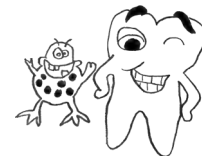


SECTION 1

LEARNING ABOUT TEETH



Three Generations of Teeth - Interview Sheet

Please read: Thank you for taking the dental habits interview. The purpose of this interview is to raise my awareness of my dental habits, and I answered the same questions you are about to answer. Also, this interview gathers information about dental habits across generations. I will be collecting information about dental habits, so that our class can compare and contrast answers across generations. However, the information that you share will be treated anonymously and your name will not be discussed with the class.

First Interview:

1. I interviewed: _____

2. How many times per day do you brush your teeth?

- a. 0 b. 1 c. 2 d. 3 or more

3. What kind of toothpaste do you use?

- a. Fluoride b. Natural c. Other _____

4. How often do you floss your teeth?

- a. Never b. Once per day c. More than once per day d. A few times per week
e. A few times per month

5. How often do you go to the dentist for a cleaning?

- a. Never b. 2-3 times in my life c. Once per year d. Twice per year
e. More than twice per year

6. Have you ever had a toothache?

- a. Yes b. No c. I don't know

7. How often do you eat or drink sweets, such as candy, cake, ice cream or soda pop?

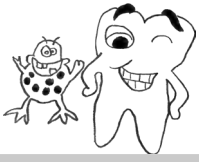
- a. Never b. A few times per month c. A few times per week d. Once per day
e. More than once per day

Interviewee Signature

Date

Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>





LEARNING ABOUT TEETH

SECTION 1

Three Generations of Teeth - Sample Comparison Charts

Our generation

Brushing	Toothpaste	Flossing	Dentist	Toothache	Snack

Our parent's/guardian's generation

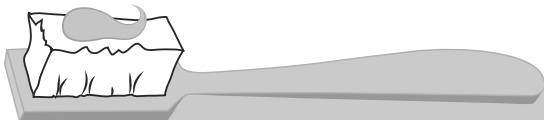
Brushing	Toothpaste	Flossing	Dentist	Toothache	Snack

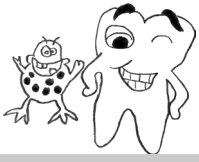
Other elders' generation

Brushing	Toothpaste	Flossing	Dentist	Toothache	Snack

Similarities among generations	Differences between generations
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)

Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>





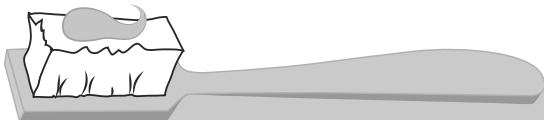
LEARNING ABOUT TEETH

SECTION 1

Quiz Time - Smart Mouth Quiz

- 1) How often should you brush your teeth?
 - a) Once a week, or when you start to see a greenish tinge
 - b) After every meal or at least once a day
 - c) Twice a day
 - d) Whenever things feel fuzzy
- 2) Ideally how long should you take to brush?
 - a) 20 seconds
 - b) 2-3 minutes
 - c) One minute to brush your teeth and one minute to brush your tongue
 - d) Long enough to sing O Canada in your head
- 3) Flossing is only for grown-ups.
 - a) True
 - b) False
- 4) How should healthy gums look?
 - a) Shiny and swollen
 - b) Pale and waxy
 - c) Bright red from bleeding
 - d) none of the above
- 5) What is calculus?
 - a) A high school math class many kids fear
 - b) What your body needs for healthy bones
 - c) Another word for what happens when plaque hardens into tartar on your teeth or under your gumline
 - d) Something guitar players get on their fingertips
- 6) Why is toffee an especially bad snack?
 - a) Because it's sticky
 - b) It has more sugar than other candy
 - c) It can leave dark stains on your teeth
 - d) All of the above
- 7) A dessert with your evening meal is better than the same dessert as an after-school snack.
 - a) True
 - b) False
- 8) How often do you need a new toothbrush?
 - a) Every month
 - b) Anytime your dog has been chewing on it
 - c) Every two to three months
 - d) At least once before you graduate high school

Adapted from New Brunswick Dental Society (2014). *Oral Health in the Classroom*. Retrieved from <http://nbdental.com/en/OHC.html>

