Dear Educator:

Thank you for choosing the Crest and Oral-B Dental Education Program.

As you know, this is a wonderful time to introduce your students to the concept of oral health – and help instill lifelong oral-care habits. The Dental Defenders are here to help. These fun characters are part of a curriculum-based program that’s been trusted in schools for more than 40 years. We hope you have success working with it, and we encourage you to supplement these materials with a classroom visit by a dentist or dental hygienist.

Remember that your school may require permission from your administration or school board before you implement the program. Be sure to follow your school’s policy.

We welcome your questions and comments. We are always working to make the program even better and meet your classroom needs.

Sincerely,

The Crest and Oral-B Dental Education Team

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We appreciate your dedication to good oral health education and thank you for choosing the Crest and Oral-B Dental Education Program. If you have any questions or would like more information, please e-mail at www.pgschoolprograms.com.
Program Objectives

The goal of the Crest and Oral-B Dental Education Program is to help children learn about proper oral hygiene and develop good dental health habits that will last a lifetime.

The activities included in this educator’s guide are designed to make learning about oral health fun and interesting for your first-graders. In addition, the materials will help reinforce these five simple steps to good oral hygiene:

1. When and why it’s important to brush, and how to brush correctly.
2. Why flossing is important and how to do it.
3. How an antimicrobial rinse can help kill germs that cause plaque and gingivitis.
4. How eating nutritious foods and limiting sugary snacks help keep teeth healthy.
5. Why regular dental checkups are important.

Visit www.pgschoolprograms.com

Looking for more great information and ideas? Be sure to visit our website for teachers, www.pgschoolprograms.com.

On the “Oral Care” page you’ll find downloadable versions of all the program materials described in this booklet, plus additional classroom activities (including the popular “egg-speriment”), animated brushing and flossing demonstrations, FAQs, links to dental resources and more.
# Classroom Activities

Choose the activities you prefer to make your oral care lessons fun and effective.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Learning Objectives</th>
<th>Materials</th>
<th>Preparation Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dental Defenders vs. Cavity Creeps video</td>
<td>Provide students with an overview of basic oral health information.</td>
<td>Video cassette, VCR, TV monitor.</td>
<td>6 minutes to preview video.</td>
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<tr>
<td>“Tooth Decay” in an Apple</td>
<td>Demonstrate to students that tooth decay and cavities are the results of a process that begins on the enamel of teeth. An excellent example of modeling and of a science experiment.</td>
<td>See “Tooth Decay” in an Apple, page 6.</td>
<td></td>
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<tr>
<td>My Teeth Are Healthy</td>
<td>Students personalize the oral care lessons by answering questions about their own teeth and oral health. Reinforce math and language arts skills.</td>
<td>Copies of reproducible.</td>
<td>None.</td>
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<tr>
<td>Captain Toothpaste’s Healthy Teeth Rules</td>
<td>Encourage students to share what they learn with their parents.</td>
<td>Copies of reproducible; crayons, scissors, stapler.</td>
<td>None.</td>
</tr>
<tr>
<td>Princess Rinse’s Healthy Teeth Word Search</td>
<td>Reinforce the key words students have learned in the dental health program. Reinforce language arts skills.</td>
<td>Copies of reproducible.</td>
<td>None.</td>
</tr>
<tr>
<td>Role Playing: A Visit to the Dentist</td>
<td>Students understand the importance of dental checkups and the roles of the dentist and hygienist.</td>
<td>“Costumes” can include white shirts as “lab coats,” latex gloves and surgical masks. Everyday classroom objects can serve as props to represent the dentist’s and hygienist’s “tools.”</td>
<td>Time prior to the lesson to gather costumes and props.</td>
</tr>
<tr>
<td>Flossing Practice</td>
<td>Reinforce the importance of flossing while students learn and practice proper flossing technique.</td>
<td>Foam egg cartons (one carton for every two students); dental floss or yarn; transparent or masking tape.</td>
<td>30 minutes to gather materials and cut egg cartons.</td>
</tr>
<tr>
<td>Fantastic Flosser’s Healthy Eating for Healthy Teeth</td>
<td>Reinforce the difference between healthy, nutritious foods and foods that can harm teeth. Build word-recognition and writing skills.</td>
<td>Copies of reproducible.</td>
<td>None.</td>
</tr>
<tr>
<td>Review What You Know About Healthy Teeth</td>
<td>Students review key information in the dental health program. Instructor can assess each student’s level of learning.</td>
<td>Copies of reproducible.</td>
<td>None.</td>
</tr>
<tr>
<td>Group Size</td>
<td>Activity Description</td>
<td>National Academic Standards</td>
<td></td>
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</tr>
<tr>
<td>Entire class.</td>
<td>View video. Discuss myths and facts your first graders may “know” about their teeth. Write student comments on the board or a large sheet of paper.</td>
<td>Science: Science as Inquiry</td>
<td></td>
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<tr>
<td>Entire class.</td>
<td>See the description and instructions on page 6. The experiment can be conducted with a single apple for the entire class, or by having small groups or individuals work with their own apples and compare results.</td>
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</tr>
<tr>
<td>Individuals, small groups or class.</td>
<td>Each student fills in the blanks with journal entries about his or her own teeth and oral health. Students can work with partners, in small groups, or with an adult at home to count their teeth, note the times they brush, and decide on the healthy foods they like to eat.</td>
<td>Math: Numbers and Operations English: Language Structure and Conventions</td>
<td></td>
</tr>
<tr>
<td>Individuals, small groups or class.</td>
<td>Each student selects the appropriate “healthy teeth” word from the Word Bank to fill in each mini-book page, colors the illustrations, then cuts and staples the pages to make a mini-book. Encourage students to share what they’ve learned by taking the completed book home to their parents, along with their Dental Care take-home kit. For larger pages that may be easier for students to color, cut and assemble, use the “enlarge” feature of your school’s copier when you reproduce the page. Answers: 1) snacks, 2) night, 3) Floss, 4) rinse, 5) dentist</td>
<td>English: Vocabulary, Sequencing</td>
<td></td>
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<tr>
<td>Individuals, small groups or class.</td>
<td>Students find and circle key words from the dental health program.</td>
<td>English: Vocabulary</td>
<td></td>
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<tr>
<td>Entire class.</td>
<td>Ask students who have had recent checkups to describe their experience. On the chalkboard, list the objects they remember from the dentist’s office: exam chair, bib, special light, masks and gloves, x-ray machine, mirror, hand tools, powered cleaner, water hose, etc. (Use the reproducible on page 12 to help students identify these objects.) Then list the actions of the dentist and hygienist. Select three students to play the roles of the patient, hygienist and dentist, and use the lists as guides to role-playing the checkup.</td>
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<tr>
<td>Small groups or class.</td>
<td>Enlist students’ help to collect foam egg cartons – one carton for every two students. Cut off the carton lids; then cut the bottom of each carton in half lengthwise to create two rows of six egg-carton “teeth.” Give each student a row of “teeth,” an 18-inch length of floss or yarn, and two pieces of tape to secure each end of his/her “teeth” to the desktop. Demonstrate: 1. How to wrap the floss around the middle finger of each hand. 2. How to hold the floss with the index fingers and thumbs. 3. How to guide the floss gently between “teeth,” then pull the floss up, down and around to clean both sides of the teeth and the gum area. Send the egg-carton “teeth” home for continued practice and challenge students to practice on their real teeth, too!</td>
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<tr>
<td>Individuals, small groups or class.</td>
<td>Students choose foods from the picture at the top of the page and write the foods’ names under the “safe for your teeth” or “can harm your teeth” columns on the reproducible sheet. Encourage students to explain their choices and to add more foods to each list.</td>
<td>English: Vocabulary, Language Conventions</td>
<td></td>
</tr>
<tr>
<td>Individuals.</td>
<td>Use this activity to review your oral health lesson and to assess each student’s level of learning. Answers: 1) baby, 2) twice, 3) day, 4) rinse, 5) sugar, 6) pea, 7) dentist, 8) chewing, 9) minutes, 10) vegetables</td>
<td>English: Vocabulary, Language Conventions</td>
<td></td>
</tr>
</tbody>
</table>
Dental Health Library

