

Grade 3

Health Objective 2.02

Demonstrate proper dental flossing technique and describe the benefits of flossing.

Language Arts 5.04

Compose two or more paragraphs with: topic sentences, supporting details, appropriate, logical sequence, sufficient elaboration.

Materials Needed:

Appendix 1: Transparency of Only Floss the....
Hard boiled egg
Measuring cup
One cup of regular soda
Yarn

Focus:

Place the transparency of Only Floss the ... (Appendix 1) on the overhead. Ask students what they think the phrase on the transparency means. Reinforce that the phrase indicates that flossing is essential to healthy teeth.

Teacher Input:

[This portion of the lesson should be started several days before processing the activity.]
Present the students with a cup of soda and a hard boiled egg. Ask students to predict what will happen to the egg when placed in the soda.

After two days, bring the class back to the egg in the soda and gently remove the egg from the soda. Explain that just like the shell of the egg getting soft and fragile when in the high sugary high acid liquid, the enamel on our teeth are affected by the presence of sugar and acid on our teeth.

Remind students that in order to have healthy teeth and keep the bacteria from forming and causing decay, we need to brush our teeth regularly. Since much of the bacteria get in between our teeth and cannot be reached with a toothbrush, we need to remember to floss.

Practice & Assessment:

Place students into pairs. Give each student a 12-inch piece of yarn. Ask a volunteer to come to the front of the class and demonstrate the correct way to floss teeth. Let the fingers of one hand represent teeth and the yarn serves as dental floss. Allow students to practice flossing in pairs. Finally, give each student a segment of actual dental floss and a mirror. While still in pairs allow students to practice with one student holding the mirror as the other flosses.

After all students have practiced flossing, place the following questions on the board:

1. *Why is it so important to floss teeth?*
2. *How often should we floss?*
3. *What happens if we do not floss?*

Ask students to write a paragraph about flossing which answers those questions. Encourage them to include a topic sentence, a sequence which is logical, and sufficient description.

Alternative activity: Invite a local children's dental hygienist to the class or borrow a tooth model from the local children's dentist for an actual demonstration of the correct way to floss.