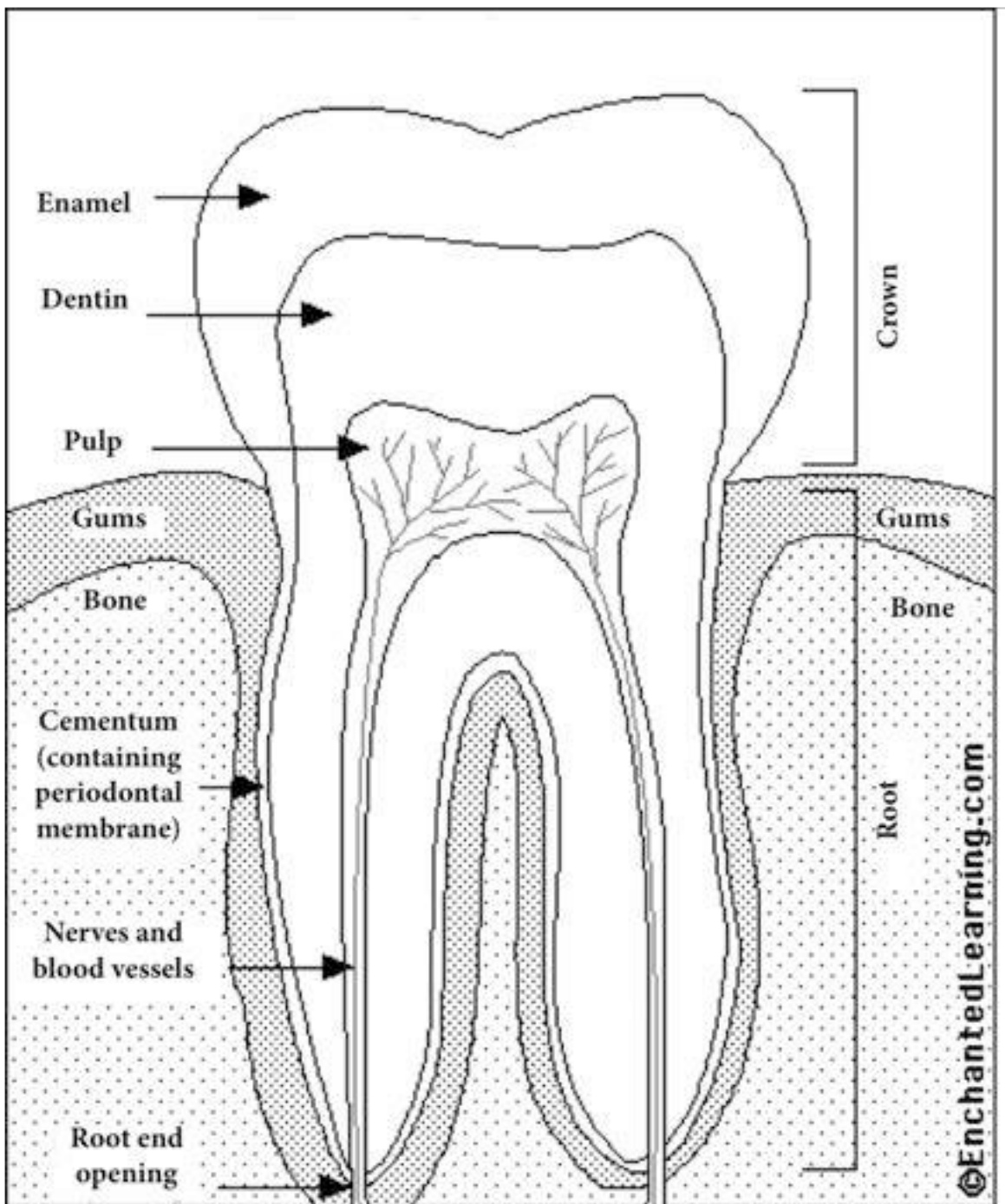




LEARNING ABOUT TEETH

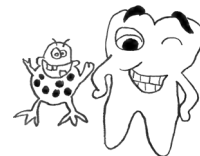
SECTION 1

TOOTH ANATOMY



SECTION 1

LEARNING ABOUT TEETH



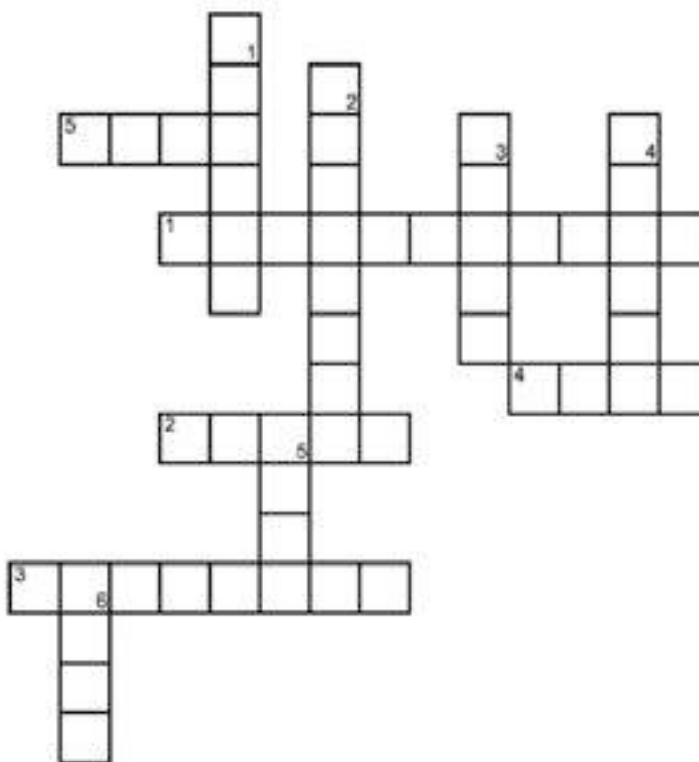
Quiz Time - Tooth Anatomy Quiz

- 1) The visible part of the tooth is called the...?
- 2) What is the name of the hard, white, outer layer of a tooth?
- 3) What is the name of the tissue just below this outer layer?
- 4) The bottom part of the tooth that anchors it in the gums and jawbone is called the...?
- 5) What is the name of the soft center of a tooth?
- 6) What does this soft area contain?
- 7) What is the name of the soft tissue that surrounds the base of teeth?
- 8) What is the name of the tough outer layer of the roots?





Oral Health Crossword Puzzle

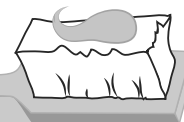


Across

1. ___ disease can cause destruction of tissues surrounding your teeth.
2. The string like material used to clean your teeth.
3. Most dentists recommend brushing with soft _____.
4. This liquid contains lots of calcium and is important for strong bones and teeth.
5. A drink that has lots of sugar and can cause tooth decay.

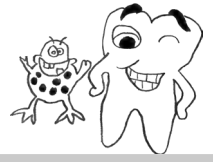
Down

1. These are made of metal or plastic and are used to straighten teeth.
2. What you get if you don't brush and floss your teeth.
3. The visible part of your tooth
4. The hardest substance in your body it protects your teeth.
5. The unit you are studying about is ___ health.
6. The part of the tooth that anchors it to your mouth.

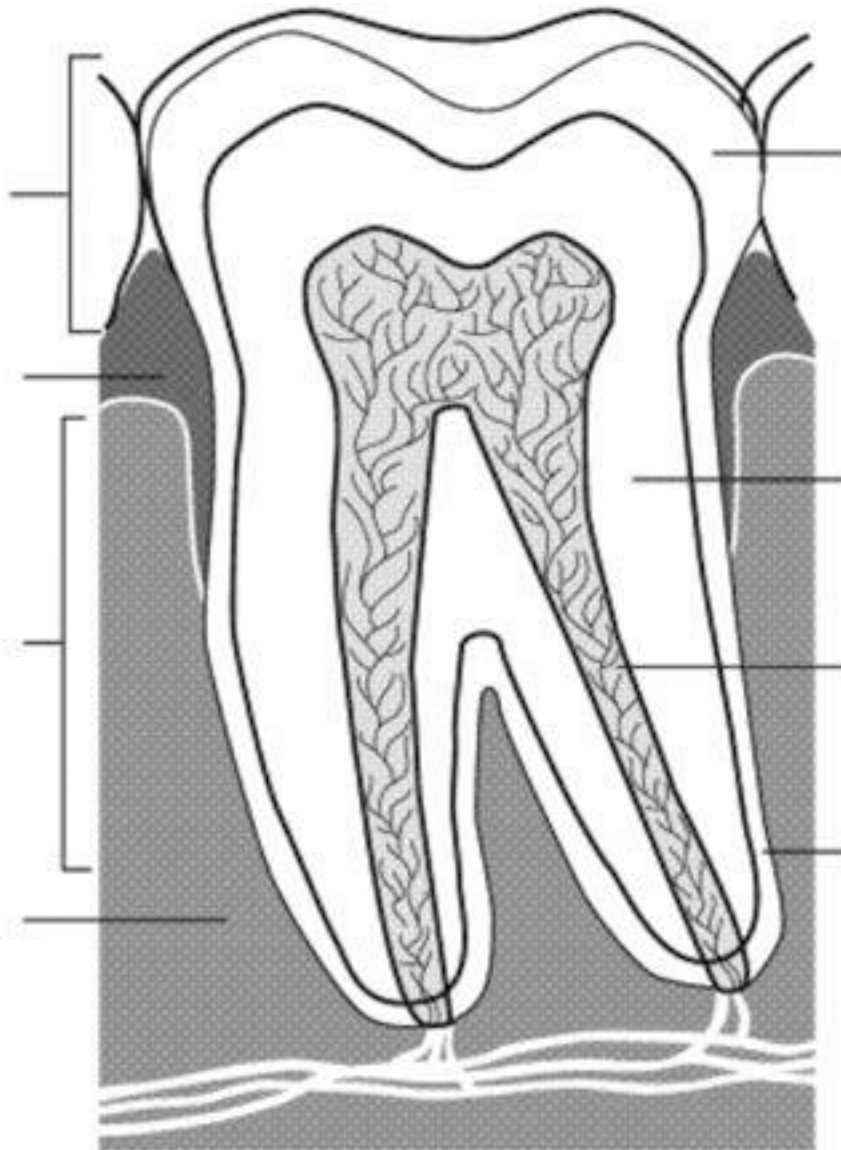


SECTION
1

LEARNING ABOUT TEETH



Parts of the Tooth Activity Sheet



Please label, on the appropriate line, each of these parts of the tooth:
Enamel Pulp Roots Dentin Crown Gums Bone Cementum

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SECTION
1

LEARNING ABOUT TEETH



Types of Teeth and Their Jobs

Can you match what each tooth does?
Draw a line between the tooth and the job it does.



