

Lesson Plan 3 & 4: Kindergarten

Tooth Unit

by

Maria Moore

University of New England

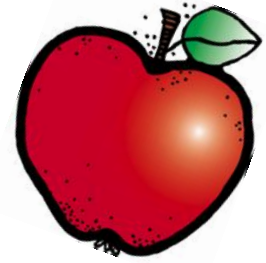


EDU 723: Teaching and Learning in Inclusion Settings

Christ Rohde

November 8, 2009

Tooth Unit: Lesson #3



Guiding Question: What can I do to take care of my teeth?

Understanding: Some foods are good for us, others are not.

Summary: Our body needs healthy food to work properly. Our teeth need health food to stay healthy.

Learning Targets & Assessment Criteria:

Target 1: To know what food choices are good or bad for us.

Assessment Criteria 1: Students will be able to identify healthy choices.

- Thumbs up if a food is healthy. Down if it is not (showing a variety of foods.)
- Glue healthy foods under the smiley face, not healthy foods under the frowny face.

Target 2: To understand choices we make in eating and brushing will affect our teeth.

Assessment Criteria 2: Students will be able to draw one thing they can do to take care of their teeth.

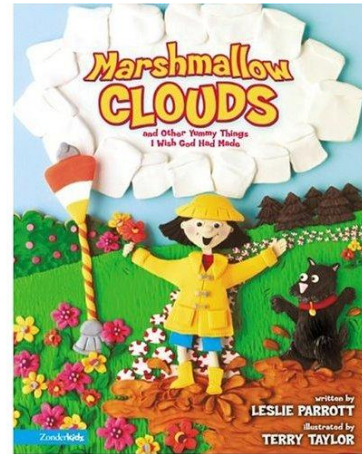
Lesson Steps:

Anticipatory Step: Bring out a basket of foods—real or fake (healthy and not healthy).

Introduction: Discuss food choices are good and which are bad for us.

Step 1: Read "*Marshmallow Clouds*" by Dr. Leslie Parrott

Assessment Check: Students will show thumbs up or down...up for healthy, down for not healthy for different food choices.



Step 2: Video from **Discovery Streaming** (16 minutes) "*Tooth Wisdom: Your Teeth and How to Take Care of Them*"

<http://player.discoveryeducation.com/index.cfm?guidAssetId=C4A0E0F4-E7DA-4FD0-BBF0-25DC5B9D6114&blnFromSearch=1&productcode=US>

Assessment Check: Students will draw one thing on your whiteboard to show me what you can do to take care of your teeth?

