



**Food Education Standard #6:** We can make positive and informed food choices.

## Healthy Teeth, Healthy Food

**Grade Levels & Subjects:** Early Childhood and K - 2 English Language Arts

### **Learning + Food Objectives:**

Students will learn how to choose foods that are beneficial for their teeth and oral health.

### **Common Core Standards:**

Common Core English Language Arts

Using drawings and writing to explain information

#### CCSS.ELA-LITERACY.SL.1.2

Ask and answer questions about key details in a text read aloud or information presented orally or through other media.

#### CCSS.ELA-LITERACY.SL.1.5

Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.



### MATERIALS NEEDED

- Student Worksheet (Attached below)
- Anchor chart/markers
- Tooth-Egg Experiment materials: 4 eggs, 4 clear cups, water, Mountain Dew, Cola, vinegar, toothbrush, toothpaste
- One of the following books (option to find it read aloud online)
  - *The Tooth Book* by Edward Miller
  - *Where the Sugar Bugs Live* by Carrie Wucinich
  - *Food for Healthy Teeth* by Helen Frost

## CLASSROOM PROCEDURE

### INTRODUCTION (10 minutes)

1. Before the lesson, prep and conduct the Tooth-Egg Experiment.
  - a. Obtain 4 clear cups and label them: water, Mountain dew, Cola, Vinegar.
  - b. Place 1 egg in each cup. Then, pour the liquids in each.
  - c. 1: fill with water
  - d. 2: fill with Mountain Dew
  - e. 3: fill with Cola
  - f. 4: fill with vinegar.
  - g. Have the eggs sit overnight or for two to three days for a heightened visual effect.
  - h. Finish the experiment with student volunteers during the class.
2. Explain that today's lessons will focus on how foods and beverages impact our teeth and what foods and beverages benefit teeth health.
3. Engage students in a discussion around these 2 questions:
  - a. Why are teeth important for us?
  - b. How do we take care of our teeth?
4. Then, explain that prior to class you set up for a Tooth-Egg experiment. The goal of the experiment is to see how different liquids might affect the egg (like how they might affect our teeth).
5. Have a few students predict what they think will happen to the egg dropped in each cup (written on an anchor chart/board to keep up during the experiment).

### INSTRUCTION (30 - 50 minutes)

1. Read one or more of these books. Consider using read aloud versions that may be available online:
  - a. *The Tooth Book* by Edward Miller
  - b. *Where the Sugar Bugs Live* by Carrie Wucinich
  - c. *Food for Healthy Teeth* by Helen Frost
2. Engage students in a discussion using 1 or more of these questions:
  - a. Why is it important to take care of your teeth?
  - b. Name 2 foods that are bad for your teeth.
  - c. Name 2 foods that are good for your teeth.
3. With students facing the experimentation area, direct their attention to the Tooth-Egg Experiment station.
4. Explain the steps you completed before class and point out how each cup is labeled for the different liquids.
5. Tell them that you'll need 6 - 8 volunteers to do the remaining steps of the experiment while the rest of the class observes the results (what happens to each egg).
6. Then, ask 2 student volunteers to use a spoon to take out the eggs while 2 other students put toothpaste on 1 - 2 toothbrushes.
7. Now, ask 2 new students to brush each egg with a toothbrush and toothpaste while the rest of the class observes (makes note of) what each substance does to each egg.
8. Explain that this is an example of how foods and beverages can affect teeth health if we do not brush our teeth daily.

9. Students can use the Tooth Egg Experiment section of the student worksheet, or the teacher can write the responses on big chart paper or digitally.

## CLOSING (10 minutes)

1. Point out the Healthy Teeth, Healthy Food Drawing Space in the student worksheet. Tell students that they should draw a picture of a smiling mouth (several teeth) or 1 tooth in the center of their drawing space.
2. Teachers should consider having tooth or smile outlines, so students won't have to draw the teeth. Then, write or draw 1 - 2 foods or beverages that are good for dental health.
3. *Optional* Food Sorting Activity to determine which foods are good for our teeth and which ones are bad. This activity can be adapted for digital use as well - with students dragging and dropping images into a designated document or program.

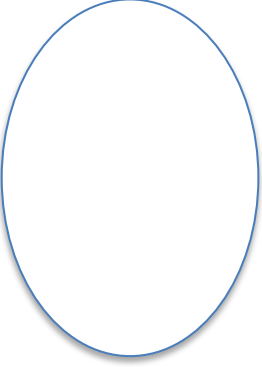
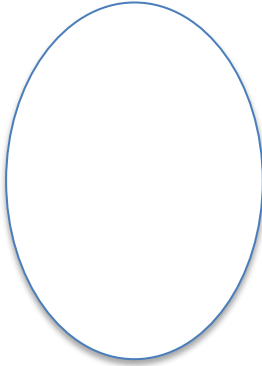
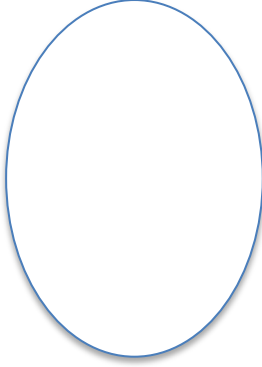
The student worksheet below can be printed or copied onto  
any online learning platform.



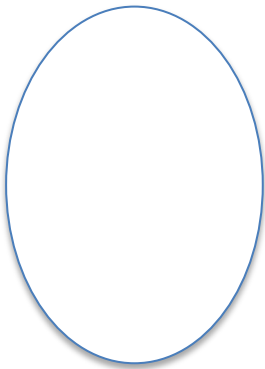
## Healthy Teeth, Healthy Food

### Tooth Egg Experiment

**Directions:** Draw what happens to each egg. Then, as your teacher reads each statement, copy the answer that goes on each line.

<b>WATER</b>	The water causes the egg to _____. 
<b>MOUNTAIN DEW</b>	The Mountain Dew causes the egg to _____. 
<b>COLA</b>	The cola beverage causes the egg to _____. 



VINEGAR	<p>The vinegar causes the egg to _____.</p> 
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## Closing

Directions: Draw a food and a drink that is good for your teeth below.

	
<p>Food</p> <p>One food that is good for my teeth is _____.</p>	<p>Drink</p> <p>One drink that is good for my teeth is _____.</p>

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## Optional/Sorting Things Out Activity

**Directions:** Cut/paste the pictures into the appropriate side of the chart. Sort based on whether that food is good or bad for your teeth (dental health).

Good Food for Your Teeth	Bad Food for Your Teeth



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