

First OH lesson

B. Title: Risk Factors versus oral hygiene protection

Objective: To conclude, the participants will identify risk and protective in oral hygiene.

Time: 15 min

Method: puzzle

Process:

- Divide the group into two
- Cut the risk factors and protective of auxiliary material
- Divided into groups equally slips
- Give them time to discuss
- On a flipchart divided into two type risk factors and protective factors in oral hygiene
- After exirarea time cards can stick in the category that considers them.
- Retake any pasted yellow and discuss why it is a risk factor / protection
- If the cards were glued wrong move them and explain why.
- Summarize all factors together with the participants.

Tips & Tricks:

- given the task group then divide
- make sure that they understand the task
- do not pay more than 5 minutes sorting cards.
- Chewing gum is protection factor if sugarless

Risk factors	Protective factors
dental microbial plaque	regular visit to the dentist
failure to clean teeth	regular brushing at least 2 times a day
sweets	Use toothpaste with fluoride
snacks flour	scaling
sweet drinks	being informed about risks
fizzy drinks (sodas)	flossing daily
often eating food	using mouthwash with fluoride
worn toothbrush	chewing gum
brushing once a day	professional dental cleaning
lack of informing	cheese
visit the office in case of dental pain / bleeding gums	tough foods (peanuts, carrots, etc)
sweetened tea	no food after brushing evening
sweet fruit	brushing and rinsing after eating sweets