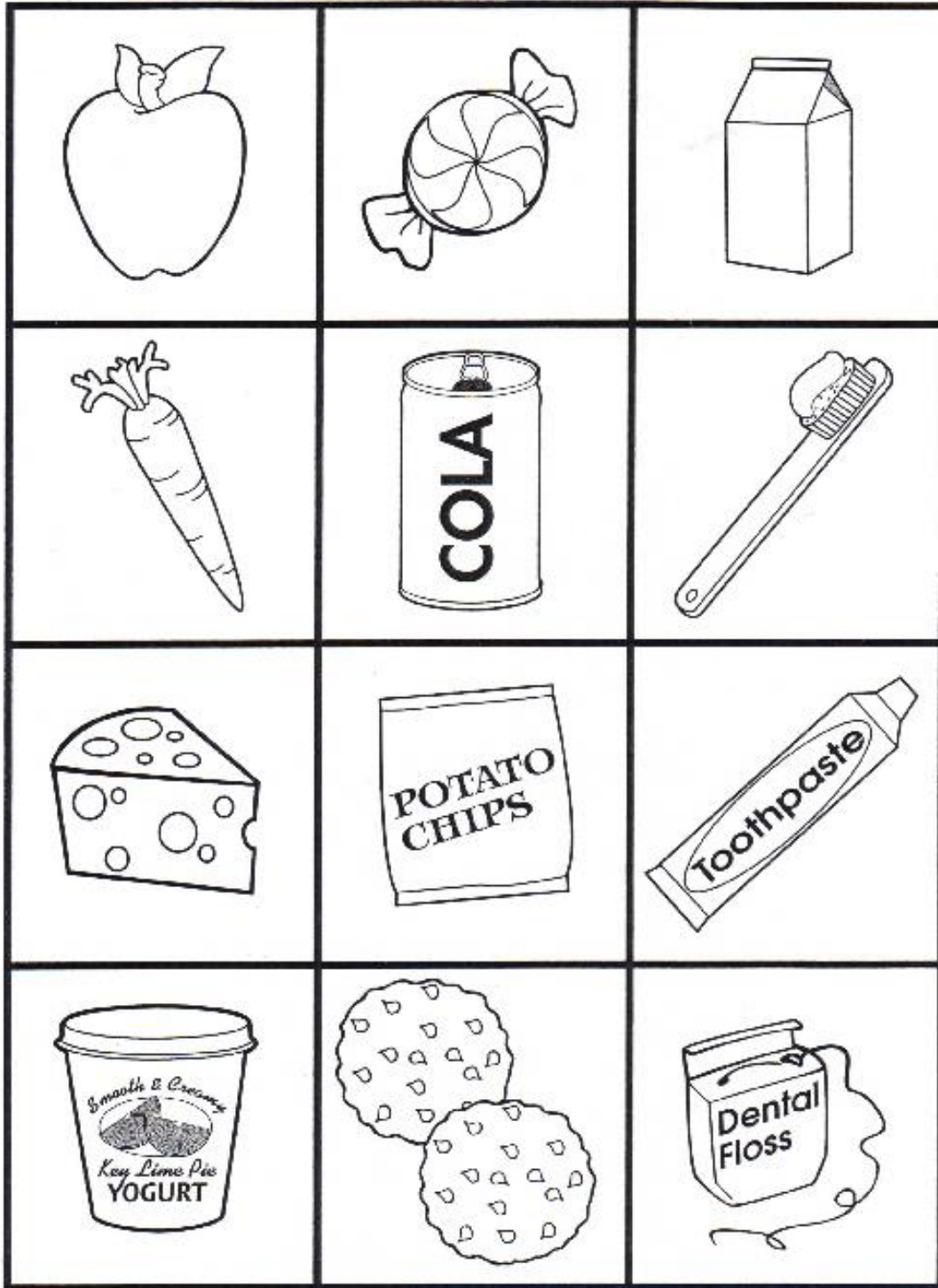
Step 3: Worksheet (cut/paste). Discuss the worksheet.
What do you see on it?

- Fold your construction paper into two equal parts—the short sides touching each other.
- Draw a line with your black crayon on top of the folded line.
- Put a smiley face on top of the left side
- Put a frowny face on the top of the right side.
- Cut out the pictures.
- Glue them: healthy foods under the smiley face, not healthy foods under the frowny face.

Assessment Check: Students will correctly identify healthy choices for foods.

