



Course Name	Dentist/Hygienist
Grade Level	Preschool
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Unit Title	Dental Health
Lesson Title	How to Floss
Suggested Lesson Time	<i>10 minutes</i>
Lesson Objectives	<ul style="list-style-type: none"><i>The students will properly demonstrate how a dentist would brush and floss teeth.</i>

Instructor Preparation	
References	<ul style="list-style-type: none"><i>N/A</i>
Instructional Media	<ul style="list-style-type: none">https://www.youtube.com/watch?v=eM6NLLTKkI8 video about dentists
Equipment and Tools	<ul style="list-style-type: none"><i>Computer, or tv to watch video</i>
Materials	<ul style="list-style-type: none"><i>An egg that was in coffee overnight, toothbrush, toothpaste</i><i>Duplo block, Play-Doh, yarn</i>



Student Preparation**Assignments**

- *Students will watch a video on what a dentist does. They will then do an experiment and practice brushing and flossing.*

Introduction

Watch the video <https://www.youtube.com/watch?v=eM6NLLKkl8> about what a dentist does. Raise hands to see how many of them have been to the dentist before. Talk about what a dentist does, and what they do with your teeth. Ask them what they should do to help keep their teeth clean.



Information Presentation	
<i>Information</i>	<i>Key Points</i>
<ul style="list-style-type: none">● <i>Dentist – what they do</i>● <i>Brushing</i>● <i>Flossing</i>	<ul style="list-style-type: none">● <i>Dentist/ hygienist</i>● <i>How often to brush</i>● <i>Putting the right amount of toothpaste on</i>● <i>Circular motion when brushing</i>● <i>How to floss</i>● <i>Why you need to brush and floss</i>● <i>What happens if you don't</i>

Summary
<p><i>Students will learn about dental hygiene while also talking about a career as a dentist.</i></p>



Student Activities

Students will take their egg out of the coffee; it will be stained brown. Very gently, students will have to properly use a toothbrush with toothpaste on it. They will see how using a toothbrush in a circular motion will make the stain go away.

After students have brushed teeth, they will practice flossing. To do this, students will take a Duplo block and fill it with pieces of playdoh. This will represent a teeth with food between them. Students will take the yarn (floss) and practice the back and forth motion to remove the “food” that was left between the “teeth”.

Student Assessment

Teachers will walk around having the students show them the proper way to floss and brush teeth.

