



# EXPLORING ORAL HEALTH

## MODULE 3, LESSONS 5 & 6

*Module 3 equips students with practical skills and knowledge to maintain and improve oral health. Students will learn effective brushing, flossing, and other hygiene techniques while understanding their role in preventing common oral health issues. Next, they will dive into how diet impacts oral health, exploring how nutrients can strengthen teeth and how certain foods contribute to decay. These lessons empower students to take charge of their oral hygiene and nutrition habits for lifelong benefits.*

LESSON #	DESCRIPTION	# OF 50 MINUTE PERIODS
5	Proper Oral Hygiene Techniques	1
6	The Role of Nutrition in Oral Health	2

To access the unit,  
click on



*Directions to copy or download the  
unit folder are on the next page*





## **COPY UNIT MATERIALS TO GOOGLE DRIVE (Google account needed)**

- 1. Open Google Drive: Go to [drive.google.com](https://drive.google.com) and sign in with your Google account.**
- 2. Open Shared Folder: Click on the link to the shared curriculum folder provided by NAF.**
- 3. Make a Copy: Right-click on the folder name. Select "Make a copy".**
- 4. Choose a destination: Select a folder in your Drive to save the copy.**
- 5. Organize: Once copied, you can rename and reorganize the folder and its contents as needed.**
- 6. Edit: You can now edit and modify the copied materials for your specific classroom needs.**



## **DOWNLOAD FOLDER TO COMPUTER (No Google account needed)**

- 1. Open the shared folder link: Click on the link to the shared curriculum folder provided by NAF.**
- 2. Select the folder: Click on the folder to select it.**
- 3. Download the folder: Right-click on the folder and select "Download."**
- 4. This will download a ZIP file containing the entire folder and its contents to your computer.**
- 5. Extract the folder: Once the download is complete, extract the ZIP file to your desired location on your computer.**