



# Maggie's Activity Pack

Name \_\_\_\_\_

Date \_\_\_\_\_

## Keep Your Teeth Healthy!



Unscramble these sentences to learn more about your teeth and dental health.

1. brush you least a teeth at day should your twice

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2. important floss it to gums keep healthy is to your

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3. everyone dentist visit should least at year twice the a

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4. the tooth enamel layer of a is outer the

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5. protects teeth decay enamel your from

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6. enamel keep fluoride strong will your

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7. cleans a your of dental get hygienist plaque teeth to rid

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8. form a when eats cavity away can plaque a tooth at

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Think about these healthy teeth sentences. What do these important words mean?

1. plaque – \_\_\_\_\_

2. floss – \_\_\_\_\_

3. enamel - \_\_\_\_\_

Dear Colleague,

With so many special events in the month of February, we know it is a busy time for you. It is also Dental Health Month, but as you know, healthy teeth are a concern year round. We hope you will use this activity at a center...and not just for fun but also to help your students see how words are put together to form sentences. You can even use this at 2 different centers. One center can simply become an "Unscramble These Sentences" place while another can focus on "Parts of Speech." Assign students to sort the words in the sentences under different headings such as noun, verb, adjective, etc. Your directions can fit the needs of your class.

Another idea for Dental Health Month is to turn your students into Healthy Teeth Ambassadors. So many little children have a fear of the dentist. Ask your students to put on a skit, write a play from the point of view of a tooth, or pretend to be a dentist. Have them visit a Pre-K (if you have one in your school) or a kindergarten classroom. They can become the teachers and role models for these young children as they help them learn about healthy teeth. This encourages your students to do more in-depth research about dental health and gives them valuable public speaking experience in front of a friendly audience.

Happy teaching,  
Dr. Kathy

**Answer Key:**

**Scrambled Sentences:**

1. You should brush your teeth at least twice a day.
2. It is important to floss to keep your gums healthy.
3. Everyone should visit the dentist at least twice a year.
4. The outer layer of a tooth is the enamel or The enamel is the outer layer of a tooth.
5. Enamel protects your teeth from decay.
6. Fluoride will keep your enamel strong.
7. A dental hygienist cleans your teeth to get rid of plaque.
8. A cavity can form when plaque eats away at a tooth.

**Definitions (Using Context Clues)**

1. plaque – something that forms on your teeth to cause cavities.
2. floss – thin thread to keep your gums healthy
3. enamel – a hard layer that keeps your teeth healthy

**Goals:**

Students unscramble sentences to learn about taking care of teeth. They use the context of the sentences to define vocabulary words. Ideas for using this activity during Dental Health Month are suggested in the Dear Colleague letter. This activity is available on the emergent, primary, and intermediate levels and correlates with the National Health Education Standards and with the "Knowledge of Language" and "Vocabulary Acquisition and Use" of Common Core ELA Strands.