

# Lesson 3: Healthy Nutrition for Healthy Teeth

## 🔍 Overview:

Students will learn about the relationship between healthy nutrition and healthy teeth.

## ⌚ Time Needed:

45 minutes

## ">', Supplies:

- [Food Picture Activity](#)
  - » **Teacher Note:** please cut out food items before the activity.
  - » Tape
  - » [Healthy tooth template](#)
  - » [Unhealthy tooth template](#)
- [Video: Healthy Nutrition for Healthy Teeth](#)
- [Reading a Nutrition Label Activity Sheet](#)
- [Lesson 3 Caregiver Handout: Healthy Nutrition for Healthy Teeth](#)



## 📝 Review:

Review with students the key points from Lesson Two.

Ask students these questions. Answers are in parentheses.



What is plaque and how do we avoid it?

(slimy, sticky substance sticking to teeth, avoid by brushing and flossing)



What are cavities and how do we avoid them?

(tiny holes that form in tooth enamel, avoid by brushing and flossing and eating healthy foods)



What types of food are not good for our teeth? (sugary ones – candy, cookies, desserts, soda, etc.)

Now that you have learned about plaque and cavities and what causes them, let's learn about what foods protect our teeth!

## Indiana Standards:

(3-5: 1.1, 1.2, 1.4, 1.5, 2.1, 2.3, 2.4, 2.5, 2.6, 3.1, 3.2, 4.1, 4.2, 4.3, 4.4, 4.6, 5.1, 5.2, 5.3, 5.4, 5.5, 6.1, 6.2, 6.3, 7.1, 7.2, 8.1, 8.2)

## National Health Education Standards:

(1.5.1, 1.5.2, 1.5.3, 1.5.5, 1.5.6, 1.5.7, 2.5.1, 2.5.2, 2.5.4, 2.5.5, 2.5.6, 3.5.1, 3.5.3, 3.5.4, 3.5.5, 3.5.8, 4.5.1, 4.5.2, 4.5.3, 4.5.4, 4.5.6, 5.5.1, 5.5.2, 5.5.3, 5.5.4, 5.5.5, 5.5.6, 5.5.7, 6.5.1, 6.5.2, 6.5.3, 7.5.1, 7.5.2, 7.5.3)

## **Introduction:**

**Nutrition** is eating different types of nutrients that your body needs to protect your overall health.

**Nutrients** are the parts of food that give you energy and help you grow.

### **Ask Students**

- Ask students these questions to prepare them for the lesson. Answers are in parentheses.
- 1. What are the groups of foods your body needs? (*fruits, vegetables, dairy, protein, grains*)
- 2. Why do your teeth need healthy foods? (*tooth development, stronger enamel, prevents cavities*)
- 3. Raise your hand if you eat from all the food groups? (*students will raise their hand*)

### **Great job! Let's learn how nutrients help our teeth!**

It is important to have a variety of fruits, vegetables, dairy, and grains in your diet, or the food you eat regularly. These nutrients help keep our teeth healthy.



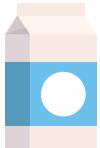
**Vegetables** strengthen tooth enamel and protect against gum disease and inflammation.

- » Examples: *carrots, celery, broccoli, etc.*
- » Crunchy vegetables such as carrots produce more saliva. Saliva helps wash away plaque and food particles.



**Fruits** help protect gum tissue and avoid infection. Fruits contain vitamin C, which helps fight off illnesses. Fruits also help with removing plaque and freshening breath.

- » Examples: *Apples, oranges, bananas, etc.*



**Dairy** strengthens teeth and tooth enamel. Dairy also fights off cavities and tooth decay. Choose low-sugar dairy options as added sugars in flavored milk or yogurt can harm your teeth.

- » Examples: *Milk, yogurt, cheese, etc.*



**Grains** keep your gums healthy and teeth strong. It also lowers the risk of gum infections.

- » Examples: *Rice, bread, oatmeal, etc.*



**Protein** creates a strong tooth structure and growth. It can also help fight off illnesses.

- » Examples: *Meat, beans, nuts, etc.*

### ⚡ Activity Time

To better understand what types of foods are good for your teeth, let's do the [Food Picture Activity](#).

