



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

The following activities will help your students understand why it's so important to adopt and maintain healthy oral hygiene habits.

## Related KidsHealth Links

### Articles for Teens:

#### Mouth and Teeth

[TeensHealth.org/en/teens/mouth-teeth.html](http://TeensHealth.org/en/teens/mouth-teeth.html)

#### Taking Care of Your Teeth

[TeensHealth.org/en/teens/teeth.html](http://TeensHealth.org/en/teens/teeth.html)

#### All About Orthodontia

[TeensHealth.org/en/teens/braces.html](http://TeensHealth.org/en/teens/braces.html)

#### What Causes Bad Breath?

[TeensHealth.org/en/teens/halitosis.html](http://TeensHealth.org/en/teens/halitosis.html)

#### Gum Disease

[TeensHealth.org/en/teens/gum-disease.html](http://TeensHealth.org/en/teens/gum-disease.html)

#### Canker Sores

[TeensHealth.org/en/teens/canker.html](http://TeensHealth.org/en/teens/canker.html)

#### Cold Sores (HSV-1)

[TeensHealth.org/en/teens/cold-sores.html](http://TeensHealth.org/en/teens/cold-sores.html)

#### TMJ Disorders

[TeensHealth.org/en/teens/tmj.html](http://TeensHealth.org/en/teens/tmj.html)

#### What Are Impacted Wisdom Teeth?

[TeensHealth.org/en/teens/impacted-teeth.html](http://TeensHealth.org/en/teens/impacted-teeth.html)

#### Calcium

[TeensHealth.org/en/teens/calcium.html](http://TeensHealth.org/en/teens/calcium.html)

#### Vitamin D

[TeensHealth.org/en/teens/vitamind.html](http://TeensHealth.org/en/teens/vitamind.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. If something is wrong with your teeth, gums, or mouth, how can it affect your day-to-day life and your future health?
2. What habits can help keep teeth and gums healthy? What special steps can you take to protect your teeth during sports?
3. How does smoking affect people's teeth, gums, and overall oral health? How about chewing tobacco, or "dip"?



## Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

### Dental Jeopardy

#### Objectives:

Students will:

- Learn the body parts related to oral health and how they work.

#### Materials:

- Computer with Internet access
- "Dental Jeopardy Word Bank," "Dental Dictionary," and "Dental Dictionary Answer Key" handouts (or "Dental Dictionary" and "Dental Dictionary Answer Key" handouts if assigning as an individual activity)
- Three notepads, pens, markers, or pencils

#### Class Time:

45 minutes

#### Activity:

[Note to instructor: Divide your class into three teams, with each team choosing a representative to answer a question at one of three desks in the front of the class. Read the facts on the "Dental Dictionary" handout, and ask the contestants to write the term that goes into the blank space on a piece of notepaper. A correct answer earns 2 points for the team, no answer gets 0 points, and a wrong answer subtracts 1 point. Use the "Dental Dictionary Answer Key" to check the answers, and make sure to explain the point system and keep track of all three teams' points. You can display the "Dental Jeopardy Word Bank" handout on an interactive whiteboard or write the terms on a blackboard or chart paper.]

To make it easier to talk about what goes on in your mouth, today we're going to read some TeensHealth.org articles, then play Dental Jeopardy. I'll read 20 statements, each with a missing word related to your mouth and teeth, and three contestants at a time will try to give the right answer.

[Note to instructor: Instead of playing Dental Jeopardy, you can assign this activity to students individually. See the "Dental Dictionary" for handout for students and "Dental Dictionary Answer Key" for teachers.]

#### Extensions:

For homework, have students come up with a list of 10 more terms and definitions related to the mouth and teeth. They can also quiz a family member with the "Dental Dictionary" handout.



## Brighter Smiles

### Objectives:

Students will:

- Verify their knowledge of oral hygiene and protection
- Learn about problems that can affect the mouth and teeth, as well as how and when to get help

### Materials:

- Pen or pencil and paper, or computer and word processing software

### Class Time:

45 minutes

### Activity:

Everyone wants to have a good-looking smile. How do you make that happen? Learn as much as you can about good oral health and hygiene, and pass it along! Create a trifold, with "Brighter Smiles" and imagery on the cover, and these headings on the three inside panels:

- **Five tips for a healthy mouth and teeth.** Include brushing and eating habits. If there's room, you might add a tip about sports safety.
- **What can go wrong?** Briefly explain common problems like canker sores, herpes blisters, and cold sores. Tell people what they should do about them, whether the answer is an over-the-counter medication or a trip to the doctor.
- **Should you see a dentist?** Name a few problems that require a trip to the dentist, and tell students how frequently they should schedule checkups.

