

First Place Foods: Lesson for First Grade

Purpose

To help students develop an understanding that certain foods provide nutrients and energy for growth and healthy living while offering additional health benefits as related to dental health

Desired Outcomes

The learner will apply enabling strategies and skills to read and write.

The learner will develop and apply strategies and skills to comprehend text that is read, heard, and viewed.

The learner will make connections through the use of oral language, written language, and media and technology.

The learner will understand and use data and simple probability concepts.

The learner will demonstrate an understanding of classification and patterning.

The learner will build an understanding of the needs of living organisms.

The learner will discuss how foods of the MyPyramid are needed for growth and health.

The learner will select healthful snacks for teeth and body from the MyPyramid.

The learner will apply knowledge and behavior self-management skills to areas of nutrition and physical activity for healthy growth, development, and maintenance.

The learner will exhibit a physically active lifestyle.

Vocabulary

| | | | | | |
|-------|-----------|--------|---------|------------|------|
| beans | benefits | fruits | grains | healthy | meat |
| milk | nutrition | oils | pyramid | vegetables | |

Materials Provided

- Manipulatives located in “Main Course” lesson
- “American Dental Hygienists’ Association Recommendations”
- “Blue Ribbon Patterns”
- “Run the Rainbow Challenge: Building the Pyramid”
- “Food Group Titles”

Materials Needed

- Photos and/or graphic representations of various food items. These can be brought in by students. Food labels work well for this lesson.
- Toothbrush, floss, toothpaste
- Two hula-hoops
- A full size sheet of poster or foam board OR sidewalk chalk

- Laminated food picture cut outs, food group cutouts for “Run the Rainbow Challenge: Building the Pyramid”
- Boxes or bags
- 2-5 teeth, clear cups, regular soda, diet soda, milk, apple juice, water

Instructional Procedures

Preparation:

- Make necessary preparations as outlined in “Main Course” lesson.
 - Prepare blue ribbons for student use.
 - Invite dental health professional to class as resource person for this lesson. Ask this person to be prepared to demonstrate proper teeth brushing and flossing.
 - Prepare hula hoops or colored poster boards representing each color on MyPyramid.gov (orange, green, red, yellow, blue, and purple) for “Run the Rainbow Challenge: Building the Pyramid.” Gather play food or laminated pictures of food items from each food group for this activity.
 - Acquire 2-5 teeth donated by students, a dentist or animal teeth from a meat processing plant. Be sure to coordinate with parents if using student teeth and proceed in accordance with school health and safety guidelines.
 - Cut out and laminate individual pictures of a variety of foods from each of the food groups on MyPyramid. Make sure you have at least two examples from each food group. Avoid using pictures of empty calorie foods.
 - Cut out and laminate “Food Group Titles” and “Food Group Colors.”
 - Prepare two containers with numbers for “Run Rainbow Challenge: Building the Rainbow.”
1. Prior to teaching this lesson, assign students to bring in cutouts of food photos or pictures. Labels from food packages, including cans, work well.
 2. Teach “Main Course” lesson.
 3. Share information about the importance of good dental health and how certain foods can be beneficial to lifelong good dental health – healthy teeth and gums. Provide demonstrations of use of toothbrush, floss, toothpaste, etc. See “American Dental Hygienists’ Association Recommendations” for background information.
 4. Ask students to make connections between foods that offer good nutrition as well as benefits for good dental health.
 5. Students use pictures of foods to form a large Venn Diagram with overlapping hula hoops. In one hoop, they should place foods that are good for our bodies. In the other hoop, they should place foods that are good for our teeth. Foods that benefit both physical health and dental health should be placed in the overlapping segments of the hula-hoops. Take time to discuss the fact that certain foods may be highly nutritious but tend to stick to teeth when eaten (i.e., dried fruits, certain breads). Also note that nutritious foods that are high in calcium provide great benefit for teeth and bones. See “Background Information.”

6. Foods that are placed in the intersection of the Venn Diagram may be awarded “Blue Ribbons” by students to indicate their nutritional benefits as well as the benefits they offer in the area of dental health.
7. Students can be challenged to select Blue Ribbon foods as a part of school breakfasts and lunches.
8. Begin activity by asking students how they think sugar and acid affect teeth. Using donated teeth, place each tooth in a clear cup. One tooth should be placed in a small amount of regular soda; another in diet soda. Continue the process using milk, water and apple juice. Add a small amount of saliva to each liquid to begin the process. Place cups in a location where they can be observed without danger of contact by students (“Look; don’t touch”). Observe teeth daily for up to six weeks. Record observations, making note of the apparent effect sugar has on teeth. Ask students: “How will this activity help you make healthier food selection choices?”
9. For physical activity, have students participate in “Run the Rainbow Challenge: Building the Pyramid.”

Background Information

Foods that are healthy for our bodies but may be problematic for good dental health include dried fruits and soft breads which tend to cling to tooth surfaces. Foods containing high acid content, such as yogurt (good for the body) and soft drinks (not good for the body) may erode tooth surfaces when hygienic practices are delayed.

