

Healthy Teeth

Question of the Day

Why are crunchy vegetables good for your teeth?

Materials

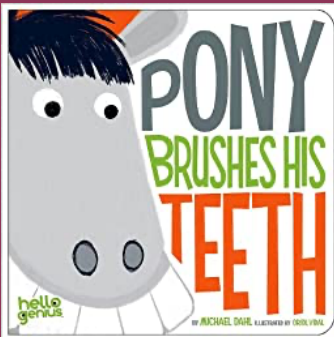
1 Bag cauliflower
1 Bag snap peas
2 Yellow peppers
Chef knife (adult use only)

Cutting board
Serving containers
Paper plates
Plastic knives



Food Preparation

- Wash yellow peppers, cauliflower and snap peas.
- Cut yellow peppers into thin strips and cut cauliflower into large pieces; put each vegetable in its own serving container.



Lesson Process

- Read the book *Pony Brushes His Teeth* with the children.
- Have all children and adults wash their hands (scrub for at least 20 seconds).
- Show children the vegetables that will be used for today's recipe.
- Encourage children to serve themselves the yellow peppers, cauliflower and snap peas.
- Allow children to cut the yellow pepper, cauliflower and snap peas into smaller pieces.
- Share with children that crunchy vegetables can help remove the sugar bugs on teeth caused by sugary foods and drinks such as candy, soda, ice cream, etc.
- Sit and enjoy the vegetables with the children.
- TSGOLD: 1c, 7a, 8b, 11a, 18a, 37

Extension Activity: Water Table

- Put many different kinds and sizes of brushes in a water table.
- Add some toys and objects of different shapes and sizes.
- Children can discover which brushes work best on which objects. For example: The big brush works better for the big toys.
- TSGOLD: 2c, 7a, 11a, 11c, 11d, 11e, 12b, 22

Extension Activity: Art Model Mouth

You will need:

- Pink and red construction paper
- Small piece of sponge shaped like a tooth
- White paint
- Scissors
- Cut the pink paper into a large oval (this is the mouth). Fold the oval. Have children cut a tongue shape out of the red paper and glue on the fold. Then children will use the white paint to stamp teeth around the oval.
- TSGOLD: 7a, 7b, 8a, 8b, 11a, 11b, 11d, 37

School to Home

- Please send home the family letters to let parents know about the fun activities shared in their child's classroom!

Physical Activity

Bean Bag Rock

- Each child will use their own bean bag to practice balancing it on different body parts.
- Have children take turns calling out body parts. Everyone will attempt to balance their bean bag on the identified body part.
- Add some music and movement to the activity by playing “Bean Bag Rock” that can be found on iTunes or Youtube. This song incorporates the bean bags, identifying body parts and following directions.
- TSGOLD: 2c, 7a, 8a, 8b, 11a, 11d, 12a, 12b, 35, 37

Music and Movement

- Find song #3, “Row Row Row Your Boat”, on the *COWP Happy and Healthy* CD.
- Spread children out around the room or outdoor space.
- Explain to children that we are going to listen to the music and follow along.
- Start the music and join the children by modeling the different moves and directions.
- TSGOLD: 2c, 5, 6, 7a, 8b, 11a, 11b, 11e, 14b, 35, 37

Workplace Wellness

Did you know?

Your body is made up of 60-75% water.

Your body needs water to:

- Properly digest food and absorb nutrients
- Maintain energy
- Regulate the body’s cooling system

It’s important to pay attention to signs of dehydration:

- Dry mouth or skin, dark urine, muscle cramps, swollen fingers, sleepiness, or lack of energy

Try Something New

Start by making small changes. Here are some ideas:

- Drink a glass of water first thing in the morning
- Drink a glass of water at meal and snack times
- Carry a water bottle with you
- Try Infused water by adding fruit or herbs

COWP’s Water Consumption Challenge can help hold you accountable to making new changes alongside your coworkers.

Resources

- [Water](#) Consumption Challenge document
- Water video: <https://www.youtube.com/watch?v=hgrfFgk9wyY>

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

Healthy Teeth Lesson

Learning Objectives/Outcomes

- Children will be able to actively participate and listen to the book.
- Children will be able to identify what crunchy vegetables are good for their teeth.
- Children will be able to demonstrate various fine-motor and gross-motor skills.

Nutrition Education

Materials

- Cutting board
- Knife (adult use only)
- Serving containers
- Plastic knives
- Paper plates



Recipe Prep

- Wash yellow peppers, cauliflower and snap peas.
- Cut yellow peppers into thin strips and put each vegetable in its own serving container.

