

Station 3 – Mouth Start Here

Welcome to the mouth

(If using have children sit down on the teeth.)

You are here in the body.

(Point to the highlighted mouth.)



You need healthy **teeth** to:

- eat chewy or crunchy foods, and
- cut up food to be digested.

You need healthy **gums** to hold your teeth in.

You need a healthy **tongue** to enjoy the taste of your food.

To keep your teeth, gums and tongue healthy, it's important to floss and brush after meals and snacks. There's a "right" way to brush and floss your teeth.

(Tell students to look at the picture of Power Panther™ brushing and flossing.)



The American Dental Association recommends you—
Angle your toothbrush against your teeth and move the
brush gently back and forth. Move the brush gently up
and down for inside teeth.

(Demonstrate brushing teeth or ask a student to demonstrate.)

Remember to brush your tongue too!

A toothbrush, can't reach all of the tiny food pieces that
get stuck between the teeth. So after you brush, you
also need to floss your teeth.

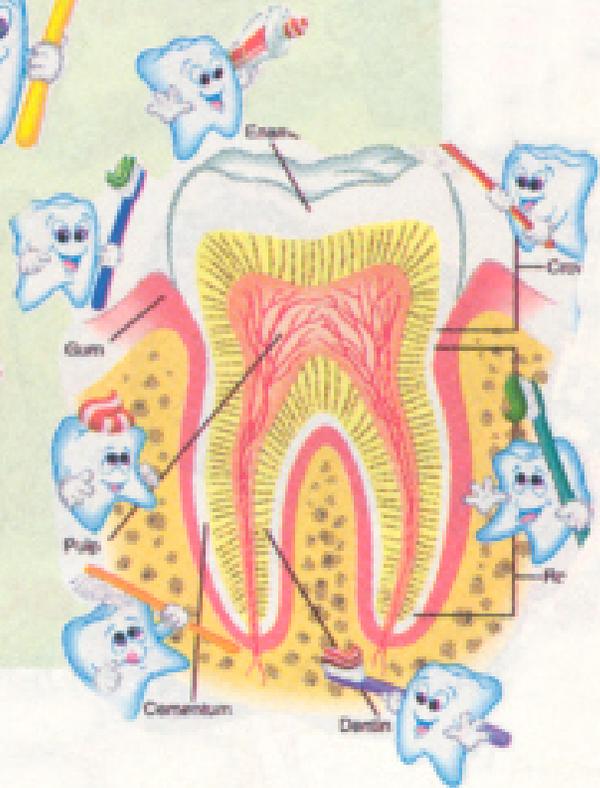
*(If using -Ask for two volunteers to hold each end of the rope
(floss). Instruct them to put the rope on the floor between two teeth
(stools) and pull the rope gently up and down.)*



BRUSH AFTER



EVERY MEAL



Sticky sugary foods (like candy); sweet drinks (like pop and lemonade) and gum all contribute to tooth decay. It's OK to have sticky, sugary foods sometimes, but not everyday. Let's look at how much sugar is in some of your favorite foods.

(Show sugar tubes and tell the amount of sugar in each of the foods.)



Do you know what foods help build strong teeth?

(dairy foods)

Look at your food tag and raise your hand if you are a dairy food. *(cheese, milk or yogurt)*

There are other foods that also help build strong teeth. Some of these include broccoli and canned fish, like salmon.

What nutrient is in these good foods that helps build strong teeth? *(calcium)*



When you eat vitamin C, it helps you have healthy gums. Power Panther™ is showing you his healthy gums. Many fruits and vegetables have vitamin C. Raise your hand if your food tag has a fruit or vegetable on it.

Besides eating the right foods and brushing and flossing, there are other ways that we can keep our mouth healthy. If you want to have a healthy mouth, avoid all tobacco products.

(Show Mr. Gross Mouth)

This is Mr. Gross Mouth. Would you want your mouth to look like this from using tobacco products?

(Point out sores in mouth caused from tobacco products.)

Each of you has a mouth that looks much nicer than Mr. Gross Mouth. Keep your mouths looking nice and healthy!



You are now ready for your trip through the esophagus into the stomach.

(Have students proceed to the Stomach Station.)

Station 3 – Mouth

End Here