## Reproducible Materials

### Handout: Dental Jeopardy Word Bank

[TeensHealth.org/classroom/9to12/body/parts/teeth\\_handout1.pdf](https://www.TeensHealth.org/classroom/9to12/body/parts/teeth_handout1.pdf)

### Handout: Dental Dictionary

[TeensHealth.org/classroom/9to12/body/parts/teeth\\_handout2.pdf](https://www.TeensHealth.org/classroom/9to12/body/parts/teeth_handout2.pdf)

### Handout for Teachers: Dental Dictionary Answer Key

[TeensHealth.org/classroom/9to12/body/parts/teeth\\_handout3.pdf](https://www.TeensHealth.org/classroom/9to12/body/parts/teeth_handout3.pdf)

### Quiz: Mouth and Teeth

[TeensHealth.org/classroom/9to12/body/parts/teeth\\_quiz.pdf](https://www.TeensHealth.org/classroom/9to12/body/parts/teeth_quiz.pdf)

### Answer Key: Mouth and Teeth

[TeensHealth.org/classroom/9to12/body/parts/teeth\\_quiz\\_answers.pdf](https://www.TeensHealth.org/classroom/9to12/body/parts/teeth_quiz_answers.pdf)



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## Dental Jeopardy Word Bank

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Canines

Incisors

Pulp

Cavity

Mastication

Salivary  
gland

Cementum

Mucous  
membranes

Tartar

Dentin

Palate

Tonsils

Enamel

Periodontitis

Uvula

Gingivitis

Pharynx

Wisdom  
teeth

Halitosis

Plaque



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Dental Dictionary

Instructions: Complete each fact using terms from the Word Bank.

### Word Bank

Canines

Enamel

Mastication

Pharynx

Tartar

Cavity

Gingivitis

Mucous  
membranes

Plaque

Tonsils

Cementum

Halitosis

Palate

Pulp

Uvula

Dentin

Incisors

Periodontitis

Salivary glands

Wisdom teeth

- To the sides of the incisors are the long, sharp \_\_\_\_\_, two on the bottom and two on the top. The upper ones are sometimes called eyeteeth or cuspids.
- The \_\_\_\_\_ is the dangling fleshy object at the back of the mouth.
- The membrane-covered roof of the mouth is called the \_\_\_\_\_.
- A hard yellow substance surrounding the pulp, \_\_\_\_\_ makes up most of the tooth.
- \_\_\_\_\_ is plaque in a hardened form that is more damaging and difficult to remove.
- Bad breath, or \_\_\_\_\_, is caused by odor-producing bacteria that grow in the mouth.
- \_\_\_\_\_ get their name because, as the last teeth to erupt, they break through when a person is becoming an adult and is supposedly wiser.
- Under the gum line, a bony layer of \_\_\_\_\_ covers the outside of the root and holds the tooth in place within the jawbone.
- The \_\_\_\_\_ is the soft, innermost portion of the tooth. It's made of connective tissue, nerves, and blood vessels, which nourish the tooth.
- \_\_\_\_\_ are located on either side of the uvula and look like twin pillars holding up the opening to the pharynx.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructions: Complete each fact using terms from the Word Bank on page 1.

11. Teeth are needed for \_\_\_\_\_ (a fancy way of saying chewing), the process by which we tear, cut, and grind food in preparation for swallowing.
12. \_\_\_\_\_, the first stage of gum disease, is usually caused by the accumulation of tartar.
13. When gingivitis isn't treated, it can lead to \_\_\_\_\_, in which the gums loosen around the teeth and pockets of bacteria and pus form, sometimes damaging the supporting bone and causing tooth loss.
14. The hard palate divides the mouth from the nose above. The soft palate forms a curtain between the mouth and the throat (or \_\_\_\_\_) to the rear.
15. When bacteria and food particles settle on teeth, the bacteria digest the carbohydrates (sugars) in the food and produce acid, which dissolves the tooth's enamel and causes a \_\_\_\_\_.
16. \_\_\_\_\_ forms when bacteria and food particles are allowed to settle on the teeth.
17. \_\_\_\_\_, the hardest tissue in the body, is the outermost layer covering the tooth.
18. The mouth is lined with \_\_\_\_\_, which produce mucus to keep it moist.
19. \_\_\_\_\_ secrete saliva, which moistens food and contains digestive enzymes that help break down food.
20. \_\_\_\_\_ are the squarish, sharp-edged teeth at the front and middle of the mouth. There are four on the bottom and four on the top.



