



DROP THE POP

HELPING STUDENTS MAKE HEALTHIER DRINK CHOICES

CLASSROOM ACTIVITIES TO SUPPORT THE *YUKON DROP THE POP CHALLENGE*.

LESSON #1: “Stay Away, Tooth Decay!”

GRADE LEVEL: K – 3

PRESCRIBED LEARNING OUTCOMES

Health and Career Education

Kindergarten	<i>C1 Identify practices that contribute to health, including healthy eating, regular physical activity, emotional health practices and disease prevention practices</i>
Grade 1	<i>C1 Identify practices that contribute to health, including healthy eating, regular physical activity, emotional health practices and disease prevention practices</i>
Grade 2	<i>C1 Describe practices that contribute to physical and emotional health (eg. regular physical activity, healthy eating, healthy relationships)</i>
Grade 3	<i>C1 Describe practices that contribute to physical and emotional health (eg. regular physical activity, healthy eating, talking to a trusted friend or adult when feeling sad or confused)</i>

OVERVIEW

In this activity, students will learn about the effect that drinking pop has on their teeth and the importance of maintaining good dental hygiene, including making healthy food and drink choices.

OBJECTIVES

1. Students will be able to recognize the negative effects of drinking pop on their teeth
2. Students will be able to identify foods that are healthy or unhealthy for their teeth

RESOURCES/MATERIALS

A book about the dentist or dental hygiene (*The Berenstain Bears Visit the Dentist* by Stan and Jan Berenstain is a good choice)

hard boiled eggs

spoons

cups

cola beverage

paper towels

toothbrushes and toothpaste

pencils

activity sheet (attached)

ASSESSMENT

- √ participation in class discussions
- √ activity sheet
- √ cooperative group work

INTRODUCTION

Have a class discussion about the dentist. Have any students ever been to the dentist? What do they know about what a dentist does?

Read the book, “The Berenstain Bears Visit the Dentist” (or any other book about the dentist you have selected) and have a discussion about it. What was their favourite part of the book? What happened to Sister Bear? Why do they think she got a cavity?

THE PLAN

1. Hold up a hard-boiled egg and tell students that it represents the way their teeth are now – nice and clean and white.
2. Hold up a can of soda and tell them that it represents foods that are bad for their health. Ask students what foods they think are good for their teeth (such as fruits and veggies, dairy products) and what foods are not as good for them (such as “junk food” and other foods that are high in sugar).
3. Organize students in small groups of 2 or 3 and provide each group with a hard boiled egg, a small cup of cola, a spoon and a paper towel. Instruct them to use the spoon to gently place the egg into the cup and then place the cup to the side and not play with it.
4. Distribute the activity sheet “Stay Away Tooth Decay” and instruct students to circle the foods that are good for their teeth (those who finish quickly could also colour the pictures on the sheet).
5. Review the activity sheet responses and then refer back to the eggs in the cups...
6. Have students use their spoon to gently remove their egg from the cup and place it on their paper towel. Ask them to make observations about how the egg looks different now. Why do they think it changed?
7. Distribute the toothbrushes and toothpaste to each group. Instruct the students to gently brush their egg to remove the discolouration (**NOTE: Based on supplies and abilities of your students, toothbrushes could be distributed pre-loaded with toothpaste or students could place it on themselves)

ADAPTATIONS

Some students/groups may need additional assistance in placing the egg in the cup, removing it and brushing it.

CLOSURE

Have a class discussion to review what has been learned. What did the egg look like when they removed it from the soda? What did it look like after they brushed it? What does soda and other sugary food and drinks do to our teeth? This is why it’s important to eat healthy foods and drinks

that are good for our teeth and to avoid those foods and drinks that are bad for our teeth. This is also why it's important to brush our teeth twice a day.

NOTES

It is worth reminding students that very few people avoid sugary foods and junk food entirely. The important thing is that they are only eaten occasionally and not on a regular basis.

Students should be encouraged to drink less pop and more water and milk. 100% juices is also a better option than pop, but even 100% juice should not be chosen too often because it contains natural sugars that can also be quite corrosive for our teeth.

EXTENSION/FURTHER RESOURCES

1. *Drop the Pop* teacher's manual

The teacher's manual has a unit called "Healthy Smiles" that includes information on bacteria and tooth decay, the relationship between pop and tooth decay, and how healthier drink choices promote oral health. A hard copy of the manual has been forwarded to the Drop the Pop coordinator in each school and the manual can also be found online at www.hss.gov.yk.ca/programs/health_promotion/drop_pop

2. www.healthyteeth.org

An interactive and kid-friendly web site that looks at various aspects of teeth health including how our teeth and gums work, cavities (what causes them and how to prevent them), what a trip to the dentist is like, how to reduce the amount of sugar we eat (including a list of the sugar content of various snacks) and fun experiments and activities to reinforce learning.

