

Nutrition Objective

Children make fruit infused water and taste crunchy vegetables while exploring how low-sugar foods and beverages, and brushing and flossing teeth help keep teeth healthy.

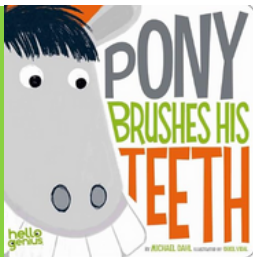
Materials and Ingredients

oranges	teacher knife
snap peas	cutting board
paper plates	tongs or spoons
small cups	serving containers



Food Preparation

- Wash and slice oranges (1 per student); place in serving containers with tongs
- Put snap peas in serving containers with tongs



Lesson Introduction

Question of the Day: Why is it important to keep our teeth healthy?
(We need them for chewing, speaking, and smiling, we don't want cavities, healthy teeth keep our bodies healthy)

Read and discuss: *Pony Brushes His Teeth*

- What does Pony do just like his dad? (use book to review)
- When should we brush our teeth? (in the morning, before bed)
- Let's practice brushing our teeth together. (act out brushing together as a class.)
- What are some other ways to keep our teeth healthy? (go to the dentist, floss our teeth, eat crunchy vegetables, drink water instead of drinks with sugar in them)

TSGOLD: 8a, 9a, 9b, 9d, 11a, 11e, 12b, 17a, 18a, 37, 38

Lesson Process

- Everyone washes their hands.
- **Introduce:** fruit water and snap peas.
- **Model:** Squeeze an orange slice into a cup of water and taste. Show children how you eat the whole snap pea, pod and all.
- **Discuss:** How are fruit water and crunchy vegetables good for our teeth? (*Fruit water has no added sugar, crunchy vegetables help remove the sugar from our teeth, the vitamins and minerals help keep our teeth strong*).
- Children serve themselves.
- Eat together and give children time to taste and comment on the flavors and textures.

TSGOLD: 7a, 8a, 8b, 9a, 9b, 11a, 12b, 37, 38

Share your Story

- Pony has a teeth cleaning routine. How do you clean your teeth? (*I climb on a stepstool, I use dental floss, I brush in circles, etc.*)
- What is a dentist and what do they do? (*A doctor for your teeth, they clean and count your teeth, they check for cavities, etc.*)
- What crunchy vegetables do you like that can help keep your teeth clean?

TSGOLD: 2c, 8a, 9a, 9b, 9c, 9d, 10a, 10b, 11a, 11e, 12a, 12b, 37, 38

School to Home

Send home family letters to share the fun activities children did in the classroom.

Lesson Extensions

Water Table and Brushes

Materials: water table, different kinds and sizes of brushes, toys of various sizes and shapes.

- Children discover which brushes work best on which objects.

TSGOLD: 2c, 7a, 11a, 11c, 11d, 11e, 12b, 22

Playdoh & Lego Flossing

Materials: giant/oversized lego, yarn, Play-Doh

- Children stuff globs of Play-Doh between the lego teeth
- Children use yarn to floss (remove) the Play-Doh from between the lego teeth

<https://www.youtube.com/watch?v=ztzGLZO8oAA>

TSGOLD: 7a, 8b, 11a, 11e, 12b, 37



Make a Mouth Model

Materials: pink and red construction paper, small piece of sponge shaped like a tooth, white paint, scissors

- Cut the pink paper into a large oval and fold in half (this is the mouth).
- Children cut a tongue shape out of the red paper and glue on the fold.
- Children use the white paint and sponge to stamp teeth around the oval.

TSGOLD: 7a, 7b, 8a, 8b, 11a, 11b, 37

Physical Activity

Music and Movement

- Find song #20 “Build a Bridge” on the Happy and Healthy CD.
- Children are in pairs and spread out around the room or outdoor space.
- Preteach and practice movements before trying it to the music.
- Explain to children that we are going to listen to the music and follow along doing the movements with our partner.
- Start the music and join the children by modeling the different moves and directions.

TSGOLD: 2c, 5, 7a, 8b, 11a, 11b, 11e, 35, 37

Balance Activity Course

- Using your classroom set of Let’s Get Moving activity mats and Yoga Pretzel cards, sort which moves require children to work specifically on balance.
- Create a balance course for children to go through to practice various ways of balancing.
- If your classroom has other items helpful for balance (balance beam, balance cones, painter’s tape) incorporate those throughout the course.
- Model movements for children. Turn on some music and give children time to go through the course multiple times to practice moves that may be more difficult for them.

TSGOLD: 2c, 5, 8a, 8b, 11a, 11c, 11d, 37

Physical Education: Balance

- Balance can be divided into two types: static and dynamic.
- Static balance is when we work on maintaining a desired body position or shape when our body is stationary (standing on one foot, downward dog, etc.)
- Dynamic balance is when we work on maintaining a desired position or posture when our body is moving, starting, or stopping (skipping across the playground, walking across a balance beam, etc.)
- See pages 98-111 in Encouraging Physical Activity in Preschoolers by Steve W. Sanders for more information and activities on balancing.

