

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 & Ingredients

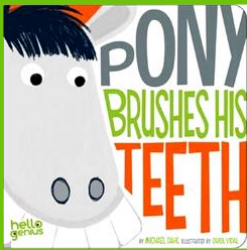
oranges	serving containers
snap peas	teacher knife
paper plates	cutting board
small cups	tongs or serving spoons



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 veggies 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? (*Celery, carrots, peapods, cauliflower, etc.*)
- 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

For additional activities, songs & information, visit
<https://coloradosph.cuanschutz.edu/school-wellness>

