



# NC Oral Health Section



DEPARTMENT OF HEALTH AND HUMAN SERVICES - DIVISION OF PUBLIC HEALTH



[← Home](#) [← Search](#) [← Contact Us](#)

[Education](#) | [Prevention](#) | [Access to Care](#) | [Oral Health Assessment](#) | [Dental Public Health Residency Program](#) | [Dental Health Careers](#)

## ***Oral Health Education Resources***

### **Please Read:**

The following oral health education resources may be printed and reproduced for use in health education activities.

They are formatted to print to the most convenient and effective sizes depending on how they are used. Every effort was made to allow printing on most printers, and they are all effective in either color or black & white. Some items are unavoidably formatted in legal (8.5" x 14"), or tabloid (11" x 17") size. Alternate sizes are provided whenever possible. Click on the size you prefer. Spanish versions are available when shown.

These materials are offered as a courtesy to health educators. Please do not alter any of the materials. Use them as they appear in the original file.

*All items are in pdf file format, and require [Acrobat Reader](#) to access and print.*

The materials are arranged by the following topics:

[\*\*Oral Hygiene\*\*](#)  
[\*\*Dental Plaque\*\*](#)  
[\*\*Dental Sealants\*\*](#)  
[\*\*Fluoride\*\*](#)  
[\*\*Nutrition\*\*](#)  
[\*\*Tooth Anatomy and Development\*\*](#)  
[\*\*Safety and First Aid\*\*](#)  
[\*\*Careers in Dentistry\*\*](#)

## **Oral Hygiene**

<b>ITEM NAME</b>	<b>DESCRIPTION</b>	<b>PRINTED SIZE</b>
<b>How To Brush Your Teeth</b>	Illustrated poster demonstrating approved brushing technique with helpful hints. Prints well in color or black & white.	<a href="#">English</a> 8.5" x 11" (227 Kb)  <a href="#">Spanish</a>
<b>How To Use Dental Floss</b>	Illustrated poster demonstrating approved technique for using dental floss. Prints well in color or black & white.	<a href="#">English</a> 8.5" x 11" (118 Kb)  <a href="#">Spanish</a>
<b>How To</b>		<a href="#">8.5" x 11"</a> (283 Kb)

<b>Use Dental Floss/How To Brush Your Teeth</b>	The two posters listed above combined in a single poster.	11" x 17" (325 Kb) <a href="#">English</a> <a href="#">Spanish</a>
<b>Match the Dental Terms</b>	Dental vocabulary activity sheet. An exercise in matching dental terms with their definitions. Answer key is on the page.	<a href="#">English</a>  8.5" x 11" (43 Kb)  <a href="#">Spanish</a>
<b>Why Should We Floss and Brush Our Teeth?</b>	This sheet explains the specific functions of floss and toothbrush related to cleaning plaque from teeth.	<a href="#">8.5" x 11"</a> (71 Kb)
<b>What Can I Do To Prevent Dental Problems?</b>	This is an overview of the things an individual can do to keep a healthy mouth. It also answers the question "Why do I need good oral health?"	<a href="#">8.5" x 11"</a> (49 Kb)

[RETURN TO TOP](#)

## ***Dental Plaque***

<b><i>ITEM NAME</i></b>	<b><i>DESCRIPTION</i></b>	<b><i>PRINTED SIZE</i></b>
	This is an	

<p><b>What Is Dental Plaque?</b></p>	<p>information sheet that describes plaque, how plaque grows, and how to control plaque. It shows an actual photomicrograph of plaque bacteria.</p>	<p><a href="#">8.5" x 11"</a> (94 Kb)</p>
<p><b>Plaque Causes Tooth Decay and Gum Disease</b></p>	<p>This sheet describes how plaque can cause tooth decay, and how plaque can lead to gum disease. Illustrations show diseased teeth and gums, and a healthy tooth for comparison.</p>	<p><a href="#">8.5" x 11"</a> (73 Kb)</p>
<p><b>Stages and Treatments of Oral Disease</b></p>	<p>This chart illustrates the progressions of tooth decay and gum disease, from teeth with plaque, through loss of teeth. At each step, a companion illustration shows what remedial treatment is required to correct damage.</p>	<p><a href="#">11" x 17"</a> (58 Kb)</p>
<p><b>Factors That Cause Tooth Decay and Gum</b></p>	<p>This is the classic three-ring graphic that illustrates the relationships among the three contributing</p>	<p><a href="#">8.5" x 11"</a> (31 Kb)</p>

