Teacher Advice

Topic 3: Rate Yourself

Level: Years 3-4

Purpose

The purpose of this topic is to have students apply what they have learnt to the analysing and rating of their own oral health habits.

Activity

To commence have the class watch *Video 3.1 - Rate Yourself.* This video explains that before students can educate others about oral health they need to determine whether their oral habits are consistent with best practise.

To get them started have students complete part 1 *AS 3.1 - My 48 Hour Brush, Floss and Food Diary.*

This activity has students reviewing their brushing, flossing and eating habits for the previous 48 hours and comparing them with recommendations made by experts.

Run a class discussion on what students discovered. How many need to review their daily habits? How many have habits that are consistent with what the experts advise?

Once students have completed this activity ask them to use the second part of *AS 3.1* to complete a 14-day brush, floss and food challenge and to report their outcomes to you and their parents.

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Teaching and Learning Resources

The following resources are provided to teachers to deliver this lesson...

1. 3.1 - Rate Yourself
2. AS 3.1 - My 48 Hour Brush, Floss and Food Diary

Study: Health and Physical Education

Key Learning: Personal, Social and Community Health

ACPPS036
Identify and practise strategies to promote health, safety and wellbeing
- Examining own eating pattern by researching THE AUSTRALIAN GUIDE TO HEALTHY EATING and identifying healthier food choices
- Proposing changes they can make to their daily routine

ACPPS039
Discuss and interpret health information and messages in the media and internet
- Accessing different sources of information
- Examining health messages from different sources and exploring choices, behaviours and outcomes conveyed in these messages
- Investigating how health messages influence decisions