American Dental Hygienists' Association Recommendations

Food Choices

The American Dental Association recommends the following for good dental health:

- Breads, cereals, and other grain products, which provide vitamins for healthy growth of teeth
- Dairy products, which provide calcium and vitamin D for strengthening teeth.
- Fruits and vegetables, which provide vitamin C for healthy gums
- Lean meat, fish, poultry, and beans, which provide iron and protein for overall good health, and magnesium for healthy teeth

Proper Brushing

Proper brushing is essential for cleaning teeth and gums effectively. Use a toothbrush with soft, nylon, round-ended bristles that will not scratch and irritate teeth or damage gums.

Place bristles along the gumline at a 45-degree angle. Bristles should contact both the tooth surface and the gumline.



Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back & forth rolling motion. Move brush to the next group of 2-3 teeth and repeat.



Maintain a 45-degree angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth, and rolling motion along all of the inner tooth surfaces.



Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.



--Illustrations adapted by and used courtesy of the John O. Butler Company--

Source: American Dental Hygienists' Association

Toothbrush Care

Remember to replace your toothbrush every three to four months. Researchers have established that thousands of microbes grow on toothbrush bristles and handles. Most are harmless, but others can cause cold and flu viruses, the herpes virus that causes cold sores, and bacteria that can cause periodontal infections.

Proper Flossing

Flossing is an essential part of the tooth-cleaning process because it removes plaque from between teeth and at the gumline, where periodontal disease often begins.

If you find using floss awkward or difficult, ask your dental hygienist about the variety of dental floss holders or interdental cleaning devices that are available.

Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving a 1" - 2" length in between. Use thumbs to direct floss between upper teeth.



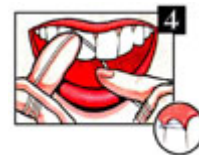
Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.



Gently guide floss between the teeth by using a zig-zag motion. DO NOT SNAP FLOSS BETWEEN YOUR TEETH. Contour floss around the side of the tooth.



Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.



--Illustrations adapted by and used courtesy of the John O. Butler Company--

Source: American Dental Hygienists' Association

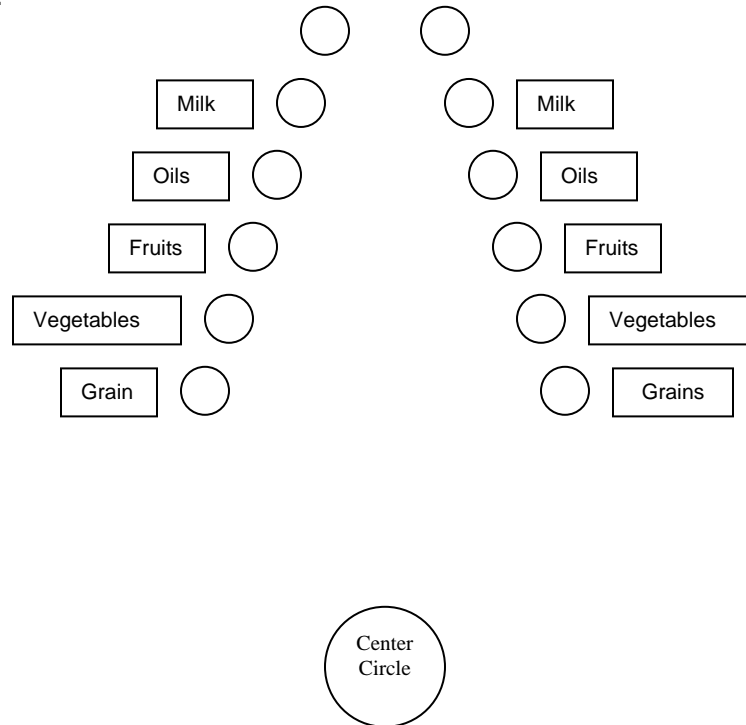
Blue Ribbon Pattern



Run the Rainbow Challenge: Building the Pyramid

Using a poster depicting MyPyramid, review food groups and sample items from each food group with students. Lay out a pyramid shape, using colored hula hoops or sheets of poster board, on play space floor. Place "Food Group Titles" inside hoops/ boards, matching colors (i.e., orange hula hoop should contain title "Grains.") Place play food or pictures of food items inside Center Circle (see diagram below). Form two equally sized teams. At the signal to start the race, the first runner on each team, proceeds to the center circle, picks up a food item, and continues to his/her side of the pyramid placing the food item in the proper circle. S/he runs back and tags the next person in line who repeats the process. Play continues until all food items/pictures have been placed in a food group circle. After all food items have been placed, the teacher removes any items that were incorrectly placed and returns them to the Center Circle. Using time constraints and students' needs repeat the process. It may be necessary to gather and discuss placement of certain items. Make sure students know the proper placement for all food items before ending the class session.

Set up for activity:



Bonus Challenge: To highlight good dental care practices, allow students to simulate flossing with a game of tug-of-war.

Food Group Titles

Grains

Vegetables

Milk

Oils

Fruits

Meat & Beans