



Question of the Day: Why are crunchy fruits and vegetables good for our teeth?

Theme: Crunchy fruits and vegetables help get rid of “sugar bugs” on our teeth, and keep us from getting cavities!

Social-Emotional



- **Smile:** Encourage children to smile and show their pearly white teeth. Discuss how smiling is kind and friendly.
- **Lost Teeth:** Ask children if they have lost any teeth and what they did with their lost teeth. Ask children about their experiences at the dentist.

Cognitive



- **Science:** Explore how and why “sugar bugs” can cause small holes in their teeth called “cavities.” Eating crunchy fruits and vegetables will help keep children from getting cavities. It is important to keep their teeth healthy.
- **Math:** Teach children how many teeth animals have versus humans. Compare the differences. Have children count the number of teeth they have in their mouth.

Language & Literacy



- **Read a Book About Teeth:** As you read, discuss how fruits and veggies are healthy for many different reasons. One reason is it keeps their teeth from developing cavities.
- **Expression:** Ask children to describe their own toothbrushes and any routines they have in their home about when/how they brush their teeth.

Physical Activity



- **Play Follow the Leader:** Use crepe paper to create streamers for children in your classroom. Play fun music, wave your streamers, and take turns being the leader who will show everyone their favorite dance movements. Playing a follow-the-leader game helps children build cooperative play skills used when leading or following a playmate or caregiver. Read p. 97-98 in your *Encouraging Physical Activity in Preschoolers* book for more information about playing follow-the-leader games.

For additional activities, songs & information, visit cowpprogram.com

Healthy Teeth - Lesson Process

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Materials and Ingredients:

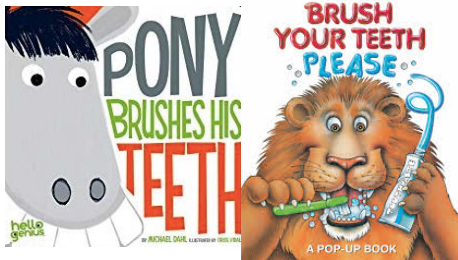
- Book *Pony Brushes His Teeth* by Michael Dahl or *Brush Your Teeth Please* by Leslie McGuire
- 1 Bag baby carrots
- 1 Bag snap peas
- 2 Yellow peppers
- Paper plates

Preparation:



- **Ahead of time, make a paper plate “mouth” as an example to show the children: Fold a small paper plate in half. The ridges on the paper plate will represent the upper and lower teeth. To create the “teeth”, open the plate and fold the ridges of the top half of the plate toward the center fold. Do the same with the bottom half. Draw a red tongue on the plate behind the bottom teeth. Have fun with decorating a face as well!
- Everyone wash hands with soap and water.
- Rinse all veggies.
- Cut peppers into chunks in advance so that they are easy for children to cut.
- Put vegetables in serving containers for children to pass and serve themselves.

Introduce Lesson to Children:



- Read the book provided by COWP.
- Ask: *Why are crunchy fruits and vegetables good for our teeth?*
- Ask children what they know about keeping their teeth clean and healthy. Discuss foods that are **good** and **not good** for their teeth.
- Model for children how to properly brush their teeth, emphasizing brushing up, down, and in circles.

Lesson Process:



- Display your paper plate veggie mouth and have children create their own.
- Have children wash their hands.
- Children assist in washing the veggies.
- Instruct children to pass and serve themselves the vegetables.
- Pass out knives for children to slice their peppers into smaller pieces.
- Sit together, taste and enjoy!

Family Letters:

- Send the family letters home to let parents know about the fun activity shared in class.

