

Truth about the Tooth

5th Grade

Nutrition Objectives:

- Students will learn how to take good care of their teeth.
- Students will learn the correct way to brush their teeth.
- Students will learn how to floss their teeth.
- Students will learn that calcium-rich foods are beneficial to their teeth.
- Students will learn they need **3-A-Day** of Dairy for strong bones and teeth.

Colorado Content Standards	Application of Standard
<p>Science Standard 3: Life Science: Students know and understand the characteristics and structure of living things, the processes of life, and how living things interact with each other and their environment.</p>	<p>Students will:</p> <ul style="list-style-type: none"> ▪ Students will identify the foods that help maintain healthy teeth (foods from the Milk Group); ▪ learn the correct way to brush and floss their teeth to prevent tooth decay; ▪ write a letter home describing how to take good care of their teeth.
<p>Literacy Standard 1: Students read and understand a variety of materials.</p>	<p>Students will:</p> <ul style="list-style-type: none"> ▪ read a text “Truth about the Tooth” and understand the message that calcium-rich foods and dental care can ensure strong teeth and bones.
<p>Literacy Standard 2: Students write and speak for a variety of purposes and audiences. Students will:</p>	<p>Students will:</p> <ul style="list-style-type: none"> ▪ write a letter home describing how to take good care of their teeth.

WHAT TEACHERS NEED TO KNOW

-
Refer to the *Dental Health and Calcium* information document.

MATERIALS, INGREDIENTS and TEACHER PREPARATION

Equipment and Ingredients	Teacher Preparation	Food Preparation
<ul style="list-style-type: none"> ▪ large mixing bowl ▪ apple corer ▪ cutting board (teacher only) ▪ chef knife (teacher only) ▪ serving spoon ▪ 10 oz cups* ▪ small paper plates* ▪ napkins* ▪ paper towels* ▪ serving spoon plastic gloves (2 per student) ▪ dental floss ▪ toothbrushes ▪ ▪ 1 gallon 1% low-fat milk ▪ 3 lb. bag of apples (8 apples minimum) ▪ 26 oz. jar peanut butter 	<ul style="list-style-type: none"> ▪ MyPyramid poster ▪ text copies* ▪ activity sheet(s) copies* ▪ transparencies (optional) 	<ul style="list-style-type: none"> ▪ Cut each apple into quarters or one piece per student. (If using apple corer, place apples on cutting board for proper cutting, and provide each student with 2 slices of apple.) Put in large bowl and have ready to pass out. ▪ Have milk ready to pour into cups. Important: Keep milk in the refrigerator until ready to serve. ▪ Have cups, paper plates and napkins ready to pass out for the apple-peanut butter dip. Have serving spoon ready to pass out peanut butter.

*one per student

SET-UP

*****This lesson contains peanut butter. If any students have a peanut allergy, make sure they are not exposed to any peanuts or peanut butter.*****

Work area:

- Students will work in pairs for the peanut butter flossing experiment.
- Have toothbrushes ready to hand out.
- Have nutrition table ready with lesson materials and ingredients.

Other-prep:

- Have peanut butter, plastic gloves, floss and serving spoon ready for the flossing activity.
- **Important:** The peanut butter will also be used for the apple-peanut butter dip, so use it sparingly for the flossing activity.
- If using transparency, have overhead projector ready to use.

INTRODUCTION WITH STUDENTS

- **“Today we are going to discuss how to take good care of our teeth. What do you already know about taking good care of your teeth?”** (brushing, flossing, eating well and visiting the dentist).

Important: Remind students that eating sticky candy and other sweets, and drinking sodas are actually bad for their teeth and can cause cavities. Remind students to brush their teeth after eating sugar-containing foods.

