

## Second OH lesson

### B. Title: The role of diet in tooth decay process

**Objective:** Understand the importance of appropriate eating behavior in preventing caries

**Time:** 15 min

**Method:** Take a stand

#### Process:

- Draw a line down the middle of the room and displayed visible on its side on one sheet notes that:  
For / Against

- Participants sit in the middle

- It turns reading statements, and participants choose a camp where and sits facing the other group

- Every allegation 2-3 participants from each camp motivates choice

- After exhausting statements are discussed with the participants on each edge, illustrating the harmful behaviors and healthy ones

#### Statements:

1. After dinner you should eat hard foods such as nuts, pistachios
2. When you eat a chocolate bar, I like to savor small square to square
3. Consumption soda, will surely remove dental plaque
4. Drinking milk products affect my teeth
5. If I need energy, I eat something sweet
6. Fresh are healthy, certainly not affect my teeth
7. I brush my teeth after every meal, certainly reduce tooth decay
8. I like to chew gum until it hardens
9. I love to crunch something between meals
10. If I eat something hot, it cool off with a cold juice