Cuspid



Bicuspid

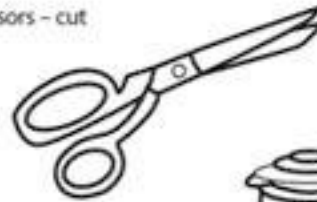


Incisor



Molar

Scissors – cut



Blender – crushes and grinds



Fork – holds and tears

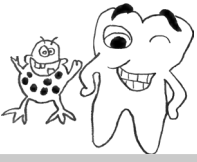


Fork and Blender – holds and tears, crushes and grinds



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LEARNING ABOUT TEETH

SECTION 1



Kool Smiles Activity Sheets!

WISDOM TEETH

Wisdom teeth are big teeth that grow in the back of your mouth.



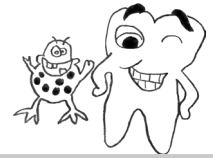
They may grow in sideways or under another tooth and need to be removed. Not everybody has wisdom teeth, and not every body needs them removed!

Did you know?

Good oral health is for everybody! Remember to visit your dentist every six months to keep your smile strong.

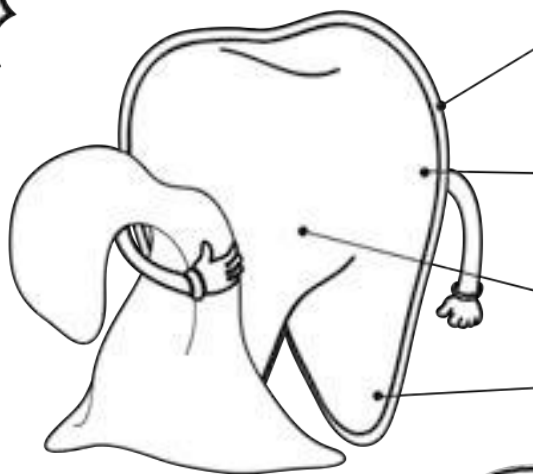
Find more activity sheets at www.mykoolsmiles.com/for-kids





Kool Smiles Activity Sheets!

IF BABY TEETH FALL OUT
WHY IS IT IMPORTANT TO
KEEP THEM HEALTHY?

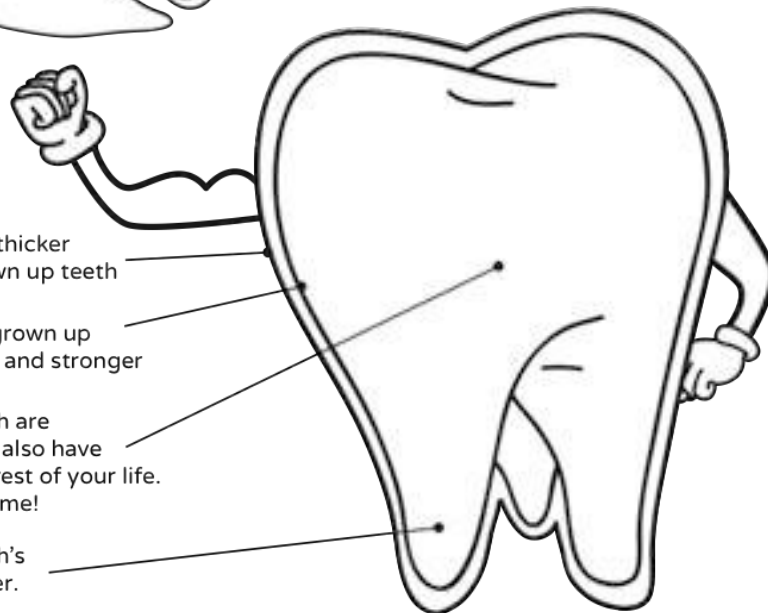


Enamel is the outer layer and surface of the tooth. The enamel is thinner on baby teeth, so cavities can grow faster in baby teeth.

Dentin is the inside body of your tooth. It houses your teeth's nerves and root canals. The dentin in baby teeth is soft.

Baby teeth may last up to 12 years before they fall out.

Baby teeth have shorter roots.



The enamel is thicker harder on grown up teeth

The dentin in grown up teeth is harder and stronger

Grown up teeth are yellower. They also have to last for the rest of your life. That's a long time!

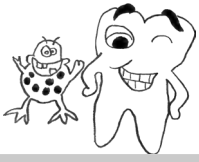
Grown up teeth's roots are longer.

Did you know?

Even though baby teeth eventually fall out, they have very important jobs! They save a spot for your adult teeth, they help you chew food and speak clearly. And most importantly they help your smile sparkle!

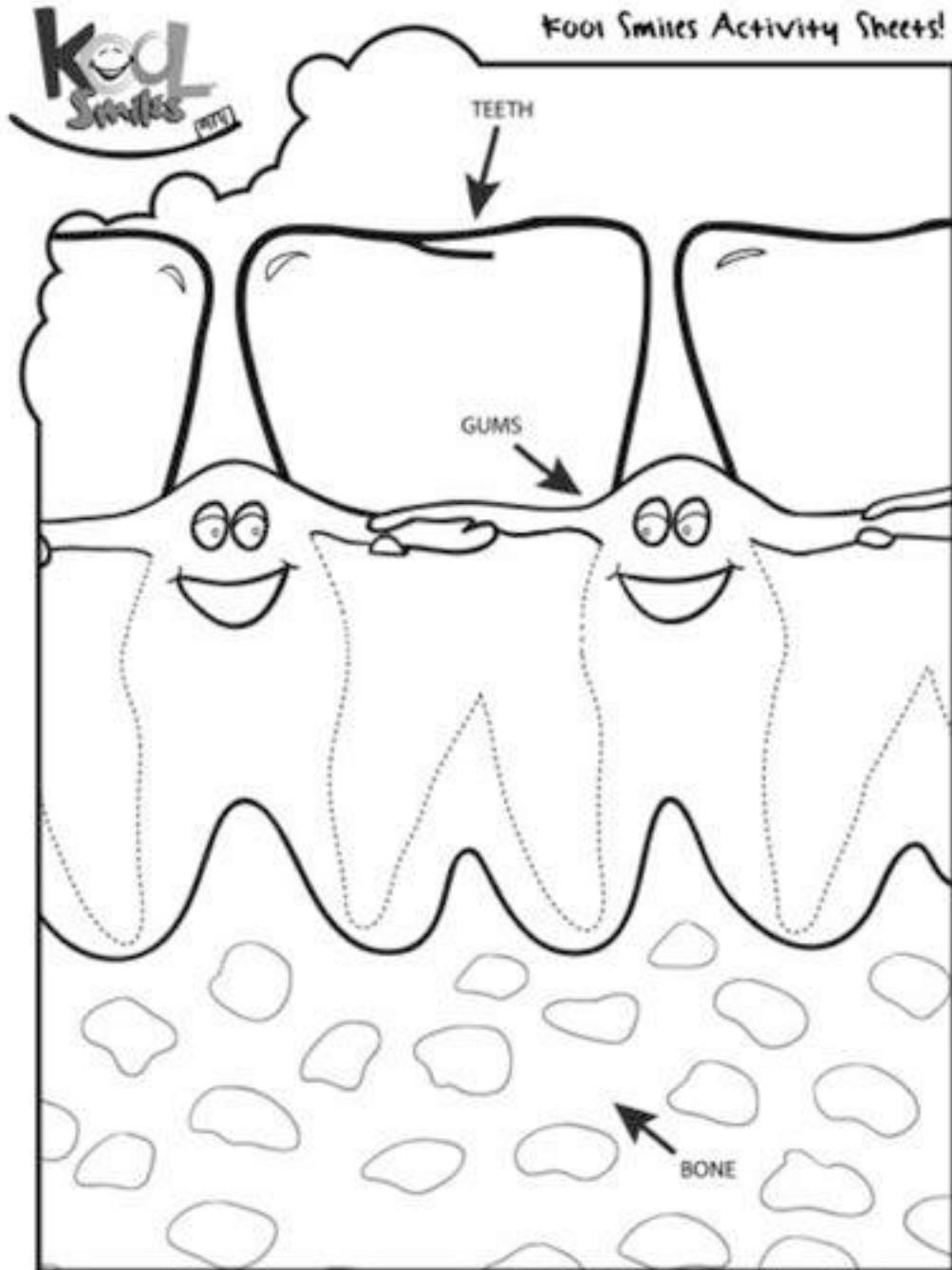
Find more activity sheets at www.mykoolsmiles.com/for-kids





