

# Seattle Elementary Oral Health Education

<b>Topic</b>	<b>Foods for Healthy Teeth</b>
<b>Date</b>	April 2015
<b>Time</b>	30 minutes
<b>Audience</b>	Grades K-2
<b>Materials</b>	Supermarket advertisements, magazines, and/or other pictures of food Scissors Glue <a href="#">Healthy Teeth Handout</a>

<b>Goal</b>
Eating healthy foods helps to keep our teeth healthy.
<b>Main Ideas</b>
<ol style="list-style-type: none"> <li>1. Sugary foods can be harmful to our teeth</li> <li>2. Identify foods that can cause cavities and make teeth hurt</li> <li>3. Identify foods that help our teeth stay strong</li> </ol>
<b>Guiding Questions</b>
<ol style="list-style-type: none"> <li>1. What do our teeth help us do?</li> <li>2. What are some ways to take care of our teeth?</li> <li>3. What are some foods the help keep our teeth healthy?</li> </ol>
<b>Assessments</b>
After the activity, ask students to share out what types of foods they chose to put on the left side of the sheet, the side with the happy tooth. Then ask students to share out what types of foods they put on the right side of their sheet, or the side with the sad tooth.

<b>Lesson Steps and Activities</b>	
<b>1. Introduction</b>	<b>Time: 2 min</b>
Introduce self and the topic for the day Establish classroom rules and expectations for the short bit of time you have together	
<b>2. Our Teeth</b>	<b>Time: 8 min</b>
Engage the students in a conversation around teeth. Where are they? What do healthy/happy teeth look like? What to not healthy/sad teeth look like? What are some ways that we can keep our teeth healthy? Students might talk about brushing, flossing, going to the dentist, etc. What about foods? Do foods make our teeth happy or sad? Or healthy and not healthy?  Often times foods that have a lot of sugar can hurt our teeth. The sugar can cause our teeth to not be as strong. Remember how we talked about what unhealthy/sad teeth look like? Sugar can do that to our teeth.	
<b>3. Healthy Teeth Handout</b>	<b>Time: 12 min</b>
To get students to think more about what kinds of foods make teeth happy and sad, have them complete the “Healthy Teeth Handout” using images from magazines, grocery store advertisements, and images that you may have printed out (maybe images of foods they see at	

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lunchtime at their school).

Leave time for cleanup.

### **4. Activity Recap and Closing**

**Time: 8 min**

To ensure that students are on the right track about what kinds of foods make their teeth happy or sad, ask for volunteers to share what foods they chose to put on their handouts. You can invite them to hold up their handouts so neighbors can see what each other chose.

Thank students for their time, and clarify any remaining questions.