



# DENTAL HEALTH PATCH PROGRAM



Girl Scouts of the Green and White Mountains  
*Serving New Hampshire and Vermont*

DEVELOPED BY THE AUXILIARY TO  
THE AMERICAN DENTAL ASSOCIATION  
In Cooperation with  
Girl Scouts of the USA

Revised 7/2009 kag

## Welcome to the world of teeth!

Enclosed you will find the activity requirements for each grade level (Daisy-Junior) to earn the Dental Health patch. The first year your troop/group accomplishes their goals for this program you can purchase the Dental Health patch. In consecutive years you may want to do different activities and earn the Mini Tooth patch to add to your initial patch. You can add one Mini Tooth patch each year you participate in the program. National Dental Health Week is in February but this program is for year round use. Have fun!

# DAISY



Complete 3 Discover Activities.

### DISCOVER ACTIVITIES

Girls Develop a Strong Sense of Self

- First, talk about ways to keep teeth white. Then have an adult (or Program Aide) hide white beads around a large room or in a confined area outdoors. Girls search for white beads (teeth), and make a necklace out of the ones they find.

Girls Develop Positive Values

- It is important to brush and floss every day to remove plaque. Make a brushing and flossing chart. Keep a record of the times you brush and floss each day for two weeks.

Girls Gain Practical Life Skills

- Have a dental health professional visit your troop to demonstrate the proper way to remove plaque by brushing and flossing. All Girl Scouts should bring in their own toothbrushes and floss so they can practice the methods demonstrated.

- Each day your diet should include a variety of foods including fruits and vegetables; breads and cereals, milk and dairy products; meat, fish and eggs. To illustrate a well-balanced diet, make a poster using pictures from old magazines mounted on construction paper or poster board. Show an example of a breakfast, lunch, dinner and two snacks.

Girls Seek Challenges in the World

- Each tooth is made up of several parts. Draw a poster showing the parts of the tooth. Label the following:
  - a. Crown
  - b. Root
  - c. Enamel
  - d. Dentin
  - e. Pulp



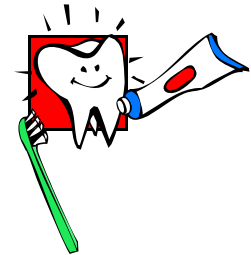
f. Cementum

Girls Develop Critical Thinking

- Talk about what happens when baby teeth fall out and why. Make a little container that could hold a tooth if one should fall out when away from home. (Example: Decorate an empty 35mm film canister. Poke a hole in cover for string to wear around neck.)

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## BROWNIE



Complete 3 Discover and 1 Connect Activities.

### DISCOVER ACTIVITIES

Girls Develop a Strong Sense of Self

- Find out about dental disease. Design a poster on how to prevent dental disease. Include all the components of prevention: brushing and flossing, eating a balanced diet, using fluorides, and regular dental visits.

Girls Develop Positive Values

- Sugar can be harmful to your teeth. Survey what items are available in at least three different vending machines at your school or meeting place. Are there items that do not contain sugars? Suggest the kinds of foods that could be substituted.

Girls Gain Practical Life Skills

- Have a dental health professional visit your troop to demonstrate the proper way to remove plaque by brushing and flossing. All Girl Scouts should bring in their own toothbrushes and floss so they can practice the methods demonstrated.
- Each day your diet should include a variety of foods including fruits and vegetables; breads and cereals, milk and dairy products; meat, fish and eggs. To illustrate a well-balanced diet, make a poster, using pictures from old magazines mounted on construction paper or poster board. Show an example of a breakfast, lunch, dinner and two snacks.
- Fluoride is a mineral that helps prevent tooth decay. There are several ways to get the benefits of fluoride. With the help of a dental or other health professional, identify five sources of fluoride. Design a display showing the different sources. Places to contact for helpful information would include your local health department, dental office, pharmacy or library.

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### Girls Seek Challenges in the World

- Smoking is a habit that can be harmful to your oral health. See if you can find advertisements that discourage people from smoking. Compare your advertisements with other advertisements you find in magazines that encourage smoking. Ask for permission to exhibit your display at school or somewhere in your community.
- Many accidents can result in dental injuries. Make a chart that lists various types of dental injuries and the appropriate first aid procedures for each. Be sure to include these injuries on your chart:
  - knocked-out tooth
  - broken tooth
  - toothache
  - bitten tongue
  - objects wedged between teeth
  - possible broken jaw

You should also include a list of dental safety rules to follow for preventing such injuries from occurring. Check with your school nurse or a dental professional for advice.