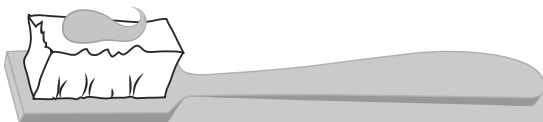
LEARNING ABOUT TEETH

SECTION 1



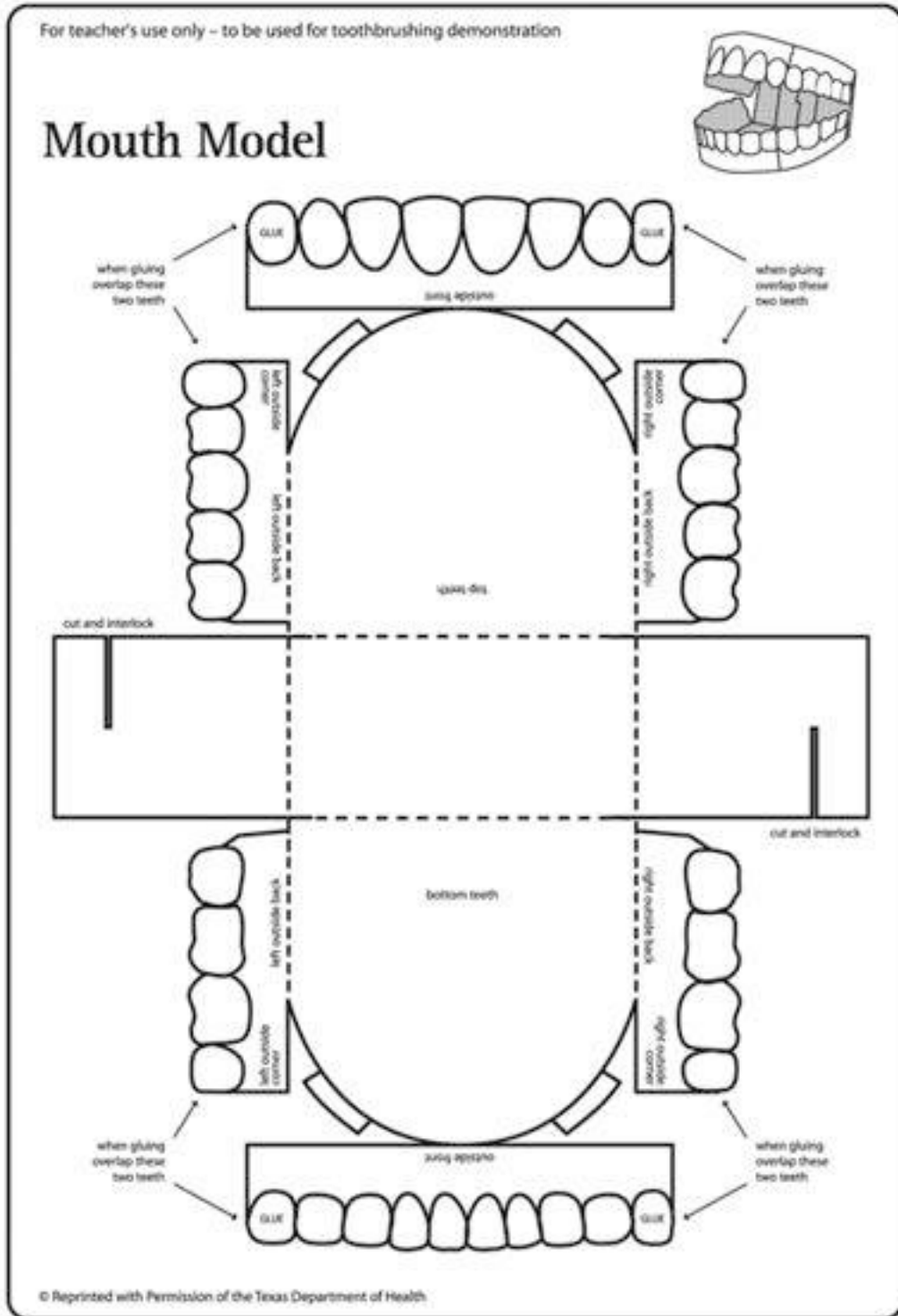
Did you know? Your gums are the layer between your teeth and your bone. It is especially important to brush your gums because they hold your teeth in your mouth!

find more activity sheets at www.mykoolsmiles.com/for-kids



SECTION 2

CARING FOR YOUR TEETH



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CARING FOR YOUR TEETH


SECTION 2

Healthy Smiles Certificate

For brushing every day

Is Awarded To

Date:




SECTION
2

CARING FOR YOUR TEETH



**Healthy Smiles
Calendar**



For every day you brush your teeth put a happy face

For every day you floss your teeth put a star

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday





CARING FOR YOUR TEETH

SECTION 2



Robo-Tooth Talks About Sealants

Sealants help protect the chewing surfaces of the teeth from cavities by sealing the deep pits and grooves from plaque germs, food and acid.



The chewing surfaces of the back teeth have many ridges and deep pits and grooves.



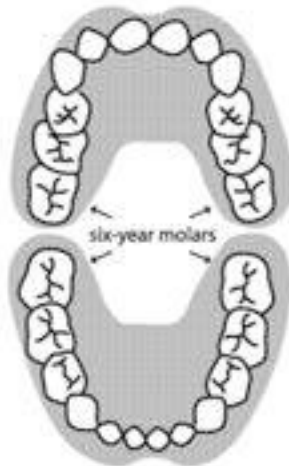
The deep grooves of the molars are difficult to clean with a toothbrush.



Sealants are thin plastic coatings painted on the chewing surfaces of healthy back teeth.



Sealants help to keep out the germs and food that cause cavities.



Children should get dental sealants on their permanent molars as soon as they come in and before they have cavities. The first permanent molars – often called six-year molars – come in between the ages of 5 and 8.