1. Before the activity, cut out the food items and organize them into healthy food and sugary food piles for students to draw from. Students will draw one from each pile.
2. Explain the activity:
  - a. When each student has two food items, display the [healthy tooth](#) and [unhealthy tooth](#) templates.
  - b. Students will put their food items where they think they belong by taping the picture onto the tooth template they picked – explaining that healthy foods make a healthy tooth, and foods with sugar make an unhealthy tooth.
  - c. Give each student the opportunity to place their food items on the tooth templates.
3. After the activity, review each food item and move them around if needed.
4. Then, ask these review questions. Answers are in parentheses.
  - a. Why is it important to eat healthy foods?  
(stronger teeth and enamel, tooth growth)
  - b. Why should we eat foods with sugar sometimes and not all the time? (prevents cavities, tooth decay, tooth pain)

Now that we know what types of foods are good for our teeth, let's learn about what is inside food that keeps our teeth healthy!



### Ask Students

- Ask students these questions. Answers are in parentheses.
- 1. When you pick out a snack, how do you know what ingredients are in it? (*nutrition label*)
- 2. Where do you find nutrition labels? (*on the box, side or back of box*)

**Nutrition labels** are on packaged foods to show what nutrients and ingredients are in the food. The labels provide calories, fats, vitamins, proteins, and more.

Just like we learned, sugar can make your teeth unhealthy. It likes to attack our enamel and create cavities. Nutrition labels show how much sugar is in food and drinks. It's important to look at the amount of sugar in the foods we eat and drink. If you have food or drinks with a lot of sugar, it's important to brush and floss your teeth after 30 minutes.



Next, we will watch the video: [\*\*\*Healthy Nutrition for Healthy Teeth\*\*\*](#) to learn more about the six main nutrients we need that are found in foods we eat!

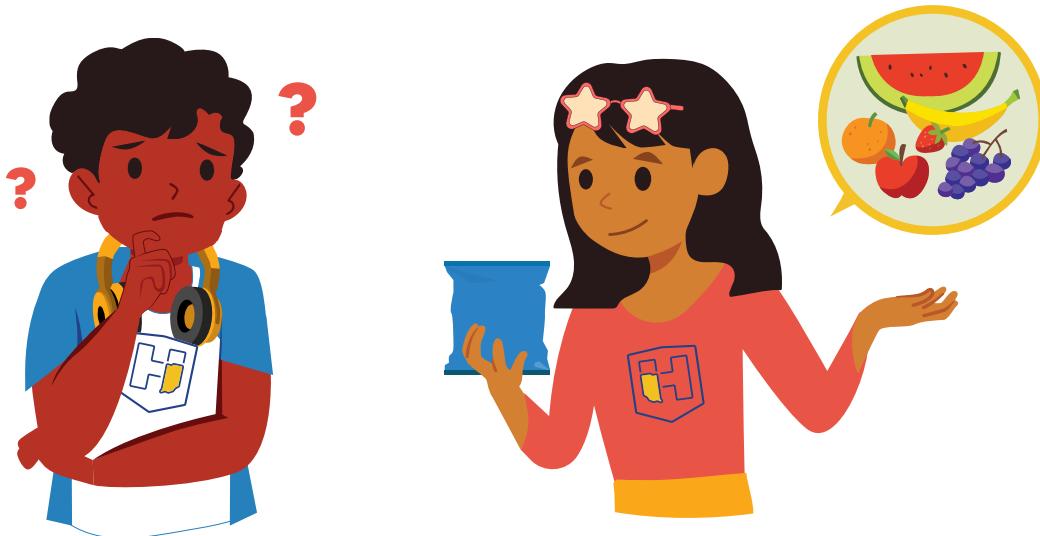


## ⚡ Activity Time

Now that we know where to find nutrients in food, let's practice reading a nutrition label!

Hand out the [\*\*Reading a Nutrition Label Activity Sheet\*\*](#).

1. Explain the activity to students.
  - a. Allow children to review the nutrition label and answer questions about the different types of nutrients that are in the food product.
2. After the activity, read each question and let students answer the questions.



### 📝 Prepare students for what's coming in Lesson Four!

- To prepare students for Lesson Four, ask these questions:
  1. How many of you use your teeth as tools to open things, rip things apart, hold things?  
*(students will raise their hands)*
  2. What are unhealthy dental habits? *(not brushing/flossing, eating sugary items, etc.)*
  3. Raise your hand if you have heard of smoking/vaping? *(students raise their hands)*
  4. What do you know about smoking/vaping? *(bad for you, causes coughing, bad for your teeth, etc.)*
- In Lesson Four, we will learn about the importance of healthy dental habits and identifying things that are healthy and unhealthy for our teeth!