### Girls Develop Critical Thinking

- Food packages have labels that supply a list of the ingredients contained in the food. Ingredients of that food are listed in the order of amounts, starting with the ingredient of highest quantity. If sugar or a form of sugar is listed first or several times, that food is probably not the best choice for dental health. Other names for sugar are honey, molasses, sucrose, corn syrup, dextrose, fructose, glucose, maltose, and corn sweeteners. Examine labels of a variety of foods to determine if they have a high amount of sugar. Examples of food labels you may check are: peanut butter, soups, cereals, canned fruits, catsup, juices, crackers, etc. Share with your family some examples of labels from various food containers. Explain how to read an ingredient label and share with your family the many names for sugar.

## CONNECT ACTIVITIES

### Girls Feel Connected to Their Communities

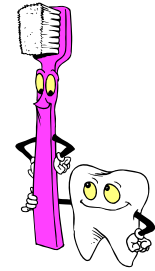
- Find out about the kinds of careers that are related to dental health. Choose a career of interest to you and learn about its purposes and responsibilities. Make an oral or written report about the career to share with your troop/group.
- Visit a dental office or library to find out information regarding the purpose of at least one of the following treatments and how it is performed:
  - Sealants
  - Topical fluoride treatment
  - Restorations (fillings)
  - Root canal (endodontics)

Braces (orthodontics)

## JUNIOR

Complete 3 Discover, 1 Connect and 1 Take Action Activity.

### DISCOVER ACTIVITIES



Girls Develop a Strong Sense of Self

- Find out about dental disease. Design a poster on how to prevent dental disease. Include all the components of prevention: brushing and flossing, eating a balanced diet, using fluorides, and regular dental visits.

Girls Develop Positive Values

- Sugar can be harmful to your teeth. Survey what items are available in at least three different vending machines at your school or meeting place. Are there items that do not contain sugars? Suggest the kinds of foods that could be substituted.

Girls Gain Practical Life Skills

- Periodontal disease is a disease that damages the gums and bones that surround and support your teeth. The warning signs of periodontal disease include:
  - Gums that bleed when you brush your teeth
  - Gums that are red, swollen or tender
  - Gums that have pulled away from your teeth
  - Pus between your teeth and gums when the gums are pressed
  - Permanent teeth are loose or separating
  - Any change in the way your teeth fit together when you bite
  - Bad breath

Invite a dentist or hygienist to speak to your troop. Ask the dental professional to explain how to prevent periodontal disease and to demonstrate the correct way to floss and brush teeth.

- Each day your diet should include a variety of foods including fruits and vegetables; breads and cereals, milk and dairy products; meat, fish and eggs. To illustrate a well-balanced diet, make a poster using pictures from old magazines mounted on construction paper or poster board. Show an example of a breakfast, lunch, dinner and two snacks.

Girls Seek Challenges in the World

- Cosmetic dentistry uses many techniques to improve the appearances of teeth.

Write a report or give a presentation on the different techniques that are used to improve appearance. You might consult with a dentist to get information for your report.

- Smoking is a habit that can be harmful to your health. Studies have shown that smoking can cause cancer of the mouth and throat. Also, smokers are more likely to have periodontal disease, bad breath, and stained teeth. Survey at least five individuals who smoke tobacco. Find out why and when they began smoking, if they have tried to quit and how, and whether they are aware of the risks of oral cancer. Report your survey findings to your troop/group. Describe why smoking is a danger to your oral health and give three techniques for quitting. You might use pamphlets from the American Cancer Society, American Dental Association, American Medical Association or the American Lung Association.

#### Girls Develop Critical Thinking

- Your entire diet is an important factor in dental health. When foods that contain sugar are eaten, the plaque on your teeth mixes with the sugar to create an acid. This acid attacks the enamel on your teeth and this can result in decay. Conduct the following experiment to illustrate how the acidity of the mouth changes after eating different foods.

**Materials Needed:**

Foods such as candy, cookies, celery, peanuts, popcorn, cheddar cheese, pH sensitive paper with 5.0 - 7.5 range.