<b>Disease</b>	elements that cause tooth decay and gum disease.	
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[RETURN TO TOP](#)

## ***Dental Sealants***

<b><i>ITEM NAME</i></b>	<b><i>DESCRIPTION</i></b>	<b><i>PRINTED SIZE</i></b>
<b>Seal Out Tooth Decay</b>	This brochure describes what dental sealants are, why they are necessary, how sealants are applied, and it answers many of the most common questions about sealants. Designed as a three-fold brochure (note paper size). Page 1 is the front, page 2 is the back.	<p><a href="#">English</a></p> <p>8.5" x 14" (197 Kb)</p> <p><a href="#">Spanish</a></p> <p>2 pages</p>
<b>Dental Sealants - Questions and Answers</b>	This sheet answers many of the most common questions parents ask about sealants for their children. Illustrations show why sealants are sometimes	<p><a href="#">English</a></p> <p>8.5" x 11" (36 Kb)</p> <p><a href="#">Spanish</a></p>

	necessary to prevent tooth decay.	
<b>How Are Sealants Applied?</b>	This sheet graphically illustrates the typical procedure for applying dental sealants. Good for showing how painless and relatively simple sealant application is.	<a href="#">8.5" x 11"</a> (92 Kb)
<b>Mike Molar with Sealant</b>	This is a coloring and cutout sheet featuring Mike Molar. The sealant on Mike's head provides an opportunity to introduce, or supplement sealant education activities. Grade level: preschool - 2	<a href="#">8.5" X 11"</a> (80 Kb)
<b>Minnie Molar with Sealant</b>	This is a coloring and cutout sheet featuring Minnie Molar. This is a companion coloring and cutout sheet for Mike Molar with Sealant listed above. Grade level: preschool - 2	<a href="#">8.5" X 11"</a> (82 Kb)
	This is a word search puzzle	

<b>Sealant Word Find</b>	with ten basic oral health words. Good supplement to reinforce teaching of basic concepts of oral health. Answer key is on page 2. Grade level: 2 - 5	<a href="#">8.5" x 11"</a> (88 Kb)  2 pages
<b>Sealant Word Search</b>	This is a word search puzzle with 18 oral health words, slightly more advanced than <i>Sealant Word Find</i> listed above. Good supplement to reinforce teaching of concepts of oral health. Answer key is on page 2. Grade level: 3 - 7	<a href="#">8.5" x 11"</a> (96 Kb)  2 pages

[RETURN TO TOP](#)

## **Fluoride**

<b>ITEM NAME</b>	<b>DESCRIPTION</b>	<b>PRINTED SIZE</b>
<b>How Do We Get Fluoride For Our Teeth?</b>	A coloring sheet designed to teach about how fluoride helps teeth, and about different ways we can	<a href="#">English</a>  11" x 17" (67 Kb)

	get fluoride. Grade level: 1-3.	<a href="#">Spanish</a>
<b>How Do We Get Fluoride For Our Teeth Every Day?</b>	A coloring sheet illustrating how we get fluoride every day by brushing with toothpaste containing fluoride, and by drinking fluoridated water. Grade level: 1-3.	<a href="#">8.5" x 11 "</a> (40 Kb)
<b>How Can We Get Fluoride For Our Teeth?</b>	A coloring sheet illustrating how children can get professional fluoride treatments. Grade level: 1-3.	<a href="#">8.5" x 11 "</a> (50 Kb)
<b>Travel The Maze To Get Fluoride</b>	A maze activity sheet designed to supplement teaching activities, and to reinforce learning the concept of systemic fluoride, and how it helps the tooth fight decay. Answer key is on page 2. Grade level: 2-5.	<a href="#">English</a> 8.5" x 11" (226 Kb) 2 pages <a href="#">Spanish</a>
	A hidden phrase activity sheet designed to supplement teaching	



<p><b>What Is One Of The Best Ways To Prevent Tooth Decay?</b></p>	<p>activities, and to reinforce learning the concept of the importance of fluoride to decay prevention. Answer key is on page 2. Grade level: 1-5.</p>	<p><a href="#">8.5" x 11"</a> (80 Kb)</p> <p>2 pages</p>
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[RETURN TO TOP](#)