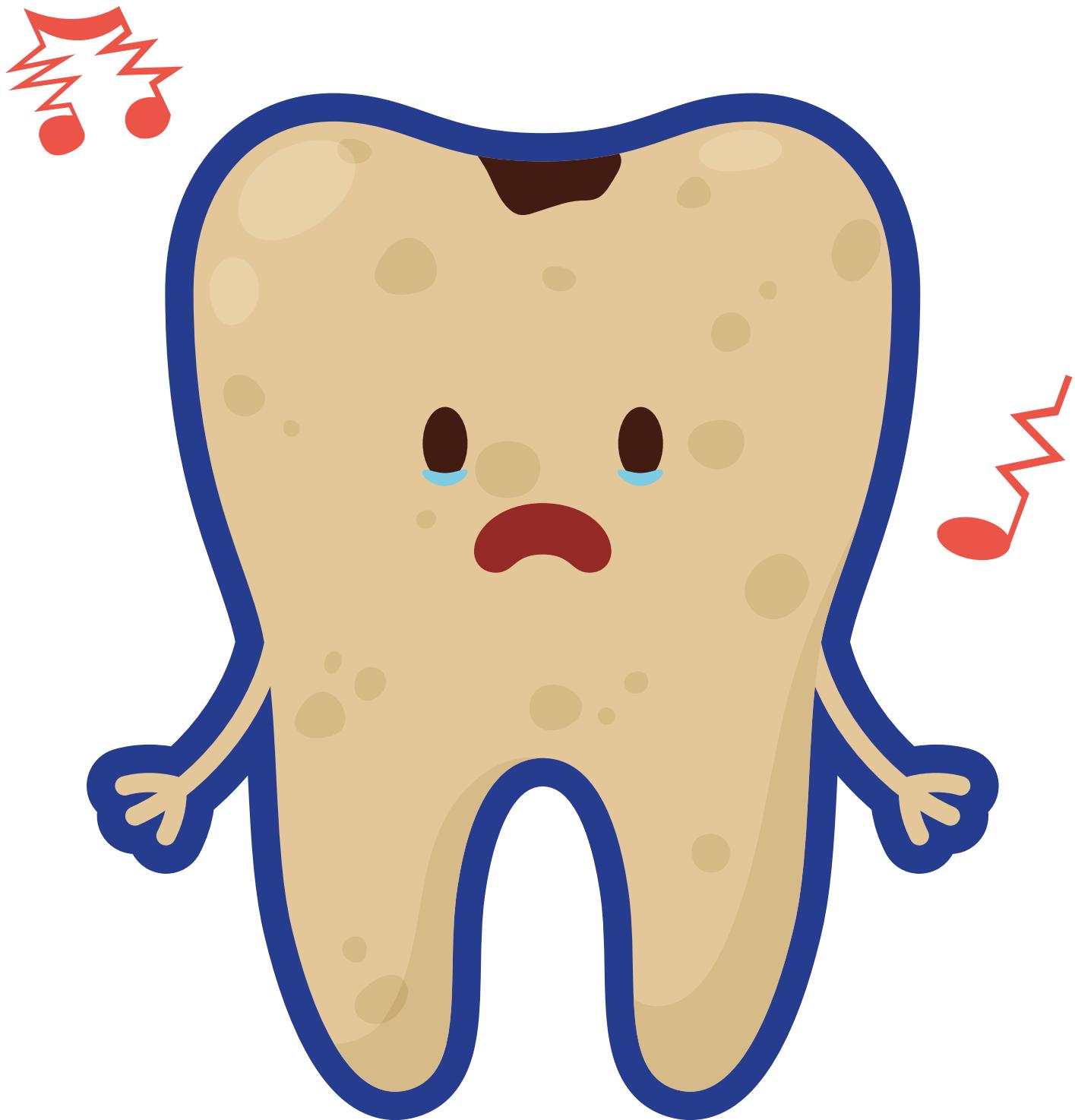
# Healthy Tooth Template

Instructions for this activity are on [page 12](#) and [page 16](#).



## Unhealthy Tooth Template

Instructions for this activity are on [page 12](#) and [page 16](#).



# Healthy Food Picture Activity Sheet

Instructions for this activity are on [page 16](#).



