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| Pre-Kindergarten | Incorporate these topics into the curriculum:  
  • Purpose of teeth  
  • Proper toothbrushing techniques  
  • Importance of using fluoridated toothpaste  
  • Which foods combine with bacteria to cause decay  
  • Effects of soft drinks on teeth | • Incorporate this topic into the curriculum:  
  ✓ How fluoride protects teeth  
  ✓ How to brush teeth using “modified toothbrushing protocol”  
  • Ensure daily toothbrushing using “modified toothbrushing protocol” | • Use “disclosing tablets” to demonstrate plaque  
  • Establish a dental office in play area |
| Primary | Incorporate these topics into the curriculum:  
  • Purpose of teeth  
  • Purpose of healthy teeth  
  • Names of permanent teeth  
  • Proper toothbrushing and flossing techniques  
  • Importance of using fluoridated toothpaste and rinse  
  • Names of  
  • “teeth healthy” foods  
  • Effect of sugar-laden foods and beverages | Incorporate this topic into the curriculum:  
  • How fluoride protects teeth  
  Integrate oral health education into  
  • Reading  
  • Vocabulary | Integrate oral health education into  
  • Reading  
  • Vocabulary  
  • Science  
  • Creative arts |
# HEALTH EDUCATION
## GUIDELINES FOR CLASSROOM TEACHERS

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| **Elementary** | Incorporate these topics into the curriculum:  
  - Names of teeth and purpose of teeth  
  - Proper toothbrushing and flossing techniques  
  - Purpose of sealants  
  - Purpose of braces  
  - Effects of tobacco/drugs on teeth  
  - Effects of soft drinks and sports drinks on teeth | • Organize a class oral health fair  
• Include dental professions in studies of careers | Organize a class oral health fair, featuring each element of the school curriculum, such as:  
  - Creative writing  
  - Reading  
  - Math  
  - Science  
  - Social studies |
| **MIDDLE SCHOOL** | Incorporate these topics into the curriculum:  
  - Care of permanent teeth and braces  
  - Effects of tobacco and spit tobacco on teeth and mouth  
  - Effects of methamphetamine on teeth  
  - Effects of oral piercing on teeth, gums, oral cavity, and infections  
  - Effects of soft drinks, sports drinks, sugar and starches on teeth | • Incorporate these topics into the curriculum:  
  ✓ Role of oral health on overall health  
  ✓ Contributions of oral disease on other disease of the body  
  • Organize a class oral health science project | • Create opportunities for students to teach oral health in Pre-K and primary classrooms  
• Create opportunities for students to shadow dental professionals |
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