**Method:**

Test the acidity of your mouth with pH paper before and after eating different foods. Try one food and check the pH every five minutes for thirty minutes. Chart and compare the results. Rinse with water (or brush) and then repeat the experiment with a different food. Discuss with your troop/group the way plaque uses sugar to produce acid which can decay teeth. Identify which foods you found to be the most and least acid producing.

### CONNECT ACTIVITIES

#### Girls Feel Connected to Their Communities

- Find out about the kinds of careers that are related to dental health. Choose a career of interest to you and learn about its purposes and responsibilities. Make an oral or written report about the career to share with your troop/group.
- Visit a dental office or library to find out information regarding the purpose of at least one of the following treatments and how it is performed:
  - Sealants
  - Topical fluoride treatment
  - Restorations (fillings)
  - Root canal (endodontics)
  - Braces (orthodontics)

- Fluoride is a nutrient that helps prevent tooth decay. Invite a representative of your local health department to visit your troop/group and ask him or her the following questions regarding fluoride:
  - a. Does the community water supply have an adequate amount of fluoride to help prevent dental caries?
  - b. Was the fluoride added to the water or does it exist naturally?
  - c. If the fluoride was added, was there ever a local referendum to initiate the fluoridation program?
  - d. Has state legislative action ever been taken to initiate or discontinue the fluoridation of community water supplies?
 Share your findings with your family.

### TAKE ACTION ACTIVITIES

#### Girls Can Identify Community Needs

- Prepare an article on mouth protectors and sports for the school newspaper. Identify the types of sports that require protective equipment. Describe possible injuries that can be prevented when mouth guards are used. You may want to interview the physical education teacher, athletic director and/or coaches and a dentist.

#### Girls Are Resourceful Problem Solvers

- Develop guidelines on how people can go about finding a dentist if they move to a new community or need assistance in finding a new dentist. Distribute the guidelines to the girls in your troop and have them share this information with their parents. You may also give copies to one of your local civic or community groups for distribution to their members.

#### Girls Advocate for Themselves and Others

- Volunteer to assist the local dental society or health department with their dental health education programs. These programs may be conducted in schools, nursing homes, centers for the disabled, hospitals, or other community settings. Report on your project to your troop/group, emphasizing those activities that were particularly successful or satisfying.

#### Girls Educate and Inspire Others to Act

- Volunteer to visit a preschool or elementary school teacher who is instructing his/her students in preventive oral hygiene procedures. Make a dental health poster, mobile, or some other item to display in the classroom. Report to your troop/group the methods you used, problems you encountered, and the success of the activities you conducted.



## Dental Health Evaluation

Please return this evaluation with your patch order.

Troop/Group #: \_\_\_\_\_ Circle grade level and record # of girls: D\_\_\_ B\_\_\_ J\_\_\_

Leader's Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Phone# (Day): \_\_\_\_\_ (Evening): \_\_\_\_\_

Which activities did the girls enjoy?

# of girls	Activities
_____	_____
_____	_____
_____	_____

Were there any activities the girls disliked?

# of girls	Activities
_____	_____
_____	_____
_____	_____

Do the girls have suggestions for other activities? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Dental Health Patch Order

# of Dental Health Patches \_\_\_\_\_ x 1.00 = \$ \_\_\_\_\_  
# of Mini Tooth Patches \_\_\_\_\_ x .50 = \$ \_\_\_\_\_  
Shipping/Handling (see below) = \$ \_\_\_\_\_  
Total Amount Enclosed = \$ \_\_\_\_\_

To order patches please send this form with a check payable to:  
Girl Scouts of the Green and White Mountains (GSGWM)  
PO Box 10832  
Bedford, NH 03110-0832

VISA and MasterCard are also accepted.

Please charge my:    Visa                     MasterCard

Signature: \_\_\_\_\_  
(A signature is required on all credit card orders.)

Account #: \_\_\_\_\_

Expiration Date: \_\_/\_\_/\_\_

### Shipping and Handling Rates

Under 18.99	\$4.50	\$75-\$99.99	\$10.00
\$19-\$29.99	5.75	\$100-\$149.99	12.50
\$30-\$44.99	7.50	\$150-\$199.99	13.75
\$45-\$59.99	8.00	\$200-\$249.99	18.50
\$60-\$74.99	9.50	Over \$250.00	23.00

If you have any questions, call 603-627-4158 or 1-888-474-9686.