Recipe Process

- Have all children and adults wash their hands (scrub for at least 20 seconds).
- Show children today's lesson ingredients.
- Have children serve themselves the yellow peppers, cauliflower and snap peas.
- Instruct children to cut the yellow peppers, cauliflower and snap peas into smaller pieces. *The whole pea pod is edible.
- Explain to children that crunchy vegetables can help remove the sugar bugs on teeth caused by sugary foods and drinks such as candy, soda, ice cream, etc.
- Sit and enjoy the vegetables with the children! Discuss textures and flavors: "These peppers are crunchy and sweet." "The cauliflower is crumbly." "There are tiny peas inside the pod."

Extension Questions

- What other vegetables are crunchy?
- What else can you do to keep your teeth healthy?
- Why is it important to take care of your teeth?

TS GOLD Standards

Social-Emotional- 1c, 2c

Physical- 7a

Language- 8a, 8b, 9a, 9b, 10a, 10b

Cognitive- 11a, 11b, 11c, 12a, 12b,

English Language Acquisition 37, 38

Physical Activity

Materials

- Bean bags
- COWP *Happy and Healthy* CD

Activity Process

With Equipment

- Each child will use their own bean bag to practice balancing it on different body parts.
- Have children take turns calling out body parts. Everyone will attempt to balance their bean bag on the identified body part.
- Add some music and movement to the activity by playing “Bean Bag Rock” that can be found on iTunes or Youtube. This song incorporates the beans bags, identifying body parts and following directions.

Without Equipment

- Play song #3, “Row Row Row Your Boat”, on the COWP *Happy and Healthy* CD.
- Spread children out around the room or outdoor space.
- Explain to children that we will listen to the music and follow along.
- Start the music and join the children by modeling the different moves and directions.

TS GOLD Standards

Social-Emotional- 2c

Physical- 4, 5, 6, 7a

Language- 8a, 8b

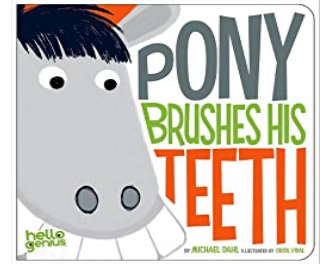
Cognitive- 11a, 11b, 11e

The Arts- 35

English Language Acquisition- 37

Literacy

- Read the book, *Pony Brushes His Teeth* by Michael Dahl or *Brush Your Teeth Please* by Leslie McGuire.
- Ask the children the nutrition question of the day: “Why are crunchy vegetables good for your teeth?” Allow time for discussion.
- Ask children additional follow up questions:
 - When should you brush your teeth?
 - What crunchy vegetables do you eat at home?
 - How many times a day do you brush your teeth?



TS Gold standards

Language- 8a, 9a, 9b, 9d, 10a, 10b

Cognitive- 11a, 11e, 12a, 12b

Literacy- 17a, 18a

English Language Acquisition-37, 38

Reminders

- Adjust the activities to best fit your weekly schedule.
- Send family letters home to all families by the end of the delivery week.
- When you have completed the lesson, record it on your classroom COWP log.
- Reach out to your COWP contact with any questions or feedback.

STANDARDS REINFORCED

Photocopy this form and save for your records

Lesson Name: Healthy Teeth

Date lesson conducted: _____

Lesson conducted by: _____

Learning Objective/Outcomes

- Children will be able to actively participate and listen to the book.
- Children will be able to identify what crunchy vegetables are good for their teeth.
- Children will be able to demonstrate various fine-motor and gross-motor skills.

REINFORCING TEACHING STRATEGIES GOLD (TSGOLD) OBJECTIVES FOR DEVELOPMENT AND LEARNING.

Social-Emotional

1. Regulates own emotions and behaviors
 - c. Takes care of own needs appropriately
2. Establishes and sustains positive relationships
 - c. Interacts with peers

Physical

4. Demonstrates traveling skills
5. Demonstrates balancing skills
6. Demonstrates gross-motor manipulative skills
7. Demonstrates fine-motor strength and coordination
 - a. Uses fingers and hands

Language

8. Listens to and understands increasingly complex language
 - c. Comprehends language
 - b. Follows directions
9. Uses language to express thoughts and needs
 - a. Uses an expanding expressive vocabulary
 - b. Speaks clearly
 - d. Tells about another time or place
10. Uses appropriate conversational and other communication skills
 - a. Engages in conversations
 - b. Uses social rules of language

Cognitive

11. Demonstrates positive approaches to learning
 - a. Attends and engages
 - b. Persists
 - d. Shows curiosity and motivation
 - e. Shows flexibility and inventiveness in thinking
12. Remembers and connects experiences
 - a. Recognizes and recalls
 - b. Makes connections

