

## Dental and Oral Health

The classroom is a great place to provide a lesson, activity or unit on the importance of good oral health practices for students. Interior Health's Dental Health Program has compiled resources into a toolkit for teachers to easily incorporate into their math, science, art or health education curriculum.

### Elementary School

- ❖ The Canadian Dental Hygienists Association website, [Dental Hygiene Canada](#), is a resource for general oral health education. They provide colouring sheets, word searches, and [printable activity sheets](#).
- ❖ The [Canadian Dental Association](#) website includes [experiments](#) and [activity sheets](#) for children.
- ❖ [Centers for Disease Control and Prevention](#) offers an [activity book](#) with interactive ways to talk to children about caring for their teeth.

### Elementary and Middle School

- ❖ The American Dental Association website, [Mouth Healthy](#), has the Smile Smarts Dental Health Curriculum, which includes:
  - Flexible, modular [lesson plans](#)
  - Classroom [demonstrations/experiments](#)
  - Oral health classroom [activities](#)
  - Student [activity sheets](#)

### Middle and Secondary School

- ❖ The [Dental Hygiene Canada](#) website contains resources about the oral health and general health risks associated with [tobacco use](#) and [vaping](#).
- ❖ [Mouth Healthy](#) has resources on the risks associated with [oral piercings](#), education on the importance of [mouth guards](#), and how to keep your teeth healthy if you are [sick or experience vomiting](#).

## All Ages

- ❖ Discussions about the oral and general health risks of sugar are valuable to have. Dental Hygiene Canada's [Tame that Sweet Tooth](#) page has helpful tips and downloadable posters.
- ❖ Interior Health's website provides valuable [nutrition education](#) and resources.
- ❖ The [BC Healthy Kids Program](#) provides dental coverage for children of families receiving [MSP Supplementary Benefits](#).
- ❖ [The Canadian Dental Care Plan](#) also offers dental coverage for eligible Canadian Residents. Interior Health's [Dollars for Dental brochure](#) provides additional dental funding information.



*The Interior Health Healthy Schools Team endeavours to include free or low cost, evidence-based resources recommended by our health and school partners, especially those that align with the B.C. Curriculum. This is not an exhaustive list of all the resources available on this topic and we encourage educators to ensure each resource is appropriate for their class or school. Please contact us with any suggested changes or additions at [healthyschools@interiorhealth.ca](mailto:healthyschools@interiorhealth.ca)*

*To explore other Toolkits, visit [Healthy Schools Teaching Toolkits](#).*