## Dental Dictionary Answer Key

### Word Bank

Canines	Enamel	Mastication	Pharynx	Tartar
Cavity	Gingivitis	Mucous membranes	Plaque	Tonsils
Cementum	Halitosis	Palate	Pulp	Uvula
Dentin	Incisors	Periodontitis	Salivary glands	Wisdom teeth

- To the sides of the incisors are the long, sharp canines, two on the bottom and two on the top. The upper ones are sometimes called eyeteeth or cuspids.
- The uvula is the dangling fleshy object at the back of the mouth.
- The membrane-covered roof of the mouth is called the palate.
- A hard yellow substance surrounding the pulp, dentin makes up most of the tooth.
- Tartar is plaque in a hardened form that is more damaging and difficult to remove.
- Bad breath, or halitosis, is caused by odor-producing bacteria that grow in the mouth.
- Wisdom teeth get their name because, as the last teeth to erupt, they break through when a person is becoming an adult and is supposedly wiser.
- Under the gum line, a bony layer of cementum covers the outside of the root and holds the tooth in place within the jawbone.
- The pulp is the soft, innermost portion of the tooth. It's made of connective tissue, nerves, and blood vessels, which nourish the tooth.
- Tonsils are located on either side of the uvula and look like twin pillars holding up the opening to the pharynx.



11. Teeth are needed for mastication (a fancy way of saying chewing), the process by which we tear, cut, and grind food in preparation for swallowing.
12. Gingivitis, the first stage of gum disease, is usually caused by the accumulation of tartar.
13. When gingivitis isn't treated, it can lead to periodontitis, in which the gums loosen around the teeth and pockets of bacteria and pus form, sometimes damaging the supporting bone and causing tooth loss.
14. The hard palate divides the mouth from the nose above. The soft palate forms a curtain between the mouth and the throat (or pharynx) to the rear.
15. When bacteria and food particles settle on teeth, the bacteria digest the carbohydrates (sugars) in the food and produce acid, which dissolves the tooth's enamel and causes a cavity.
16. Plaque forms when bacteria and food particles are allowed to settle on the teeth.
17. Enamel, the hardest tissue in the body, is the outermost layer covering the tooth.
18. The mouth is lined with mucous membranes, which produce mucus to keep it moist.
19. Salivary glands secrete saliva, which moistens food and contains digestive enzymes that help break down food.
20. Incisors are the squarish, sharp-edged teeth at the front and middle of the mouth. There are four on the bottom and four on the top.





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. The mouth is lined with:
  - a. mucous membranes
  - b. salivary glands
  - c. lymph glands
  - d. cilia
2. In the back of your mouth, you might see:
  - a. your tonsils
  - b. a pharynx
  - c. the uvula
  - d. all of the above
3. A set of adult teeth includes \_\_\_\_\_ teeth.
4. Teeth have three layers:
  - a. dentin, cementin, and pulp
  - b. dentin, pulp, and bone
  - c. enamel, dentin, and pulp
  - d. enamel, cementin, and pulp
5. Gingivitis (red or bleeding gums):
  - a. is caused by a person's genes
  - b. can lead to periodontitis, which makes teeth loose and sometimes fall out
  - c. can be avoided with fluoride treatments
  - d. is no cause for concern
6. Overbite, underbite, and crowding are known as:
  - a. malocclusion
  - b. tooth decay
  - c. impaction
  - d. periodontitis
7. Smoking contributes to:
  - a. stained teeth, bad breath, and wrinkles
  - b. gum disease and tooth loss
  - c. oral cancers
  - d. all of the above
8. The membrane-covered roof of the mouth is called the palate. The front part consists of a bony portion called the \_\_\_\_\_,  
with a fleshy rear part called the \_\_\_\_\_.
9. In many people, the wisdom teeth are unable to erupt normally so they either remain below the jawline or don't grow in properly. Dentists call these teeth \_\_\_\_\_.
10. To prevent cavities, you need to remove \_\_\_\_\_,  
the transparent layer of bacteria that coats the teeth.  
\_\_\_\_\_ is plaque in a hardened form that is more damaging and difficult to remove.



## Quiz Answer Key

- The mouth is lined with:
  - mucous membranes
  - salivary glands
  - lymph glands
  - cilia
- In the back of your mouth, you might see:
  - your tonsils
  - a pharynx
  - the uvula
  - all of the above
- A set of adult teeth includes 32 teeth.
- Teeth have three layers:
  - dentin, cementin, and pulp
  - dentin, pulp, and bone
  - enamel, dentin, and pulp
  - enamel, cementin, and pulp
- Gingivitis (red or bleeding gums):
  - is caused by a person's genes
  - can lead to periodontitis, which makes teeth loose and sometimes fall out
  - can be avoided with fluoride treatments
  - is no cause for concern
- Overbite, underbite, and crowding are known as:
  - malocclusion
  - tooth decay
  - impaction
  - periodontitis
- Smoking contributes to:
  - stained teeth, bad breath, and wrinkles
  - gum disease and tooth loss
  - oral cancers
  - all of the above
- The membrane-covered roof of the mouth is called the palate. The front part consists of a bony portion called the hard palate, with a fleshy rear part called the soft palate.
- In many people, the wisdom teeth are unable to erupt normally so they either remain below the jawline or don't grow in properly. Dentists call these teeth impacted.
- To prevent cavities, you need to remove plaque, the transparent layer of bacteria that coats the teeth. Tartar is plaque in a hardened form that is more damaging and difficult to remove.