TSGOLD: Objective 5 Demonstrates Balancing Skills



ECE Family Letter

Healthy Teeth



Healthy Teeth

Having clean and healthy teeth can improve yours and your child's overall health. Everyone should brush their teeth two times a day and limit sugary snacks and sweet drinks for healthier teeth and fewer cavities. Switch to water when you can. Try making fruit water by adding a piece of your favorite fruit to a delicious cold glass of water.

Scan this QR code to watch a video on how to make fruit water.



Creamy Vegetable Dip

Ingredients:

- 2 cups low-fat plain yogurt
- ¼ tsp black pepper
- ½ tsp garlic powder
- 2 tbsp dried minced onion
- 1 tbsp dried parsley flakes
- ½ tsp salt
- ½ tsp dried dill

Directions:

1. Everyone washes their hands.
2. In a medium-sized bowl combine yogurt, pepper, garlic powder, onion, parsley, salt, and dill. Beat until smooth.
3. Chill dip in the refrigerator until ready to serve.
4. Enjoy with raw crunchy veggies.

Crunchy veggies are good for our teeth!

***Adjust ingredients depending on allergies and food preferences.**



Physical Activity



Balance is an important skill for preschoolers as they learn how to control their bodies. Balance helps children improve physical movement, such as fine and gross motor skills, creates good posture, and helps avoid injury. This activity will help your child practice balancing while having fun!

- Find a bean bag, soft toy, scarf, or sock for your child.
- Practice balancing the object on different body parts: shoulder, knee, elbow, foot.
- Turn on some music, such as Bean Bag Rock that can be found on YouTube.

This song incorporates the bean bag, identifying body parts, and following directions.

<https://www.youtube.com/watch?v=lsh2YYg7onE>



Eating crunchy fruits and vegetables can help clean teeth of "sugar bugs" which cause cavities. We should eat a fruit or vegetable at every meal and snack, so we get five servings a day?

The Eat Better Together website has many tips for enjoying favorite fruits and vegetables.

For delicious snack ideas scroll down to the Perfect Pairings section at <https://eatbettertogetherco.com/tips> or scan this QR code.



Carta Familiar

Dientes Saludables



Dientes Saludables

Tener dientes limpios y saludables puede mejorar la salud general de usted y su hijo(a). Todos deben cepillarse los dientes dos veces al día y limitar los bocadillos azucarados y las bebidas dulces para tener dientes más sanos y menos caries. Beba agua cuando pueda. Trate de hacer agua de frutas agregando un pedazo de su fruta favorita a un delicioso vaso de agua fría.

Escaneé este
código QR para
ver un vídeo
sobre cómo hacer
agua de fruta.



Aderezo Cremoso Vegetal

Ingredientes:

- 2 tazas de yogurt natural bajo en grasa
- ¼ cucharadita de pimienta negra
- ½ cucharadita de ajo en polvo
- 2 cucharada de cebolla seca picada
- 1 cucharada de perejil seco
- ½ cucharadita de sal
- ½ cucharadita de eneldo

***Ajustar los ingredientes de acuerdo a alergias y preferencias.**

Instrucciones:

1. Lavarse las manos.
2. En un tazón mediano, combine el yogurt, la pimienta, el ajo en polvo, la cebolla seca, el perejil seco, la sal y el eneldo. Bata hasta que la mezcla esté suave.
3. Refrigere hasta que esté listo para servir. Sirva con verduras crudas y crujientes.

¡Los vegetales crujientes son buenos para los dientes!



Actividad Física

El equilibrio es una habilidad importante para los niños en edad preescolar mientras aprenden a controlar sus cuerpos. El equilibrio ayuda a los niños a mejorar el movimiento físico, como las habilidades motoras finas y gruesas, crea una buena postura y ayuda a evitar lesiones. ¡Esta actividad ayudará a su hijo(a) a practicar el equilibrio mientras se divierte!

- Use una bolsa de cuentas, un juguete suave, una mascada o un calcetín para su hijo.
- Practique equilibrando el objeto en diferentes partes del cuerpo: hombro, rodilla, codo, pie.
- Ponga música como Bean Bag Rock, que puede encontrar en YouTube. Esta canción utiliza la bolsa de cuentas, identificando partes del cuerpo, y siguiendo direcciones.

<https://www.youtube.com/watch?v=lsh2YYg7onE> (Canción en Inglés)



Comer frutas y verduras crujientes puede ayudar a limpiar los dientes de los "bichos del azúcar" que causan caries. ¿Sabía que deberíamos comer una fruta o verdura en cada comida y merienda, para un total de cinco porciones al día?

El sitio web Eat Better Together tiene muchos consejos para disfrutar de las frutas y verduras favoritas.

Para deliciosas ideas de bocadillos, vaya a la sección Parejas Perfectas en <https://eatbettertogetherco.com/tips> o escaneé este código QR.

