

Toddler 18-36 Months

Healthy Teeth

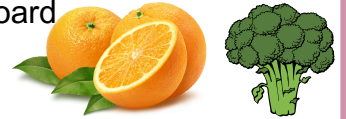
Nutrition Objective

This lesson helps children recognize foods as part of the fruit and vegetable food groups on MyPlate. Children taste crunchy vegetables and infused water as they explore these as options for keeping teeth clean, strong, and healthy.

Materials and Ingredients

navel orange
broccoli florets
water pitcher

teacher knife and cutting board
serving containers
paper plates
toddler knives



Food Preparation (according to CACFP guidelines)

Before preparing the foods, show them whole to the children.

- Wash and cut broccoli into appropriate sizes for children to eat safely. Place into a serving container.
- With peel on wash orange and slice into wedges.
- Place orange wedges into water pitcher and fill with fresh water.



Lesson Introduction

Read and discuss: *Brush, Brush, Brush*, a Rookie Reader by Scholastic.

- Demonstrate the motions described on each page as you read the text.
- Review with children proper brushing techniques.
- Explain that children should brush their teeth "morning and night", "up and down", and "left and right".
- Children explain why they should brush their teeth: to keep them healthy, strong, and white!

TSGOLD: 8a, 9a, 9b, 9d, 10a, 11a, 12a, 17a, 18a, 37, 38

Lesson Process

- Everyone washes their hands.
- Introduce and discuss the ingredients for today's recipe. Show children the broccoli and discuss its color and shape. (Green, looks like small trees, bumpy, etc.)
- Show the orange and discuss its color and shape. (Round, orange, smooth, etc.)
- Demonstrate cutting up the orange and broccoli.
- Serve children broccoli and give them time to taste and comment on the flavors, colors, and shapes. (Fuzzy, crunchy, sweet, juicy, green, orange, etc.)
- Show children the orange wedges in the water and discuss how water can help keep teeth healthy and strong.
- Serve children infused water. Discuss the taste and have them share other fruits or veggies they would like to try in water.

TSGOLD: 1c, 2c, 7a, 8a, 8b, 11a, 37, 38

Lesson Extension

Materials: laminated teeth sheet, 1 soft toothbrush, 1 dry-erase marker (all included in delivery)

- Make marks on the teeth with the dry-erase marker to represent food.
- Children take turns practicing "brushing" their teeth by cleaning the page with the toothbrush.
- Make connections to the book by reminding children to brush "up and down" and "left and right".

TSGOLD: 9, 10a, 11a, 12

Physical Activity

Skills: dancing and balance

Materials: bean bags

- Give each student a bean bag.
- Scan the QR code for the *Bean Bag Rock* song and students follow along with the song to balance the bean bag on different parts of their body

TSGOLD: 4, 5, 6



School to Home

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

For additional activities, songs and information, visit
<https://colosph.cuanschultz.edu/school-wellness>



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