

Sample Lesson

How to Brush Your Teeth





How to Brush Your Teeth

Introduction	In a prior lesson you have learned about human body and hair hygiene practices. Now we will look at special care given to the teeth and mouth.
Importance	The proper care of teeth is important not only for social acceptability, but for health reasons as well. You will need to follow the guidelines in this lesson to fit into the culture.
Lesson Overview	This lesson will teach you the proper tools, rules, and procedure for brushing your teeth.
Objectives	<p>You will</p> <ul style="list-style-type: none"> brush your teeth following the steps until they show three or less red spots from the red dye test <i>and</i> select a toothbrush and toothpaste from ten objects found in a bathroom.
Order of Topics	This lesson contains the following topics.

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Tools for Brushing Your Teeth

Introduction

Proper cleaning of teeth is essential to maintaining them in usable condition. This lesson will begin by explaining the tools needed to brush.

Two Tools

To brush your teeth, you will need

- a toothbrush *and*
- toothpaste.

Note: These tools can be purchased in any store that sells items collectively called “personal hygiene products.”

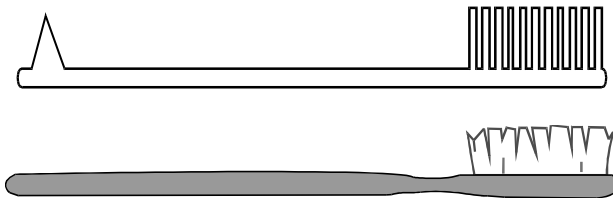


What Is a Toothbrush?

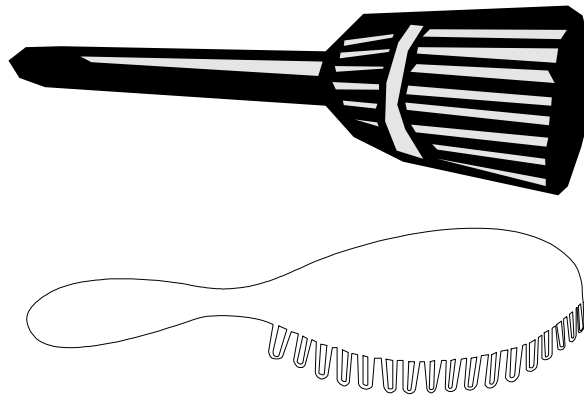
Introduction The most important tool you will need is the brush. Since most bathrooms contain several types of brushes, you need to identify the correct one.

Definition A *toothbrush* is a small brush with a long handle, usually made of plastic, used exclusively for the purpose of brushing teeth.

Example Here are pictures of two typical toothbrushes.



Non-example Here are pictures of two brushes that you cannot use to clean your teeth.



They are much larger than a toothbrush and would not fit in your mouth.

Ownership For sanitary reasons, each individual should own and use only his or her personal toothbrush.



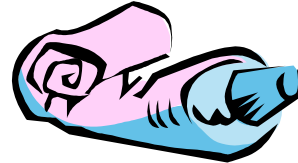
What Is Toothpaste?

Definition

Toothpaste is a type of soap for cleaning teeth, which has a pleasant taste and a creamy consistency, and comes in various colors (but is often white). It usually comes in a tube and must be squeezed out.

Example

Here is a picture of a toothpaste container.

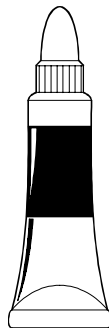
**Brands**

There are many brands of toothpaste, such as

- Crest
 - Gleam, *and*
 - Pepsodent.
-

Non-example

Do not use these items as toothpaste by mistake! Many other products come in tubes that are not for use in the mouth and are not labeled “toothpaste.”



This lip-gloss is used to protect your lips not clean your teeth.



This soap is used to clean your skin and not your teeth.



Practice 1: What Is a Toothbrush and Toothpaste?

Directions

On the demonstration table are ten common items found in a bathroom. They are numbered 1 to 10. Select all items that are toothbrushes and toothpastes from these items.

Write the numbers of the items you selected below.



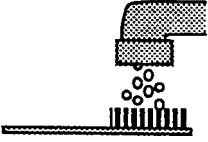

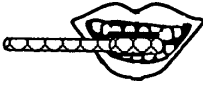

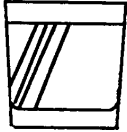
How to Brush Your Teeth

Introduction

Now that you recognize the equipment you will need and we have discussed when you will need to brush your teeth, let's learn how to brush.

Procedure

Follow these steps to brush your teeth.

Step	Action	Example
1	Wet toothbrush with water from tap.	
2	Apply about 1/2" of toothpaste on bristles.	
3	Hold handle of brush and move bristles up and down against teeth.	
4	Open mouth and brush back teeth.	
5	Use glass of water to rinse out mouth. Repeat as many times as necessary until all toothpaste is gone from your mouth.	
6	Wash off toothbrush and store equipment for next time.	

Demonstration

Your instructor will show you a video tape that illustrates the above steps.

Practice 3

In the lab area, you will find tooth brushing supplies to use as you brush your teeth. Your instructor is available to help you follow the correct procedure.

Lesson Review

This lesson taught you the proper tools, rules, and procedure for brushing your teeth.