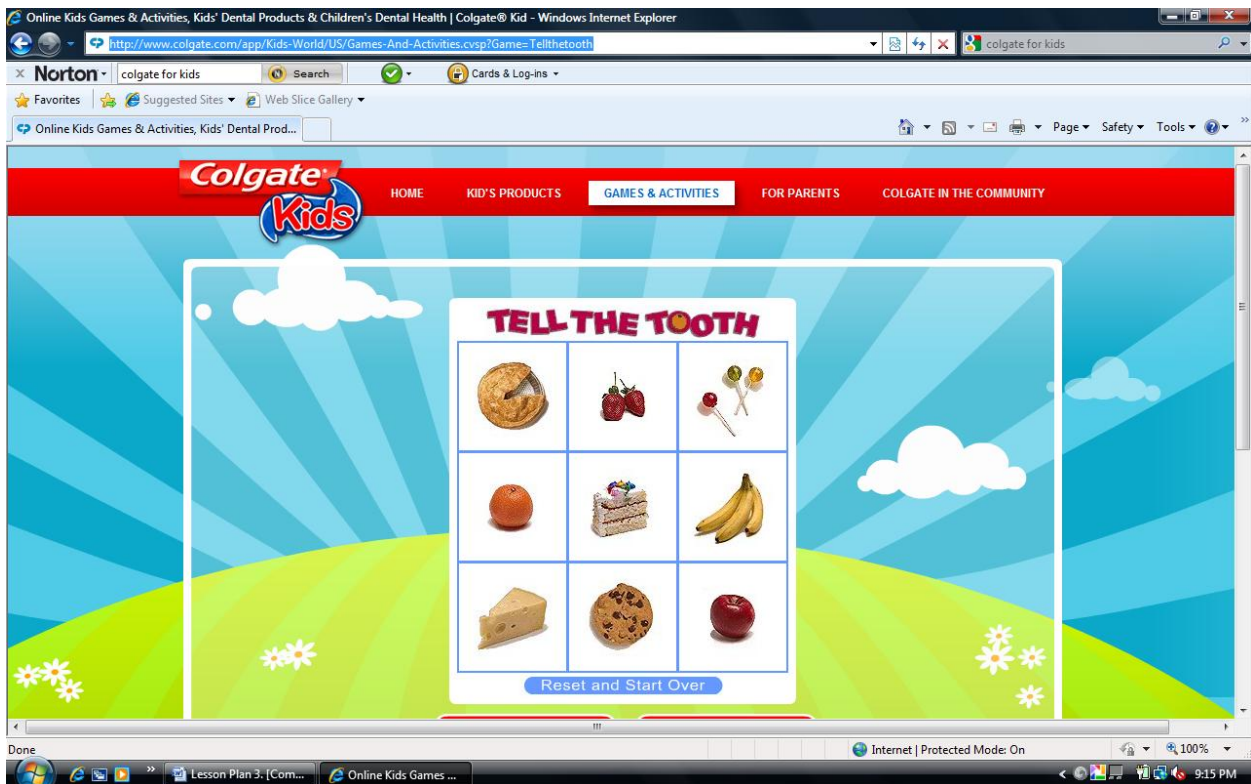
NOTE: Remind students that having a little of chips, cookies, candy is not bad. We need to make sure that most of what we eat is healthy.