- **“One way to help our teeth stay healthy is to drink milk. Milk contains mineral called calcium, and that calcium helps our bones and our teeth grow strong. Can you locate milk on the MyPyramid poster? What other foods belong to this food group?”** (cheese and yogurt) **“Most foods made with milk also contain calcium and are good for our bones and teeth.”**
- **“Students your age need about three cups of milk or three Milk Group foods every day. We say get your 3-A-Day of Dairy. Name ways that you can get calcium in your diet at breakfast** (a glass of milk, milk in cereal, etc.), **and at lunch time”** (a glass of milk, cheese, yogurt, etc.).

Encourage students to drink milk with their breakfast and with their lunch in the lunchroom. Chocolate and strawberry milk also provide calcium.

Remind students that other ways to keep our teeth healthy are to brush our teeth at least twice a day and also floss once a day. Ask students what they know about brushing and flossing.

Pass out the text "Truth about the Tooth", and read it together as a class. Make sure the students understand the text by stopping periodically to ask questions.

Nutrition Behavior Focus

Tell students what healthy behavior you want them to practice outside of the classroom.

“Drink milk every day as part of 3 A Day of dairy.”

PROCESS

- Step 1: Give each student a toothbrush.
Important: Make sure students keep the plastic cover on their toothbrushes to keep them clean until they get home and **do not** actually stick them in their mouths. Demonstrate how to brush your teeth as explained in the text by pretend-brushing on the outside of your mouth. Tell students that you are all going to practice pretend-brushing your teeth for **two minutes**. Time the students as they brush.
- Step 2: **“We are going to do a fun activity to practice flossing.”** Demonstrate how to wrap dental floss around one finger on each hand and explain how this would be used to floss between the teeth.
- Step 3: Ask for a student volunteer. Have him put a glove on and place a small amount of peanut butter between his fingers. Demonstrate how to floss between the fingers. The fingers represent their teeth and the floss should remove some of the peanut butter, as it would remove food particles between the teeth.
Important: Show students how to glob the peanut butter between the fingers and not smear it all over their gloved hand. The second glove is to help the student glob the peanut butter between the fingers.
- Step 4: Pair students. Each pair of students will need four gloves, 2 lines of dental floss and a scoop of peanut butter. Have students practice flossing. Have students take turns flossing. Pass out the peanut butter as needed.
- Step 4: Have students clean up from the flossing activity. Tell the students that they are now going to make a snack that is good for their bodies and their teeth.
- Step 5: Have students wash their hands with soap and warm water.
- Step 6: Pass out a napkin, paper plate and a piece of apple to each student. Give each student a spoon of peanut butter. Pass out cups and milk. Have them start eating their apple-peanut butter dip along with milk.
- Step 7: Remind students that drinking milk and eating foods such as cheese and yogurt help them get their **3-A-Day** of Dairy for strong bones and teeth!
- Step 8: Pass out the activity sheets to each student. Have students refer to their “Truth about the Tooth” text to help them write a letter home to their family describing what they have learned about keeping their teeth healthy (eat **3-A-Day** of Dairy, brush and floss daily and visit the dentist).

Step 9: Remind students to take home their toothbrushes and letters, and share them with their families.

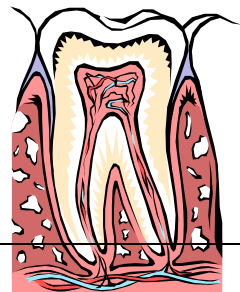
Step 10: Clean up and Happy Smiling!

Make it Happen!

Help students personalize ways they can drink milk every day as part of 3 A Day of dairy.

“Drinking milk is good for your teeth and bones. Soda caused cavities and is not good for us. What are some ways you can substitute milk for soda in your diet? Can you drink milk in the lunchroom? Healthy clean white teeth are attractive. Remember to brush and drink milk every day.”

Truth about the Tooth



Our teeth are important and we need to take good care of them. Without our teeth we would not be able to chew our food into small pieces in order to swallow it.

Our teeth are made of **enamel**, **dentin** and **pulp**. Enamel is what covers our teeth. It is the hardest substance in our bodies. Underneath the enamel is a softer matter called dentin and underneath that is the pulp. Pulp is full of blood vessels, which bring the **calcium** we get from the food we eat (milk, cheese, yogurt) to our teeth to keep them healthy.

