Kool Smiles Kids Club 3-5 Lesson Plan

National Children’s Dental Health Month

1. **Lesson Plan Objective:** The student will be able to make healthy food choices and use proper oral hygiene techniques that lead to a healthy smile.
2. **National Education Standards**

* NPH-H.K-4.1 Health Promotion and Disease Prevention
* NPH-H.K-4.3 Reducing Health Risks
* NPH-H.K-4.4 Influences on Health
* NPH-H.K-4.6 Setting Goals for Good Health
* HE K.1a Explain why hygiene is important for good health.
* HE K.1a Describe the proper steps for daily brushing and flossing teeth.
* HE K.5a Explain positive outcomes from brushing and flossing teeth daily.

1. **Let’s Discuss!**

Keywords: dentist, toothbrush, toothpaste, floss, healthy vs. unhealthy eating choices, plaque and tarter, stain, plaque, tarter

“List good/bad foods for your teeth. What makes them good vs. bad?”

“How does the health of our mouth affect the health of our entire body?”

1. **Tips to Share:**

Bad food choices cause bad dental problems when they are not balanced with healthy dental routines!

* With sugar-sweetened drinks, the sugar stays on your teeth for a long time every time you drink one, making drinks especially bad for your teeth.
* Acids in regular and diet soft drinks can erode tooth enamel, the hard covering on your teeth, which can lead to more cavities and decay. Soda is so acidic that cans have a specific liner on the inside to protect the metal from corroding while the soda is inside!
* Sugar-sweetened gum and hard or chewy candies, like lollipops or caramels, are bad for your teeth in the same way that soft drinks are. The sugar in those candies stays in your mouth and on your teeth for a long time, giving the sugar more time to cause cavities and decay.

Can we still enjoy soda and candy? Of course!

* Choose sweets that are not sticky.
* Eat sweets with meals, not as a snack between meals. Your mouth produced more saliva during meals, which helps to rinse the sugar from your teeth much more quickly.
* Brush your teeth after eating sweets to get the sugar out of your mouth.
* Chew sugar-free gum, which will help your mouth produce saliva and rinse your teeth.

What are some good, healthy options for our teeth?

* Chicken and other lean meats contain calcium and phosphorus, which can help rebuild tooth enamel.
* Crunchy fruits and vegetables like apples and celery! They are filled with water and the chewing massages the gums, stimulating saliva flow, which washes away acid from your teeth.
* Dairy products, which contain calcium! They also help neutralize acids in the mouth.
* Water is the best choice, both for your oral health and overall well-being!

1. **Activity Time!**

**I Spy!**

Materials: “I Spy” activity sheets, coloring supplies

Using the “I Spy” activity sheet, discuss and allow students to identify healthy food choices for a happy, healthy smile.

**Tag that Tooth!**

Materials: “Tag that Tooth!” activity sheets, play-doh or clay, toothpicks, glue stick or tape, scissors

Distribute “Tag that Tooth!” activity sheets and activity supplies. Discuss the anatomy of our teeth and then instruct students to make a real life model of a tooth. To finish, they will cut out the labels and attach to their model with toothpicks! Great option for working with a buddy!

*5th Grade Extension:* Have students write a journal entry about how their current food choices are affecting their oral hygiene and name one goal to either change a bad habit or continue with a current healthy habit.

1. **That’s a Wrap!**

“Why should we consider the foods we eat when it comes to our oral hygiene?” Be sure to stress the importance of beginning a healthy habit today. Everyday is an opportunity to build a happy, healthy mouth.

Can you turn to a friend and share with them one Kool fact you learned today about how to keep a happy, healthy mouth?