Dental Health Month
Sorting game

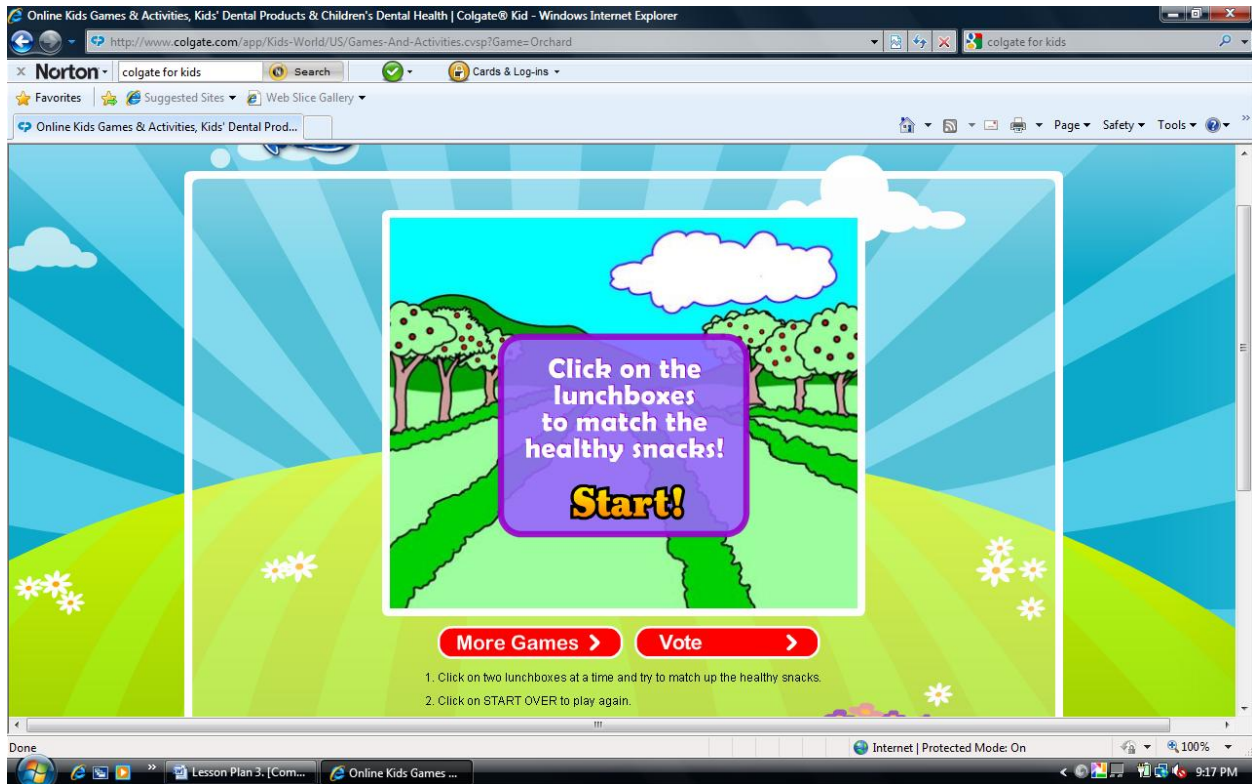


Conclusion: We will be working on the computer later, choosing healthy snacks: "Tell the Tooth" or "Smart Snack Orchard" (student choice).

<http://www.colgate.com/app/Kids-World/US/Games-And-Activities.cvsp?Game=Tellthetooth>



or: <http://www.colgate.com/app/Kids-World/US/Games-And-Activities.cvsp?Game=Orchard>



WA State EALRs:

EDUCATIONAL TECHNOLOGY:

EALR 2 — DIGITAL CITIZENSHIP -- Students demonstrate a clear understanding of technology systems and operations and practice safe, legal and ethical behavior.

- Component 2.3 Select and Use Applications -- Use productivity tools and common applications effectively and constructively.
 - GLE 2.3.2 Select and use online applications.
 - Use a variety of interactive websites to practice subject specific skills.

HEALTH:

EALR 1: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.

- Component 1.5: Understands relationship of nutrition and food nutrients to body composition and physical performance.
 - GLE 1.5.1 Recognizes how the body's function is affected by food consumption.
 - Identifies healthful and non-healthful foods.
 - Recognizes the importance of eating breakfast.

EALR 2: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.

- Component 2.1: Understands dimensions and indicators of health.
 - GLE 2.1.1 Understands dimensions and indicators of health (emotional, physical, intellectual, and social).
 - Discusses ways to care for body (skin, hair, teeth).

EALR 3: The student analyzes and evaluates the impact of real-life influences on health.

- Component 3.1: Understands how family, culture, and environmental factors affect personal health.
 - GLE 3.1.1 Understands how family factors affect health.
 - Describes healthy habits.

Materials:

- Book: *Marshmallow Clouds* by Dr. Leslie Parrott
- Computer
- Television connected to a computer
- Healthy foods/non-healthy foods—either real or use food from the play kitchen area.
- Construction paper
- Glue Stick
- Scissors
- Worksheet—healthy/non-healthy foods.



Tooth Unit: Lesson #4

Guiding Question: How do I brush my teeth?

Understanding: We need to brush our teeth.

Summary: We need to use tools to take care of our teeth.



Learning Targets & Assessment Criteria:

Target 1: To know the tools needed for good dental health.

Assessment Criteria 1: Students will orally tell two tools needed for dental care.

Target 2: To understand how to brush your teeth correctly.

Assessment Criteria 2: Students will demonstrate how to brush teeth correctly.

Lesson Steps:

Anticipatory Step:

- Show toothbrush, tooth paste, & floss.
- Ask: What do we use these for?

Introduction: Song
"Are Your Teeth Clean and White"
(Sung to: "Do Your Ears Hang Low!")

Are your teeth clean and white?
Do you brush them left and right?
Do you brush them in the morning?
Do you brush them every night?
Do you brush them up and down?
Do you brush them round and round?
Are your teeth clean and white?



OPTIONAL VERSE:

Do you floss them good
To remove the bits of food?
Do you floss them every day?
Like you know you should?
Do you take good care of
The teeth that are there?
Do you floss them good?