Tooth decay starts with **plaque**. Plaque is a slimy film that sticks to and damages our teeth. It is made when it is combined with saliva, little pieces of food and bacteria. The bacteria in plaque produces an acid that eats away at the tooth enamel and makes a little hole in the tooth called a **cavity**.

To prevent cavities you need to brush your teeth twice a day. By brushing your teeth you get rid of the bacteria that can cause plaque.

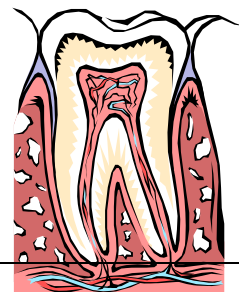
- To brush well move your toothbrush up and down and make little circles on your tooth and gum area. Make sure to brush all the surfaces of your teeth as well as your gums. You should also brush your tongue. Remember to spend at least 2 minutes brushing your teeth twice a day. Also make sure to brush after eating sticky sweet foods like candy.

Another way to keep your teeth healthy is to floss every day. By flossing your teeth once each day you can remove the small pieces of food from between your teeth.

- Take a piece of dental floss and wrap each end around two fingers from each hand. Guide the dental floss carefully between each tooth in your mouth. You may need to look in the mirror. This will help you see the spaces between each tooth. Flossing every day helps keep your teeth healthy.

***Eating well also keeps our teeth healthy.
Eat 3-A-Day of Dairy, 3 servings from the Milk group every day!
And don't forget to visit the dentist regularly.***

La verdad acerca de los dientes



Nuestros dientes son importantes y necesitamos cuidarlos muy bien. Sin ellos no podríamos masticar nuestra comida en pequeñas piezas y poderlas tragar.

Nuestros dientes están compuestos por el **esmalte, el marfil y la pulpa**. El esmalte es lo que cubre el diente. Esta es la sustancia más dura en nuestro cuerpo. Debajo del esmalte se encuentra una parte más suave que se llama el marfil y debajo de éste se encuentra la pulpa. La pulpa está llena de vasos sanguíneos que acarrean a nuestros dientes el calcio que obtenemos de la comida que consumimos para mantenerlos saludables.

Las caries en los dientes empiezan con el sarro. El sarro es una tela delgada que se pega y daña nuestros dientes. Se crea cuando se combinan con la saliva, pequeñas piezas de comida y bacteria. La bacteria produce un ácido que consume el esmalte del diente y le hace un pequeño hueco en el diente que se llama **caries**.

Para prevenir las caries, necesita cepillar los dientes dos veces al día. Al hacerlo, se deshace de la bacteria que le causa el sarro.

- Para cepillar bien, mueva el cepillo de dientes hacia arriba y abajo haciéndolo en círculos pequeños en el diente y en el área de la encía. Asegúrese de cepillar toda la superficie de sus dientes, así como las encías. También debe de cepillarse la lengua. Recuerde utilizar por lo menos 2 minutos para el cepillado de sus dientes dos veces al día. Igualmente, asegúrese de cepillar los dientes después de comer comida dulce y pegajosa como el dulce.

Otra forma de mantener sus dientes saludables es usar el hilo dental todos los días. Al hacerlo una vez al día, puede remover las piezas pequeñas de comida de entre sus dientes.

- Corte un pedazo de hilo dental y enrede el extremo de cada lado en dos dedos, un dedo de cada mano. Colóquelo con cuidado en medio de cada uno de los dientes en la boca. Tal vez tenga que usar un espejo. Esto le ayudará a ver los espacios de enmedio de sus dientes. Usar el hilo dental diariamente le ayudará a mantener sus dientes saludables.

**¡Comer bien también le ayuda a mantener sus dientes saludables!
Coma muchas frutas y verduras y tome mucha leche y agua.
Y no olvide visitar al dentista con frecuencia.**