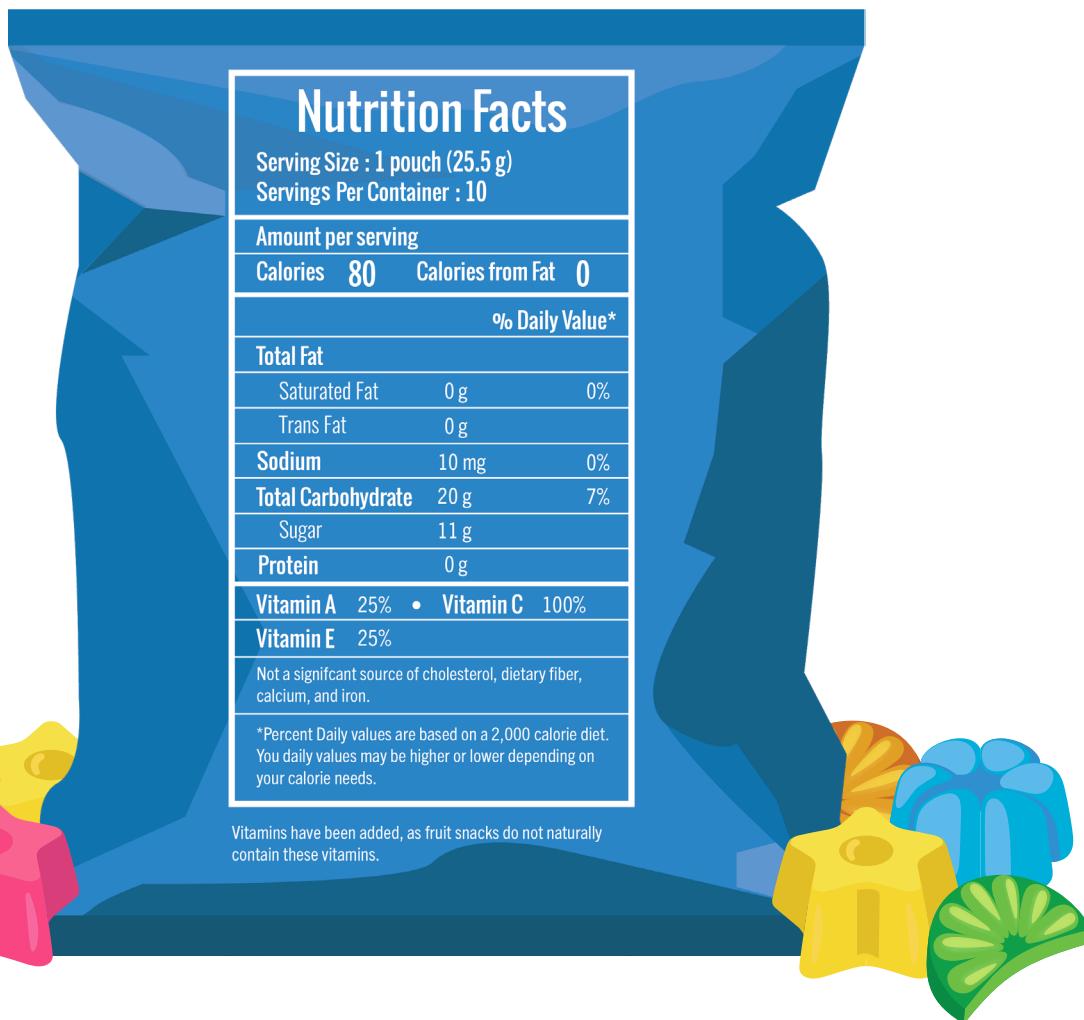
# Unhealthy Food Picture Activity Sheet

Instructions for this activity are on [page 16](#).



# Reading a Nutrition Label Activity Sheet

Instructions for this activity are on [page 18](#).



1. What is the serving size?  
\_\_\_\_\_
2. How much sodium is in this product?  
\_\_\_\_\_
3. How much protein is in this product?  
\_\_\_\_\_
4. How much fat is in this product?  
\_\_\_\_\_
5. How much sugar is in this product?  
\_\_\_\_\_
6. How many vitamins are in this product?  
\_\_\_\_\_
7. Food does not always have all the vitamins we need. They are added to make food better for us. Vitamins might be added to fruit snacks to help us grow strong. Do you think vitamins were added to these fruit snacks?  
\_\_\_\_\_