Step 1: Virtual Tour: Tom's of Maine
<http://www.tomsofmaine.com/tours.aspx>

Assessment Check: Tell your neighbor one thing that they learned from the tour.

Step 2: Make toothpaste.**Materials:**

- 4 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon flavoring (vanilla, almond or peppermint extract)
- Toothbrush
- Air-tight container

Directions:

Mix the ingredients together. Be sure to cover the container with a tight-fitting lid after each use.

Assessment Check: Tell your neighbor what we use toothpaste for.

Step 3: Make a toothbrush.**GIANT TOOTH BRUSH**

- Fold a 9x12 piece of white construction paper in half. Draw lines and have children cut up the lines and make bristles for the tooth brush.
- Make a brush handle out of colored construction paper.
- Put child's name on the handle.
- Glue brush onto handle. Give the children a variety of materials to decorate their toothbrush handle with (like glitter and stickers).

(As students are working on making their toothbrush, they will be sent back to the computer to complete Step 3.)

Step 3: Computer program "Toothbrush Patch":
Brushing your teeth. <http://www.colgate.com/app/Kids-World/US/Games-And-Activities.cvsp?Game=Toothbrushpatch>






































Assessment Check:

- Students show me how to correctly brush their teeth.
- Students identify tools they need to brush their teeth.

Conclusion: You will be getting a toothbrush chart to take home with you. Can you tell me where might be a good place for you to tape it so that you see it twice a day?

Tomorrow we will be having a dentist come visit the class and bring some tools that he uses.



Brushing Chart		Child's Name: _____				
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

© Copyright by www.preschoolprintables.com

WA State EALRs:

EDUCATIONAL TECHNOLOGY:

EALR 2 — DIGITAL CITIZENSHIP -- Students demonstrate a clear understanding of technology systems and operations and practice safe, legal and ethical behavior.

- Component 2.3 Select and Use Applications -- Use productivity tools and common applications effectively and constructively.
 - GLE 2.3.2 Select and use online applications.
 - Use a variety of interactive websites to practice subject specific skills.

EALR 2: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.

- Component 2.1: Understands dimensions and indicators of health.
 - GLE 2.1.1 Understands dimensions and indicators of health (emotional, physical, intellectual, and social).
 - Discusses ways to care for body (skin, hair, teeth).

Materials Needed:

- Toothbrushes
- Toothpaste
- Baking Soda
- Salt
- Air-tight container
- Peppermint Flavor
- Computer
- Television screen hooked-up to a computer
- 9 x 12 white paper
- Colored Construction paper
- Glue Stick
- Stickers
- Tooth brushing Chart

References:

- Colgate Kids. (2009). *Games and activities*. Retrieved on November 2, 2009 from <http://www.colgate.com/app/Kids-World/US/Games-And-Activities.cvsp>.
- Discovery Education. (1999). *Tooth wisdom: Your teeth and how to take care of them*. 100% Educational Videos. Retrieved November 2, 2009 from <http://player.discoveryeducation.com/index.cfm?guidAssetId=C4A0E0F4-E7DA-4FD0-BBF0-25DC5B9D6114&blnFromSearch=1&productcode=US>.
- Hummingbird Educational Resources (2009, May). *Giant toothbrush*. Retrieved on November 2, 2009 from <http://www.hummingbirded.com/dental-week.html>.
- Preschool Printables. (2009). *Brushing Chart*. Retrieved on November 3, 2009 from <http://dentistry.about.com/gi/dynamic/offsite.htm?zi=1/XJ/Ya&sdn=dentistry&zu=http%3A%2F%2Fwww.preschoolprintables.com%2Fparent%2Fparentbrush.shtml>.
- Tom's of Maine. (2009). *Virtual tour: How does toothpaste get in the tube, anyways?* Retrieved on November 3, 2009 from <http://www.tomsofmaine.com/video-catalog/video-detail.aspx?id=10&name=Touring%20Toms>.

Unknown. (2009). *Are your teeth clean and white?* Retrieved on November 2, 2009 from <http://www.lucylearns.com/tooth-brushing-song.html>.

Unknown. (Feb./March 2004). Dental health month: Sorting game. *Teacher's Helper*. pg 63.