

How Do Teeth Decay?

HEALTH

Get curious

Video/ Slide show

Watch a film and discuss how a dentist fills cavities in teeth.

<https://www.youtube.com/watch?v=8sMR2GX1vRM>

For example, you can ask:

What is tooth decay?

How can you recognise it? How do you know that you have a cavity in your tooth?

What actions/steps must a dentist take – in turn – to treat a tooth?

What tools does a dentist use?

Get going

Observing

Students learn about the structure of a tooth by observing objects resembling various layers of the tooth.

Give out to each group: a white ceramic or porcelain cup (or a white ceramic tile), a yellow sponge and jelly beans (for example, teddy bear-shaped – or any shape with protrusions). Then read out loud descriptions of particular tooth layers. The students' task is to match tooth layers to objects resembling them.

Summary

View a diagram showing the structure of a tooth.

Experiment

Perform an experiment that illustrates how acids produced by bacteria act on teeth and how you can protect teeth from their negative effects.

For the experiment you need a few eggs, prepared 2-3 days earlier as described in instructions.

Manual exercise

Students check whether they know how to brush their teeth properly and learn the correct brushing technique.

Ask students to show how they brush their teeth, using their toothbrushes. Next, show the instructional video presenting Fones' method, which is intended for children. Student repeat the movements shown in the film.

Video/ Slide show

Watch an amazing film titled "How To Brush Your Teeth in Space."

Answer the following question: does the astronaut in the film brush his teeth correctly?

Get practicing

Manual exercise

Teach your brother or sister or your best friend how to properly brush their teeth!

Show your younger sibling or best friend the proper tooth brushing technique you learned in class. Obviously everyone use their own brushes. :) You can also advise them on what to do to ensure good oral hygiene and health.
