



Grade One

Students in grade one learn about their body's systems and various health topics. They begin to understand how their decisions can impact their health and well-being now and in the future. Students begin to relate choices with consequences. They begin to examine the influence of the media on health decisions and to identify ways to access reliable information. They exhibit respect for self, others, and the environment.

Knowledge and Skills

Standard of Learning

- 1.1 The student will identify the major body systems and explain their connection to personal health. Key concepts/skills include:
- b) the digestive system;

Understanding the Standard

The student will identify the functions of and understand the importance of healthy teeth.

Essential Knowledge and Skills.

The student will:

- explain the function of chewing in the digestive process
- describe the role of incisors, canines, pre molars, and molars during eating
- describe other functions of healthy teeth including speaking, smiling, and providing structure for the face

Instructional Strategies

- A diagram of teeth showing incisors, canines, premolars, and molars
- A flashcard on teeth functions from Division of Dental Health/VDH
- Parent brochures on importance of healthy primary teeth

Sample Lesson

Discussion information for the presenter –_The oral cavity is the beginning of the digestive system. The first step of digestion is the mastication (chewing) process. Teeth are different sizes and shapes for different functions. Incisors are for cutting, canines are for tearing, and premolars and molars are for crushing and grinding foods. Other functions of healthy teeth include speaking, smiling, and providing structure for facial support.

Humans have two sets of natural teeth in a lifetime: deciduous (primary) and permanent. First graders normally have 20 primary teeth prior to the eruption of permanent teeth. A complete permanent dentition includes 32 teeth. Primary teeth include incisors, canines and molars. Permanent teeth include incisors, canines, premolars and molars.

Leading questions:

- Who has teeth?
- Do animals have teeth?
- What do teeth do?
- Have you lost any teeth?

- How many sets of natural teeth do you have during your life?
- How long are your adult teeth going to last?

Additional Instructional Resources

- [American Dental Association](http://www.ada.org) – www.ada.org
- [American Society of Dentistry for Children](http://www.asdckids.org) - www.asdckids.org
- [Colgate](http://www.colgate.com) - printable activity sheets, consumer information – www.colgate.com
- [Crest](http://www.dentalcare.com/drn.htm) – printable activity sheets, consumer information - www.dentalcare.com/drn.htm
- Virginia Department of Health – Division of Dental Health
www.vahealth/teeth.org

Assessment Ideas

The students will:

- Use a small hand mirror and look in their mouth.
- Look at pictures of animals to identify the different shapes and types of teeth. (e.g., beavers and rabbits for incisors, dogs for canines, and horses for molars)
- Bring in a variety of nutritious foods and have students eat the foods to see what teeth they use. (biting an apple with their incisors)
- Show pictures of babies eating soft foods.
- Create a lost tooth club or poster in the classroom.
- Draw a smile at different ages to indicate how many teeth they will have.
- Tell a story about losing a tooth.
- Create a letter to the tooth fairy describing how they plan to take care of their new teeth.