### ***Nutrition***

<b><i>ITEM NAME</i></b>	<b><i>DESCRIPTION</i></b>	<b><i>PRINTED SIZE</i></b>
<p><b>The Food Pyramid</b></p>	<p>The Food Pyramid illustrating the recommended portions from each of the basic food groups. Prints well in color or black &amp; white.</p>	<p><a href="#">8.5" x 11"</a> (90 Kb)</p>
<p><b>How Much Sugar Is In Your Cereal?</b></p>	<p>This is a chart that includes a description of what "added sugar" is, and provides guidelines for selecting foods based on sugar content. Over 100 common breakfast cereals, and their</p>	<p><a href="#">8.5" x 14"</a> (52 Kb)</p>

	sugar content are listed. Cereals approved by the North Carolina WIC Program are highlighted. (note paper size)	
<b>Soft Drinks and School Age Children: Trends, Effects, Solutions</b>	An informative pamphlet describing the alarming trend of excessive soft drink consumption, the resulting detrimental health effects, and possible solutions for correcting this growing problem. Developed by the North Carolina School Nutrition Action Committee (SNAC)	<a href="#">8.5" x 11"</a> (664 Kb)  6 pages

[RETURN TO TOP](#)

### ***Tooth Anatomy and Development***

<b><i>ITEM NAME</i></b>	<b><i>DESCRIPTION</i></b>	<b><i>PRINTED SIZE</i></b>
<b>Tooth</b>	This sheet has an illustration of a tooth and its parts. It also includes a glossary of the	<a href="#">8.5" x 11"</a>

<b>Anatomy</b>	parts, describing their functions relating to tooth health. Grade level: 3-12	(35 Kb)
<b>When Do Baby Teeth Appear?</b>	This is an illustrated chart showing the locations of erupting baby teeth, and giving approximate eruption dates.	<a href="#">8.5" x 11"</a> (26 Kb)
<b>When Do Molars Come In?</b>	This is an illustrated chart showing the locations of erupting permanent molars, and giving approximate eruption dates.	<a href="#">8.5" x 11"</a> (36 Kb)
<b>Developing From Primary Teeth To Permanent Teeth</b>	This chart illustrates the transition from 20 temporary baby teeth, to 36 permanent teeth. It shows the relative positions of the teeth as development occurs.	<a href="#">8.5" x 11"</a> (88 Kb) <a href="#">11" x 17"</a> (80 Kb)
<b>Tooth Types</b>	This chart illustrates what the four types of teeth look like, where they are located, and describes their functions as food is eaten. <b>Note:</b> Page 1 is color coded.	<a href="#">8.5" x 11"</a> (60 Kb)  2 pages

	Page 2 is coded in gray tones for printing on non-color printers.	
<b>Mouth Discovery</b>	The Mouth Discovery page illustrates the anatomy of an open mouth. A page without mouth parts labelled is included for testing. A third page shows the open mouth graphic without labels or arrows.	<a href="#">8.5" x 11"</a> (130 Kb)  3 pages

[RETURN TO TOP](#)

### ***Safety and First Aid***

<b><i>ITEM NAME</i></b>	<b><i>DESCRIPTION</i></b>	<b><i>PRINTED SIZE</i></b>
<b>First Aid for Dental Emergencies</b>	This is a poster listing seven common mouth and dental injuries, and first aid instructions for the injuries. It is designed to be posted in areas where sports and recreational activities take place. The	<a href="#">8.5" x 11"</a> (253 Kb)  <a href="#">11" x 17"</a> (269 Kb)

	instructions are intended for use by teachers and adult supervisors of child activities.	
<b>Play It Safe With Your Teeth</b>	This is an activity sheet designed to supplement safety lessons or other safety related activities. Although the focus is on dental safety, it provides an exercise in basic safety concepts and decision making skills related to general playground and sports safety. Answer key is on the page. Grade level: 3-6	<a href="#">English</a> 8.5" x 11" (34 Kb) <a href="#">Spanish</a>

[RETURN TO TOP](#)

### ***Careers In Dentistry***

<b><i>ITEM NAME</i></b>	<b><i>DESCRIPTION</i></b>	<b><i>PRINTED SIZE</i></b>
	A chart listing dental health career specialties, descriptions,	

<b>Dental Careers in North Carolina</b>	academic requirements, NC colleges with training programs, licensure requirements, work environments, salaries, and related professional organizations.  Contact information for North Carolina colleges with dental programs can be found on our <a href="#">NC colleges web page</a> .	<a href="#">11" x 17"</a> (101 Kb)
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[RETURN TO TOP](#)

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[ [Home](#) ] [ [Search](#) ] [ [Contact Us](#) ]

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