Ask your dental health professional about sealants for your child's teeth.

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CARING FOR YOUR TEETH

SECTION 2

THE TOOTHBRUSH SONG

(TO THE TUNE OF "ROW, ROW, ROW YOUR BOAT")

BRUSH, BRUSH, BRUSH YOUR TEETH

BRUSH THEM EVERYDAY

HAPPY, HEALTHY TEETH YOU'LL HAVE

IF IT'S DONE THIS WAY

FLOSS, FLOSS, FLOSS YOUR TEETH

FLOSS THEM EVERYDAY

USING THE STRING TO CLEAN BETWEEN

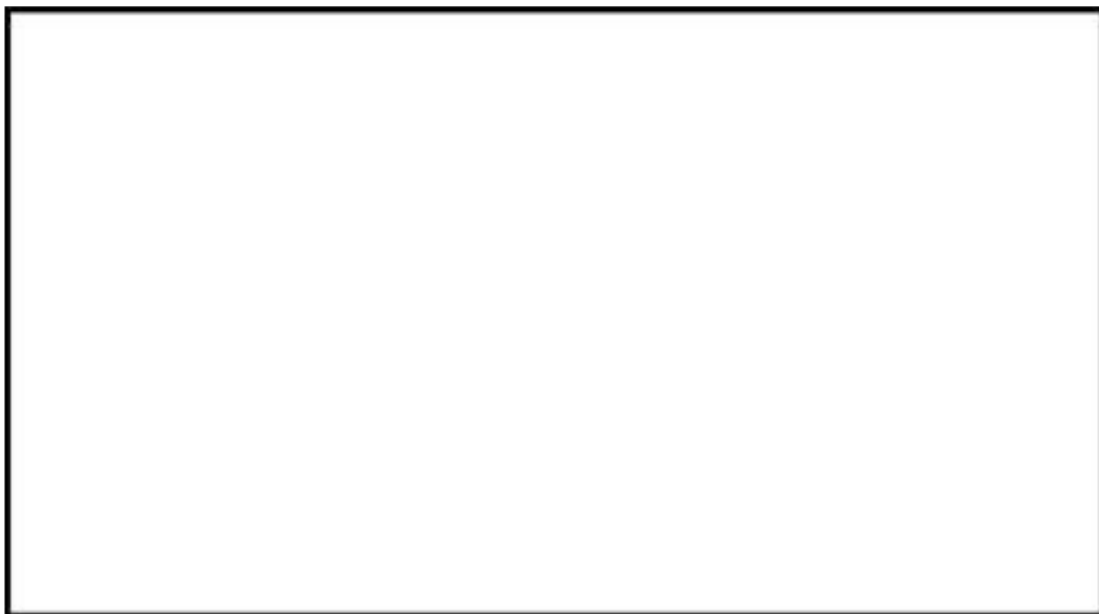
KEEPS THE PLAGUE AWAY

CLEAN, CLEAN, CLEAN YOUR TEETH

CLEAN THEM EVERYDAY

YOUR TEETH WILL SPARKLE FOR YEARS TO COME

IN THE MOST BEAUTIFUL WAY



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CARING FOR YOUR TEETH

SECTION 2

My Comic Strip

Draw a picture in each of these boxes to create your comic strip about keeping your teeth safe or what to do if a mouth injury happens.



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SECTION
2

CARING FOR YOUR TEETH



Did you know?

Don't be in a hurry when you floss. Take your time to remove all the plaque or food from between your teeth. They'll thank you for it!

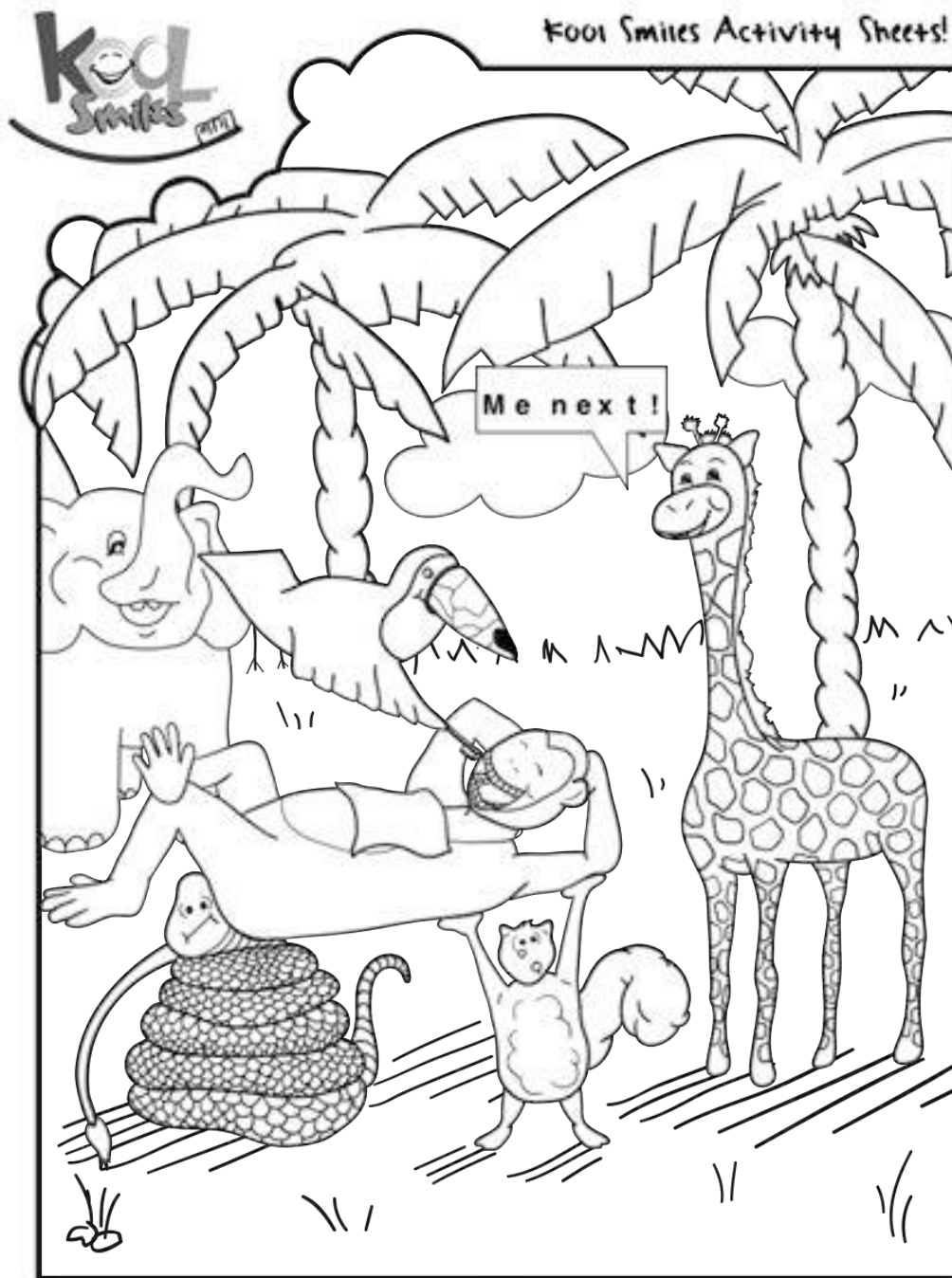
Find more activity sheets at www.mykoolsmiles.com/for-kids





CARING FOR YOUR TEETH

SECTION 2



Did you know?