The Magic School Bus and the Missing Tooth by Joanna Cole (Carroll & Graf, 2007)
Little Bear Brushes His Teeth by J. Langruter/V. Sobot (Millbrook Press, 1997)
The Berenstain Bears Visit the Dentist by Stan and Jan Berenstain (Random House, 1981)
Arthur Tricks the Tooth Fairy by Marc Brown (Random House, 1998)
Show Me Your Smiles: A Visit to the Dentist (Dora the Explorer) by Christine Ricci (Simon Spotlight, 2003)
Franklin and the Tooth Fairy by Paulette Bourgeois (Scholastic Paperbacks, 1996)
The Tooth Book by Theo LeSieg (Random House, 2000)
I Know Why I Brush My Teeth by Kate Rowan (Scholastic, Inc., 2000)
Dear Parents:

Our class is about to study an essential lesson about the importance of oral care. We will be using the Crest and Oral-B Dental Education Program to do so. This program teaches children the value of maintaining a healthy oral care routine through fun and easy classroom activities.

The Crest and Oral-B Dental Education Program:
- Makes it easy for kids to learn oral care basics through fun activities and worksheets
- Inspires students to practice healthy oral-care habits by watching engaging demos and videos
- Teaches helpful tips and fun facts about oral care
- Provides take-home learning aids so kids can implement what they learn in the classroom at home

The Crest and Oral-B Dental Education Program is provided as a free educational service to our school by the Crest® and Oral-B® brands of oral care products.

If you have any questions about the Crest and Oral-B Dental Education Program, or if you would like to learn more about healthy oral care habits for your children, please call me at ____________________.

Thank you very much for your interest and support in this important education program.

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**Dental Defender Daily Routine**

1. **Brush Twice a Day**
   - Brush with cavity protection toothpaste for two minutes.
   - Brush fronts, backs and tops of teeth – plus the top of the tongue.
   - Use a child-sized, soft-bristled toothbrush and replace it every 3 months or when bristles are worn.

2. **Floss Once a Day**
   - Floss to remove plaque and food particles from between the teeth and below the gumline.
   - A plastic-handled flosser can make it easier for kids to floss.

3. **Rinse Twice a Day**
   - Use rinse* for 30 seconds to kill bad breath germs and protect against plaque and gingivitis.
   - Show your child how to rinse properly and spit the rinse out in the sink.
   - Children can also use a fluoride rinse to help strengthen teeth and prevent cavities. Always read and follow the directions for the mouthrinse that you use.

**Kid’s Crest Toothpaste** provides the effective cavity protection you expect from Crest with clinically proven Fluoristat* that’s also gentle on tooth enamel. It comes in kid-friendly flavors, too.

**Oral-B Stages Toothbrushes** are designed for children at each stage of development. They have kid-friendly graphics and unique design features to meet the needs of kids’ changing mouths.

**Crest Pro-Health Rinse** kills 99% of germs† that cause plaque, gingivitis and bad breath, without the burn of alcohol. It’s safe and effective for the whole family, including children 6 and up, when used as directed and with parental supervision.

**More Dental Defender Tips**
- Get your child’s teeth checked by a dentist twice a year.
- Limit sugary snacks, sodas and sports drinks.

To learn more about keeping your child’s smile healthy and beautiful for life, visit www.crest.com and www.oralb.com.

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*Antimicrobial mouth rinses have demonstrated significant reductions in plaque and gingivitis.
†In laboratory tests.