



Oral Health Education Talking Points

UPPER ELEMENTARY LEVEL

SLIDE 1: Introduction

SLIDE 2: Importance of teeth

- Ask students why they think teeth are important and emphasize on the importance.

SLIDE 3: Parts of a tooth

- Enamel : Hardest and strongest part of human body. Outermost layer and white in color.
- Dentin : Second layer that is yellow in color. Considerably softer and responsible for sensitivity.
- Pulp : Inner-most part that contains blood vessels and nerves.
- Gums : Pink, soft layer around tooth.

SLIDE 4: Oral Diseases

- Ask students if they know any oral diseases.

SLIDE 5: Tooth Decay

- Bacteria present in the mouth act on food, especially sugar to form acid.
- The acid acts on a healthy tooth and leads to the formation of a cavity.

SLIDE 6: Bleeding Gums

- Bleeding gums are caused mainly because of plaque. Plaque is yellowish, sticky film of bacteria on tooth near the gum line.
- Bleeding gums can also be due to brushing too hard or using a hard bristled toothbrush.
- Vitamins are important to prevent bleeding gums.

SLIDE 7: Bad Breath

- Bad breath is caused due to poor oral hygiene, bacteria and certain food on tongue.
- **Emphasize on how these oral problems, especially bad breath might be embarrassing and have an impact on their social lives.**

SLIDE 8: Good oral hygiene habits

- Ask students to list some of the good oral hygiene habits that they follow.

SLIDE 9 & 10: Brushing

- Click on prompt to watch video on how to brush teeth effectively.



- **Emphasize on brushing twice a day (morning and before going to sleep)**
- Ask one or two students to demonstrate what they learnt in the video.

SLIDE 11: Flossing

- Inform students that flossing helps clean between teeth (areas where the toothbrush cannot reach).
- Encourage students to ask their parents about flossing.

SLIDE 12: Tongue cleaning

- Inform students that **tongue cleaning helps fight bad breath and improves taste sensation.**
- Encourage students to ask their parents for help with tongue cleaning.

SLIDE 13: Diet

- Good Diet includes fruits, vegetables, milk, fish, and nuts. These strengthen teeth.
- Bad Diet includes soda, cakes, toffees, and other sticky food substances.
- **Emphasize on how sugar has detrimental effects on teeth because of acid formation which in turn leads to cavities. Inform students that it is acceptable to consume moderate amounts of sugar but is important to practice good oral hygiene measures to combat oral diseases.**

SLIDE 14: Regular Dental Visits

- Open up a discussion about some of the fears that students might have regarding a dental visit. Explain that preventive visits are needed often to prevent the kind of visit they would be afraid of.
- Encourage students to visit a dentist twice a year by emphasizing on the benefits.

SLIDE 15: Fluoridated Water

- Drinking fluoridated water is the easiest way to prevent cavities.
- Fluoride has the potential to protect teeth from cavities by making them stronger.
- Encourage students to find out more.

SLIDE 16: Final slide

- Quick recap of important points
- Brush twice a day and for two minutes
- Floss once a day
- Visit a dentist twice a year