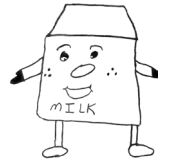
Good oral health is for everyone! Remember to visit your dentist at least twice a year, to keep your smile strong.

Find more activity sheets at www.mykoolsmiles.com/for-kids



SECTION
2

CARING FOR YOUR TEETH

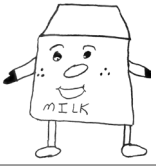


Did you know?

You should always brush your teeth when you wake up, before you go to bed, and after snacks and meals.

Find more activity sheets at www.mykoolsmiles.com/for-kids





CARING FOR YOUR TEETH

SECTION 2

BUT WHAT?!

YEAH...MAYBE YOU SHOULD JUST USE TOOTHPASTE AND FLOSS AFTER EVERY MEAL...

WHY? DON'T YOU THINK MY NEW LOOK IS _____?

HEY

HEYAI

WHAT HAPPENED TO YOUR TEETH?!

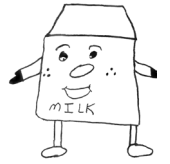
I BRUSHED THEM WITH _____, AND THEY STARTED _____ OUT!

HOW ARE YOU GOING TO CHEW YOUR _____?

KOT SMILE?



OH, WELL...OF COURSE. BUT...






Kool Smiles Activity Sheets!

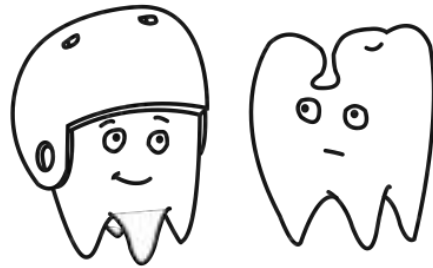
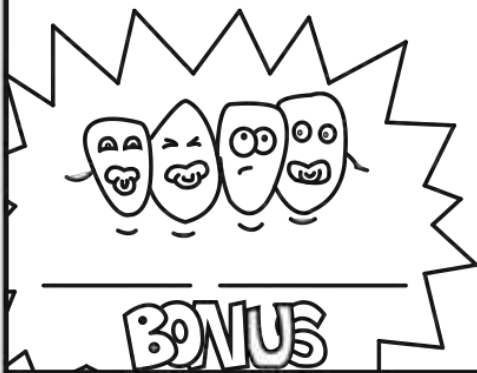
Crowns & Fillings

A  _____ is like a  _____

for a broken or damaged  _____.

Fillings are used to  _____ the hole that

is left when a  _____ is removed.



A: crown, helmet, fill, cavity

Did you know?

Crowns and fillings are used to protect damaged teeth. They are put on baby teeth to help give them structure until they fall out!

Find more activity sheets at www.mykoolsmiles.com/torkids





CARING FOR YOUR TEETH

SECTION 2



Kool Smiles Activity Sheets!

New Year, Healthy Routine!



1

During commercial breaks do jumping jacks for 20 minutes!



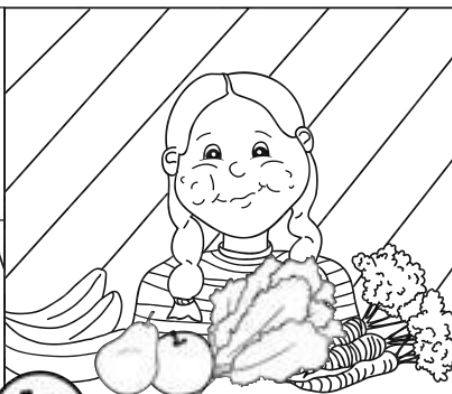
2

Brush your teeth after every meal!



3

Laugh more! Laughing releases feel-good chemicals in your body!



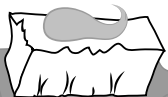
4

Eat the rainbow by eating fruits and veggies of every color!

Did you know?

When it comes to being healthy, think small. It's the little things that count! Make sure you get moving, take care of your teeth, laugh more and eat healthy!

Find more activity sheets at www.mykoolsmiles.com/for-kids



SECTION 2

CARING FOR YOUR TEETH



Take Care of Your Teeth!

M	I	L	K	F	E	M	S	C	J	T	J	F	S	E
U	H	C	K	E	S	O	D	N	P	O	Y	L	E	U
V	X	F	L	O	I	U	D	L	I	B	N	O	L	Q
D	E	N	T	I	S	T	O	I	C	A	G	S	B	A
D	A	C	B	F	N	H	I	L	W	C	R	S	A	L
E	W	I	R	V	C	G	O	J	E	C	Z	G	T	P
D	T	Y	L	A	J	U	W	D	I	O	V	R	E	S
F	I	S	V	Y	D	A	I	H	T	O	O	T	G	M
T	S	I	A	B	P	R	L	E	M	A	N	E	E	U
E	T	E	E	P	O	D	G	X	C	P	O	D	V	G
Y	S	R	A	U	H	S	U	R	B	H	T	O	O	T
F	R	O	L	L	G	T	O	N	G	U	E	V	A	Y
Y	I	F	O	B	A	S	O	D	K	V	Y	E	S	V
I	R	S	N	M	Z	N	H	I	J	Q	M	F	H	R
C	X	I	H	N	X	P	T	D	T	U	I	C	O	A

