

Script for PPT Dental Health Presentation

Grade School Students

Slide 1-This is a Powerpoint presentation on oral health education. I think my teeth are important to me. Raise your hands if you think your teeth are important to you.

Slide 2-Why are teeth important to us? What jobs do our teeth do for us?
(Allow time for answers---looking for eating, smiling and talking)

Slide 3-We use our teeth for eating. Our front teeth help us bite into foods like an apple, and our back teeth help us chew up our food so we can swallow it.

Slide 4-We also use our teeth to help us talk. Our tongue comes up against the back of our front teeth and helps us pronounce our words. (May ask the children to say the word TEETH on the count of three and concentrate on where their tongue is.)

Slide 5-Another job our teeth do for us is to help us form our SMILE. If we did not take very good care of our teeth, we would not have a very nice smile, would we?

Slide 6-This is a picture of a child's front teeth. The dental instrument has just scooped up a sticky goo. Does anyone know what the sticky goo that forms on our teeth is called?
PLAQUE (If they don't get it right away you can give hints....it begins with the letter "P" it rhymes with black.)
Yes, plaque forms everyday on our teeth.

Slide 7- (Picture with word plaque written above it.)

Slide 8-There are 3 ingredients which come together to make plaque. Does anyone know what they are? (Germs (bacteria), Food (especially sugar) and Saliva)

Slide 9- (Answers will come up one at a time....Germs (bacteria), Food (especially sugar) and Saliva)

Slide 10- Does anyone know how plaque can help make a cavity?

Slide 11-Answers come up one at a time. The germs or bacteria in plaque combine with the sugars we eat to produce an acid. Does anyone know what acid can do to something? (Eat a hole in it)

Slide 12- Acid on a healthy tooth can eventually cause a cavity or tooth decay.

Slide 13- Here is picture of a person who has cavities or decay in their back teeth. Can you see how the teeth have holes in them and look dark?

Slide 14- How do you think a dentist can fix a tooth that has a cavity in it? (Remove the bad part and put a filling in it).

Slide 15-A dentist removes the decay and can place a filling. What color do you think fillings can be? (Silver, white, even gold for adults)

Slide 16- Here are some pictures of silver fillings.

Slide 17- Here are some pictures of white fillings. They are very hard to see because they are the same color as the tooth.

Slide 18-Raise your hand if you have had sealants before?

Slide 19- A dentist can place a white plastic coating on the chewing sides of your teeth before you get a cavity. This picture of a model shows the deep grooves and pits of a tooth on the chewing side and the other one shows how the sealant has been placed to make the tooth smooth and less likely to get a cavity.

Slide 20-Besides causing cavities, do you think plaque can be harmful to our gums? Does anyone know another name for gum disease?

Slide 21- A bigger word for gum disease is GINGIVITIS. Do you see how on the left the gums are red and puffy? The gums may even bleed if you have gingivitis. On the right is a diagram of teeth and gums and the bone holding the teeth in place.

Slide 22-So how can we prevent cavities and gum disease? (Remove plaque by brushing and flossing)

Slide 23- What times of the day should we brush our teeth? (morning and night)

Slide 24-Yes we should brush in the morning and night. Let's review some important things to know about brushing.

Slide 25-We should brush in slow, small circles along the gumline.

Slide 26-We should brush all 3 sides of each tooth: the outside, inside and the chewing side.

Slide 27-(Here is a picture of brushing the outside.

Slide 28-Here is a picture of brushing the inside.

Slide 29—Here is a picture of brushing the chewing side. Does anyone know how long we should brush for? (2 minutes)

Slide 30-We should brush for 2 minutes each time. Sometimes it is helpful to use a timer. Does anyone know how much toothpaste we should use on our brush? (pea-sized amount)

Slide 31-We should use a small amount of fluoride toothpaste when we brush. For children over the age of three, a pea-sized amount should be used.

Slide 32-Does anyone know how we can remove plaque between our teeth? (Floss)

Slide 33-Flossing helps us clean between our teeth. We should try to floss once a day. Hold the floss tight with your fingers and thumbs and wrap the floss around the tooth, moving the floss up and down.

Slide 34-Besides brushing and flossing to remove plaque, how else can we work to keep our teeth healthy? Who do we go see to find out how healthy our teeth are? (Dentist)

Slide 35-(Slide says visit the dentist regularly). (If children are a little older, may ask them what all happens at a dental visit?)

Slide 36- Do the foods we eat affect how healthy our teeth are? What ingredient is especially harmful to our teeth? (Sugar)

Slide 37-Fruits and vegetables make better snacks. (If time permits you can ask what their favorite fruits and vegetables are.)

Slide 38-Try to limit sugary drinks and foods. (If time permits you can ask what foods they think have a lot of sugar in them?)

Slide 39-How much sugar is in a bottle of Mt. Dew? (May want to give an example of number of spoonsful and have them play the “higher/lower” game)

Slide 40-There are 19 teaspoons of sugar.

Slide 41-Fluoride helps prevent cavities. Do you know where we can get or find fluoride? (Toothpaste, mouthrinse, at the dentist and in the water....may have to give hints.)

Slide 42-(Toothpaste, mouthrinse, at the dentist, and in the water)

Slide 43-Raise your hand if you play sports? What can we wear to protect your teeth during sports? (Mouthguards)

Slide 44-There are 2 kinds of mouthguards we can get. One is a type you buy in a store and with your parents help, put in hot water to soften and then place in your mouth after slightly cooled to form around your teeth. The other kind you can get from your dentist. They will take an impression of your teeth and send it to a lab to make a custom fit mouthguard.

Slide 45-Do you think tobacco products like smoking can be unhealthy for your teeth and gums? What might be some effects in the mouth if someone uses these products?

Slide 46-It can stain teeth, the gums can pull back, it can turn the tongue dark, it can cause bad breath and it can lead to cancer.

Slide 47-We have talked about a lot of ways to take care of our teeth. Let’s review them. (Answers will come up one at a time....to get them to go in the order you want may lead them....how do we move plaque from our teeth? Brush and floss. Other ways....Visit the dentist regularly, eat good foods, sealants, fluoride, mouthguards, no tobacco and make smart decisions.

Slide 48-(Ask if they have any questions and thank them for being a great audience!)