**LESSON PLAN**

|  |  |  |  |
| --- | --- | --- | --- |
| **Objective(s)** | Participants will be able to - Understand basics regarding gingivitis and caries. How they form, any to stay away from them. They will also learn how to brush and floss properly twice daily to achieve optimal oral health. | | |
| **Activity** | Time | Tasks | Materials |
| **Ice Breaker/ Prior Knowledge** | 5 min. | Talk about being a retail worker and how their schedule is always changing, but can still make time to take care of teeth. Introduce everyone and the PowerPoint. | PowerPoint |
| **Presentation** | 15 min. | Explain the risk of caries and gingivitis, how to avoid it, and how to take care of our teeth at home to have optimal oral health. | Powerpoint and video on gingivitis |
| **Direct Instruction** | 15 min. | Demonstrate the proper technique of brushing with a modified bass method and “C” shape flossing. | Typodont with floss and toothbrush |
| **Review** | 5 min. | Ask review questions about what was discussed in PowerPoint to crowd, whoever answers correctly gets a bottle of listerine. | Listerine samples |
| **Assigning Homework** | 2 min. | Remind them to practice proper brushing and flossing at home, and use the form as a guide for the proper technique. | Flossing guide handout |
| **Session Feedback or Q & A** | 10 min. | Ask the audience for their questions or feedback. | None |

We will first explain what plaque is, and how it forms caries or gingivitis. We then will explain how the acidity in the oral cavity from the food and drink we consume effects these oral diseases. We will then explain and teach how to properly achieve optimal home-care with the right diet, flossing and brushing twice daily, regular dental cleanings.