CAVITY
DENTIST
FLOSS
GRAINS
MILK
PLAQUE
TONGUE
TOOTHPASTE

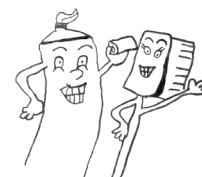
CLOUDBERRY
ENAMEL
FLUORIDE
GUMS
MOOSE
SEALANT
TOOTH
VEGETABLES

DAILY
FISH
FRUIT
MEAT
MOUTHGUARD
TOBACCO
TOOTHBRUSH



SECTION
3

VISITING THE DENTIST



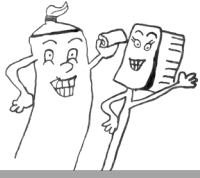
MOUTH MIRROR

NAME: _____



Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>



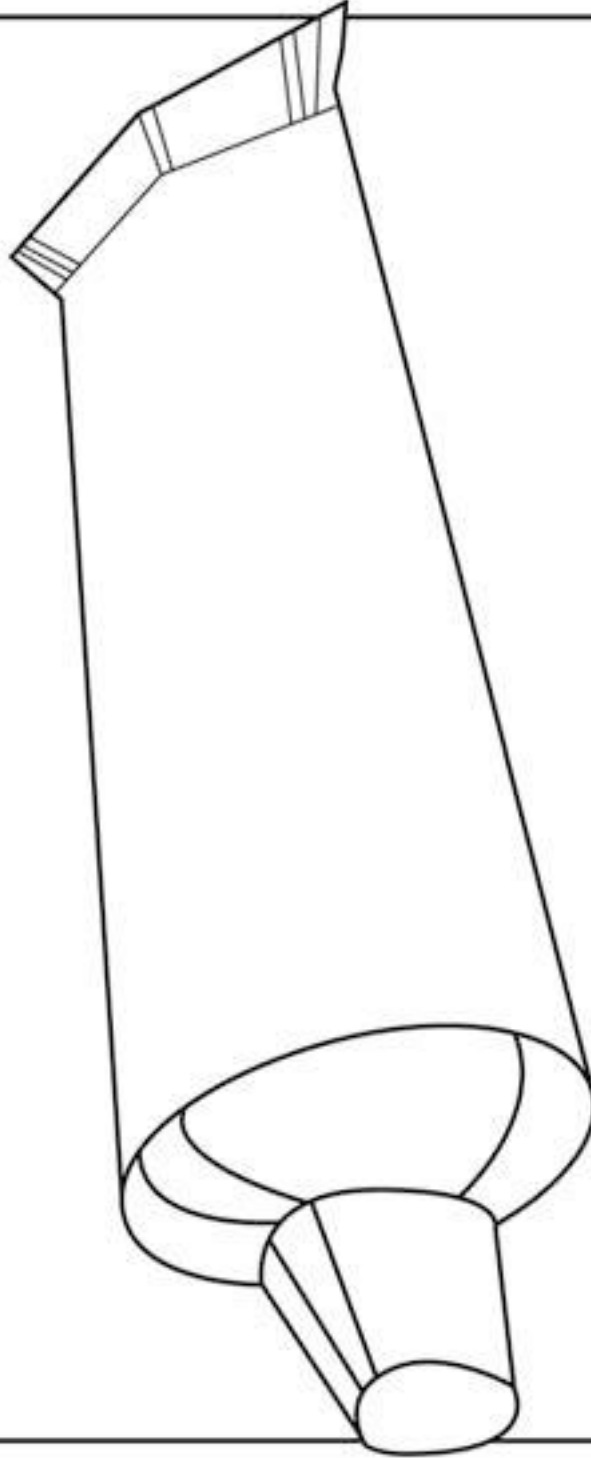


VISITING THE DENTIST

SECTION 3

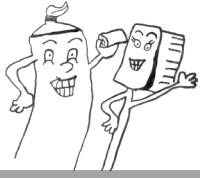
Tube of Toothpaste

Design your own tube of toothpaste.
Think of a fun name for your toothpaste and write it on the tube. Colour the tube in your own creative design.



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VISITING THE DENTIST

SECTION 3

Robo-Tooth Colouring Sheet



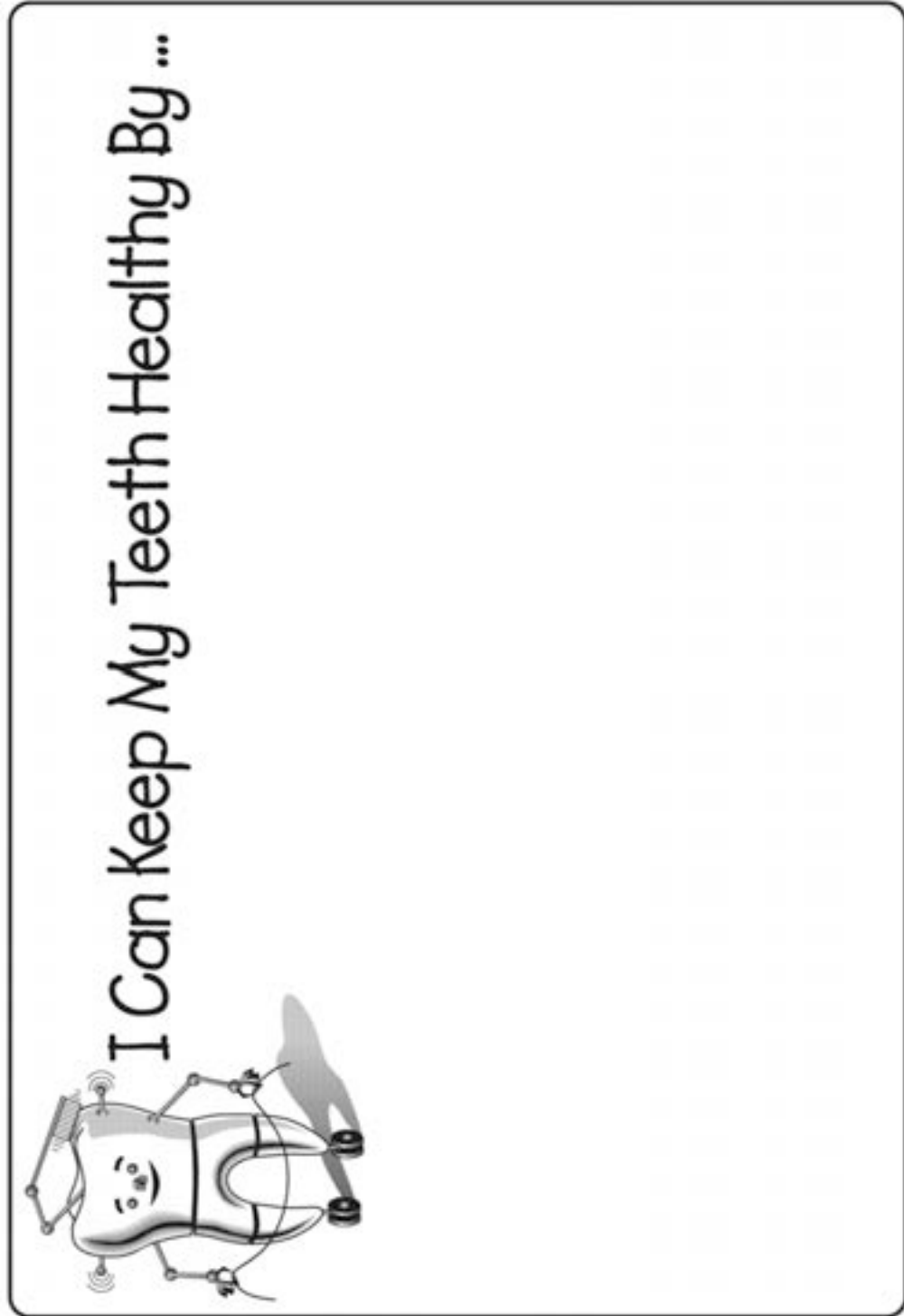
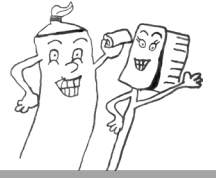
NAME: _____

