p>Assessment</p>	<p>Along with the help of the teacher, and the prompts from the 'Effective dental hygiene' assessment resource, the learnings of the lesson are clarified through the use of a classroom discussion to ensure all students understand the learnings prior to finishing the lesson.</p>
<p>Linkage/Integration</p>	<p>Linkage: Myself and the wider world: Ensuring that the students personal hygiene is well maintained, helps them build relationships with people in their community and wider world. Integration: Art and design; the use of the colour me in activity sheet allows for the integration of art into this lesson. English; The use of a classroom discussion incorporates the use of public speaking, debating and English into this SPHE lesson. Suggested Integration: Gaeilge; Use the mouth as a theme for vocabulary to learn as many different words as possible eg teeth, gums, lips, tongue.</p>