

First lesson

A. Title: Causal chain of dental caries

Objective: To conclude, participants will identify the causes decay.

Time: 15 min

Method: facilitated discussion

Process:

- Communicate group found together that will answer to a question.
- Write your question on a flipchart / whiteboard: "What happens to my teeth after eating?"
- Write all the answers and facilities their response to **microbial plaque** and explained them what means
- Depending on personal choices we can choose to remove microbial plaque or not
- If you choose to remove plaque microbial means a proper toothbrushing, flossing and mouthwash, resulting in a corresponding oral health
- Whether microbial plaque is not removed, the bacteria feed on sugar and other foods containing carbohydrates, the digestion of these sugars by bacteria in plaque produce **ACIDS** that attack the teeth surface.
- Acids attack the tooth enamel and lead to the formation of microcavities and then to dental caries
- Conclude on the importance of oral hygiene in reducing dental caries appearance

Example:

