

SUGGESTED LESSON PLAN

Course: Designed to Smile
Group: Class

Subject: Oral Health
Number of sessions: 2+

Level: Key Stage 2

Lesson 1: Learning about teeth

Aims:

- To develop a better understanding of our teeth, the importance of caring for our teeth and the correct way to keep our teeth clean.
- To reinforce and build on key oral health messages.

Learning Objectives:

By the end of the session, the learners will be able to:

- understand the need to be responsible for your own health and lifestyle choices
- state the different types of teeth and their functions.
- understand the biological process of tooth decay
- describe best practice for keeping teeth clean
- state the key oral health messages on tooth brushing, fluoride and dental visiting.

Resources required:

Powerpoint

Exercise books

'Tooth types' activity sheets- one of learners to complete; optional answers sheet to provide after

Sheets of A4 paper for creating information leaflet

Resources required for science experiment (optional):

3 hard boiled eggs

White vinegar

Bottle of cola

3 empty clean jam jars (similar size) with lids.

Worksheets- experiment report

Considerations/Differentiation:

The session could be provided before homework to create an information leaflet that tells other people how to look after their teeth (slide 19). If it is not suitable to complete the activities during the session/ as homework, teacher will need to re-order/remove slides. If beginning the science experiment during the session, there will need to be time the following week to review results- this can be within the 2nd oral health lesson.

Supporting websites: www.designedtosmile.org

Activities to consolidate learning:

Bingo! (English language only) <https://www.dentalhealth.ie/publications/list/dental-bingo/>

This could be used as a whole class activity or independently by small groups.

Timing	Content (slide no.)	Teacher/Tutor Activity	Learner Activity	Learning Checks/ Assessment (inc. homework set)	Resources used
2 min	Introduction (1-2)	Visual learning (powerpoint) of the topic area and objectives	Listening/visual skills		
5 min	Why do we need our teeth? (3)	Visual learning (powerpoint) Discussion	Accessing prior knowledge Listening/visual skills Discussion Pronunciations of 'th' words	Verbal Q & A's	
10 min	Tooth types (4) Prompt/tips for the worksheet (5) Names and uses of teeth (6-9) Progression from baby teeth to adult teeth (10)	Provide worksheet, Support learners individually with completion Lead class to discuss ideas as a group Visual learning (powerpoint)	Idea forming on worksheet, independent thinking Discussion Listening/visual skills	Work sheet Verbal Q&A's Can be done in pairs/small groups Can self-mark when the teacher reviews	Work sheet- Tooth types 1- For learners to form ideas 2- Answer sheet (optional)
5 min	Why do we brush our teeth? (11) What is plaque? (12-13)	Visual learning (powerpoint) Discussion	Listening/visual skills Discussion	Verbal Q & A's	
5 min	Tooth decay equation (14-15)	Visual learning (powerpoint) Describe activity- match words to blanks Review answers with group discussion	Listening/visual skills Copy out equation and pick missing labels Idea forming Discussion	Exercise book- copying equation and labelling Can self-mark when the teacher reviews Can self-mark when the teacher reviews	
10 min	Activity-Toothbrushing (16) Answers (17)	Visual learning (powerpoint) Describe activity- create an information leaflet about toothbrushing Support learners individually with completion Review answers with group discussion	Listening/visual skills Idea forming Discussion	Can discuss in pairs/small groups Verbal Q & A's	Teacher may want to demonstrate the BrushDJ app

5 min	Dental appointments (18)	Visual learning (powerpoint) Discussion	Listening/visual skills Discussion	Verbal Q & A's	
5 min	Describe homework/follow-on activity (slide 19)	Visual learning (powerpoint) Discussion	Listening/visual skills Discussion	Homework activity Descriptive writing Creative thinking Art	Learners to create an information leaflet
Optional science experiment about teeth					
10 min	Activity- Investigating tooth decay (20) Science experiment	Visual learning (powerpoint) Discussion- how to plan experiment	Listening/visual skills Idea forming Discussion Writing	Verbal Q & A's Begin completing experiment report	Worksheet- Experiment report
15min	Activity- investigating tooth decay (21) Start experiment	Describe activity- supervise learners to conduct the experiment	Group work Handling skills Idea forming Creating record log	Active participation Exercise book- experiment record log	

Lesson 2: Learning about healthy teeth: eating

Aims:

- To develop a better understanding of healthy and unhealthy snacks for our teeth and the importance of caring for our mouth.
- To reinforce and build on key oral health messages.

Learning Objectives:

By the end of the session, the learners will be able to:

- understand the need to be responsible for your own health and lifestyle choices
- state or list the key oral health messages on healthy eating
- to state or list risk factors for dental erosion.

Resources required:

Powerpoint

Exercise books

Homework/ Follow-on activity: Worksheet- Dewi's food and drink diary

Considerations/Differentiation:

If following on from lesson 1 (start of science experiment), session will require follow-up and completion of the experiment. The session can be provided before homework/ follow-on activity to review a two-day food and drink diary, and explore topics in more detail: nutritional labelling, sugar content, websites about sugar (change4life; savekidsfromsugar). If it is not suitable to complete the activities during the session/ as homework, teacher will need to re-order/remove slides.

Supporting websites:

www.nhs.uk/change4life

<http://www.savekidsfromsugar.co.uk/>

www.designedtosmile.org

<https://gov.wales/topics/health/improvement/nutrition/?lang=en>

Small group activities to consolidate learning:

Bingo! (English language only) <https://www.dentalhealth.ie/publications/list/fruit-and-veg-bingo/>

A online quiz (English language only) to test learners knowledge about different food groups, called The Eatwell Challenge, is available at:

<https://www.foodafactoflife.org.uk/7-11-years/healthy-eating/eat-well/>

This could be used as a whole class activity or independently by learners/small groups.

Small group work:

Sorting foods into the types on the Eatwell Guide

Blank Eatwell Guide worksheets available for completion

<https://www.foodafactoflife.org.uk/7-11-years/healthy-eating/eat-well/>

<https://www.foodafactoflife.org.uk/whole-school/resources/>

To do this activity in Welsh (and support learning food names in Welsh)

<http://archive.foodafactoflife.org.uk/Sheet.aspx?siteId=14§ionId=61&contentId=458>

Timing	Content (slide no.)	Teacher/Tutor Activity	Learner Activity	Learning Checks/ Assessment (inc. homework set)	Resources used
2 min	Introduction (1-2)	Visual learning (powerpoint) of the topic area and objectives What we eat is important for keeping our teeth healthy Discuss individual's personal responsibility for his / her own health and health choices	Listening/visual skills		

2 min	Recap from lesson 1 (3)	Reinforce the key messages on tooth decay	Accessing prior knowledge Listening/visual skills	Verbal Q & A's	
15 min	Results of experiment (4-5) ONLY IF STARTED EXPERIMENT PRIOR TO THIS LESSON	Visual learning (powerpoint) Lead discussion to review the changes that occurred during the experiment, and what was recorded in the record logs	Listening/visual skills Verbally presenting record logs Idea forming Discussion Writing	Verbal Q & A's Complete experiment report	Worksheet- experiment report
10 min	Healthy and unhealthy snacks and drinks (6-7) Eatwell plate (8)	Visual learning (powerpoint) Ask learners to give ideas of what they think are healthy and unhealthy foods and drinks for snacks Review suggestions with group discussion (6-7)	Listening/visual skills Idea forming Discussion		Teacher might wish to use real food and drink items and the sugar swaps app. Blank Eatwell Guide worksheets available for completion
5min	How much sugar? (9) Sugar but with a different name (10)	Visual learning (powerpoint)	Listening/visual skills Discussion	Verbal Q & A's	
10min	How much sugar should we have each day? (11) Activity- sugar content (12-13)	Visual learning (powerpoint) Describe activity- learners can write down or discuss as small groups/whole class how many teaspoons of sugar in each item (numbered) or list the items from highest to lowest sugar content. Review answers on slide 13 with group discussion (animated slide), compare with the recommended daily limit.	Listening/visual skills List items and how much sugar Idea forming Discussion	Exercise book- listing items and forming ideas on amount of sugar in each. Can be done in pairs/small groups Can self-mark when the teacher reviews.	Teacher could cut out the squares and ask groups to sort them in order.
5 min	Tips to prevent tooth decay and tooth erosion (14)	Visual learning (powerpoint)	Listening/visual skills Discussion	Verbal Q & A's	
5min	Describe homework/follow-on activity (slide 15)	Visual learning (powerpoint) Explain scenario of Dewi completing a food and drink diary and learners taking role of dentist to review the diary.	Listening/visual skills If completed as a group activity: teamwork Idea forming Discussion	Homework activity Writing	Worksheet- Dewi's food and drink diary Blank Eatwell Guide worksheets available for completion

Other risks to teeth and mouths

Optional- could consider in another session

Aim: To highlight the oral health problems linked to lifestyle choices.

Learning Objectives:

- to recognise other risks, including piercings / trauma / sports injuries
- to state or list some of the risks of smoking (and alcohol) – particularly the risks to oral health.

Can use slides in a session covering smoking and alcohol and general health- explaining the specific risks to oral health, marketing of alcohol and cigarettes; possible to liaise with health board smoking cessation team.

Resources required: powerpoint, exercise books

Timing	Content (slide no.)	Teacher/Tutor Activity	Learner Activity	Learning Checks/ Assessment (inc. homework set)	Resources used
5 min	Other risks to teeth and mouths Tongue piercing (2) Accidents (3)	Visual learning (powerpoint)	Listening/visual skills Discussion	Verbal Q & A's	
15 min	Smoking and alcohol (4-5)	Visual learning (powerpoint) Describe activity- copy out statements filling in blanks Support learners individually with completion Lead class to discuss ideas as a group Review answers	Listening/visual skills Writing and picking out missing words Discussion	Exercise book-writing out statements Can self-mark when the teacher reviews	