Literacy

17. Demonstrates knowledge of print and its uses
 - a. Uses and appreciates books
18. Comprehends and responds to books and other texts
 - a. Interacts during read-alouds and book conversations

The Arts

35: Explores dance and movement concepts

English Language Acquisition

37. Demonstrates progress in listening to and understanding English
38. Demonstrates progress in speaking English

REINFORCING HEAD START / EARLY LEARNING OUTCOMES FRAMEWORK

Domain: Perceptual, Motor, and Physical Development

- Sub-Domain: Fine Motor
- Sub-Domain: Health Safety and Nutrition

Domain: Language and Communication

- Sub-Domain: Attending and Understanding
- Sub-Domain: Communicating and Speaking
- Sub-Domain: Vocabulary

Domain: Literacy

- Sub-Domain: Comprehension and Text Structure

Domain: Approaches to Learning

- Sub-Domain: Emotional and Behavioral Self-Regulation
- Sub-Domain: Cognitive Self-Regulation (Executive Functioning)
- Sub-Domain: Initiative and Curiosity
- Sub-Domain: Creativity

Domain: Social and Emotional Development

- Sub-Domain: Relationships with Adults
- Sub-Domain: Relationships with Other Children
- Sub-Domain: Emotional Functioning
- Sub-Domain: Sense of Identity and Belonging

REINFORCING COLORADO ACADEMIC STANDARDS

Comprehensive Health

- CH.P.2.1 Distinguish between healthy and unhealthy foods.
- CH.P.2.2 Develop self-management skills and personal hygiene skills to promote healthy habits.
- CH.P.3.1 Children develop healthy relationships and interactions with adults and peers.
- CH.P.4.1 Identify ways to be safe while at play.

Dance

- DA.P.1.1 Demonstrate simple phrases of movement safely in time and space.

Music

- MU.P.1.2 Respond to rhythmic patterns and elements of music using expressive movement.

Physical Activity

- PE.P.1.1 Travel in a variety of directions using basic locomotor skills and demonstrate understanding of personal and general space.
- PE.P.2.1 Recognize the positive feelings experienced during and after physical activity.
- PE.P.3.1 Demonstrate understanding of positive social interaction with teachers and peers.
- PE.P.4.1 Understand basic safety rules and principles.

Reading, Writing and Communicating

- RW.P.1.1 Children comprehend and understand the English language (Receptive Language).
- RW.P.1.2 Children use language to convey thoughts and feelings (Expressive Language).
- RW.P.2.1 Children understand and obtain meaning from stories and information from books and other texts.

Family Letter

Healthy Teeth



Healthy Teeth

Did you know that crunchy vegetables such as bell peppers, cauliflower, or broccoli can help get rid of sugar bugs, or plaque on our teeth? Try the recipe below with your family and talk about the importance of healthy teeth.

Recipe

Nutrition Facts	
12 servings per container	
Serving size	(14g)
Amount Per Serving	
Calories	30
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 30mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	4%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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 Dill weed

Directions:

1. Everyone washes their hands
2. In a medium-sized bowl, combine yogurt, pepper, garlic powder, dried onion, dried parsley, salt, and dill (if used). Beat until smooth
3. Chill dip in the refrigerator until ready to serve
Serve with raw vegetables



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>



Having trouble deciding what to eat for dinner or a snack? Use the recipe finder on the Eat Better Together website. Filter by sweet, savory, spicy, meal type, or prep time.

Visit <https://eatbettertogetherco.com/recipe-finder> for recipes the whole family will love.

Carta Familiar

Dientes Saludables



Dientes Saludables

¿Sabía que las verduras crujientes como los pimientos, la coliflor o el brócoli pueden ayudar a eliminar los bichos de azúcar o la placa en los dientes? Pruebe la esta receta con su familia y hable sobre la importancia de los dientes sanos.

Receta

Nutrition Facts	
12 servings per container	
Serving size	(14g)
Amount Per Serving	
Calories	30
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 30mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Aderezo de Vegetales Cremoso

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

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 (si se utiliza). Bata hasta que la mezcla esté suave
3. Refrigere hasta que esté listo para servir.
Sirva con verduras crudas



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



¿No puede decidir que preparar para cenar o para un aperitivo? Utilice el buscador de recetas en el sitio de internet Eat Better Together. Busque por dulce, salado, picante, tipo de comida, o tiempo de preparación.

Visite <https://eatbettertogetherco.com/recipe-finder> para encontrar recetas que toda la familia disfrutará.