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SECTION
3

VISITING THE DENTIST

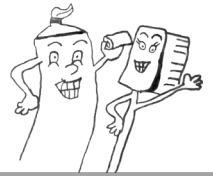


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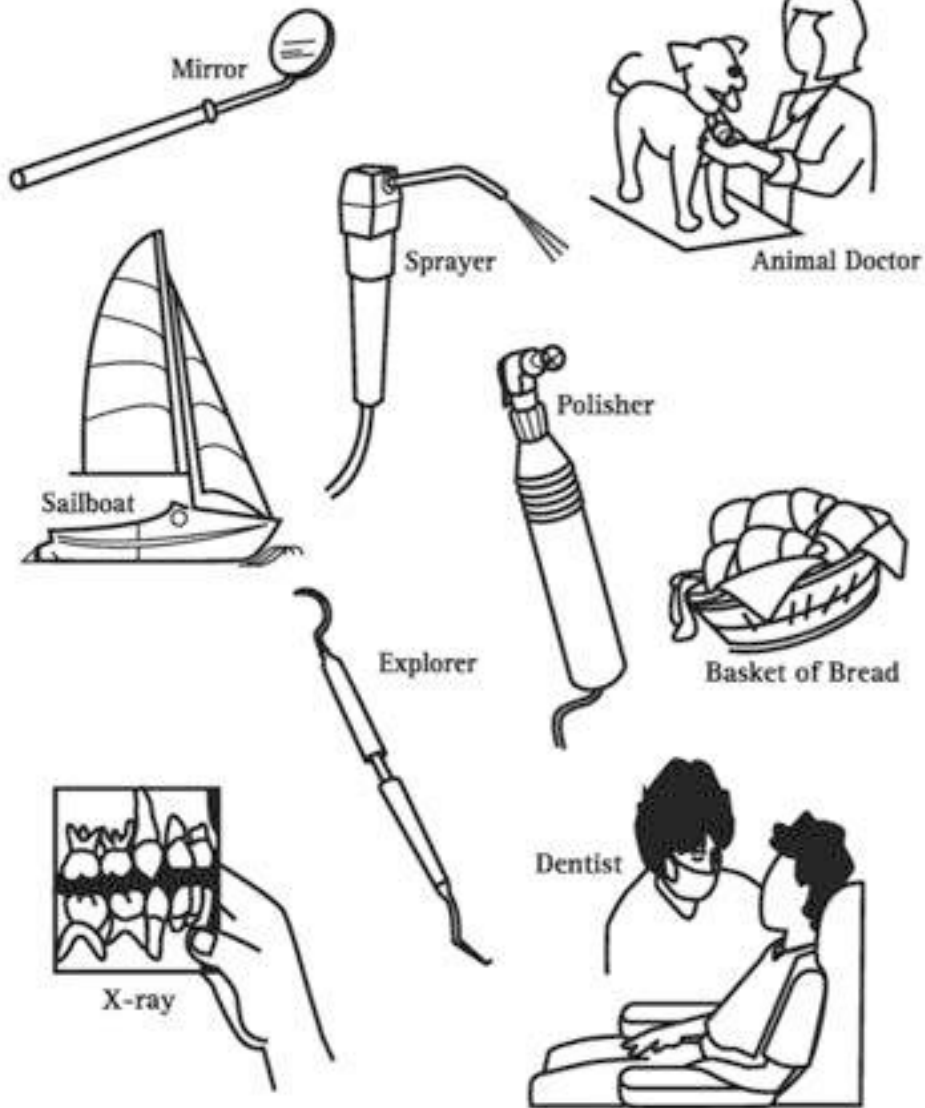
SECTION
3

VISITING THE DENTIST



Things in a Dental Office

Circle and colour the things you may see in a dental office.

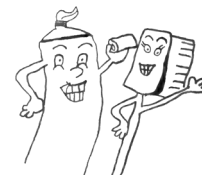


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SECTION 3

VISITING THE DENTIST



Dental First Aid

Following a head or mouth injury...

- 1) Calm the injured person
- 2) Determine the type of injury
- 3) Check for a knocked out tooth

Serious injury?

Contact the parent and arrange to take the child to the emergency room.

Knocked out tooth?

Find the tooth and refer below for instructions.

Minor Bleeding?

Apply direct pressure with sterile gauze or a clean cloth.

Bleeding that does not stop within 10 minutes?

Contact the parents and arrange for the child to go to the emergency room.

Profuse Bleeding?

Contact the parent and arrange for emergency services by an emergency squad or emergency room.

Knocked out permanent tooth...

- 1) Find the tooth but do not handle it by the roots
- 2) Rinse the tooth gently if dirty. DO not scrub the tooth.
- 3) Place the tooth back in the socket gently.
- 4) Instruct the child to hold the tooth with a finger or tissue.
- 5) Keep the tooth moist.
- 6) Contact the parent and arrange to take the child to the dentist immediately.

Child having trouble holding tooth or tooth is not easily replaced?

Place the tooth in a cheek pocket. If not able to do this, place in glass of water (last resort).

Loosened or chipped tooth...

- 1) Clean the area with warm water
- 2) Avoid moving the tooth
- 3) Apply a cold compress to the face to minimize swelling
- 4) Contact the parent and arrange to take child to the dentist

Tooth pushed into the gums...

- 1) Wash the area with warm water.
- 2) Contact the parent and arrange to take child to dentist immediately.
- 3) Do not attempt to move tooth into correct position.

Toothache...

- 1) Contact the parent.
- 2) Suggest the child goes to the dentist as soon as possible.
- 3) Do not place aspirin on the gum tissue (this will burn tissue).

Injury to lips, tongue, and/or cheek...

- 1) Rinse the affected area with warm water.
- 2) Place a cold compress over the area to minimize swelling.

Broken or dislocated jaw

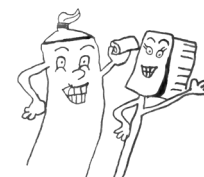
- 1) Immobilize the jaw by placing a scarf, necktie, or towel under the chin and tying the ends on the top of the head.
- 2) Contact the parents and arrange to take the child to an emergency room for an examination immediately.

Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>



SECTION 3

VISITING THE DENTIST



Prepare Now or Pay Later

Procedure/Treatment	Cost*
Filling- One Surface	70.00
Filling- Two Surfaces	103.00
Crown	680.00
Extraction	56.00
Mouth Guard	52.00
Sealant	27.00
Dentures	1200.00
Cleaning	50.00
Fluoride Treatment	23.00
X-Rays	97.00
Examination (Check up)	80.00

1) Alyssa goes to the dentist, Dr. Tooth, for regular check-ups. She also takes good care of her teeth by brushing twice and flossing once every day. At her last check-up, she had her teeth cleaned (prophylaxis), x-rayed, and had a fluoride treatment. What was Alyssa's total bill for her last check-up?

2) Danielle wants to keep her teeth and not lose them to decay. Last week she started to brush and floss every day. Because of years of not brushing and flossing, her check-up showed that two of her back teeth needed crowns and one needs a two-surface filling. She also needs x-rays to make certain there is no other decay between her teeth. What will Danielle's total dental bill be?

3) Robbie brushes twice per day but flosses only once per week. The dentist discovered new decay between Robbie's back molars. His check-up included a cleaning, x-rays, and two fillings: one covered one surface and the other filling covered two surfaces. What was Robbie's total bill for his last check-up?

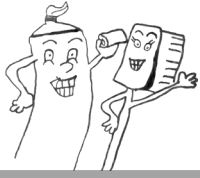
*Costs provided are only an estimate of what this procedure may cost.

Critical Thinking: Prevention vs. Treatment:

Which is more expensive (in the long-term): 1) to practice dental hygiene habits regularly at home and have preventative treatment regularly or 2) to practice dental hygiene habits rarely and have teeth repaired after they have begun to decay and are showing signs of disease? Why?

Adapted from New Brunswick Dental Society (2014). *Oral Health in the Classroom*. Retrieved from <http://nbdental.com/en/OHC.html>





VISITING THE DENTIST

SECTION 3

Take Care of Your Teeth!

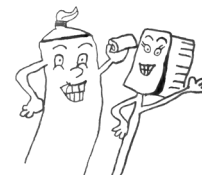
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U	H	C	K	E	S	O	D	N	P	O	Y	L	E	U
V	X	F	L	O	I	U	D	L	I	B	N	O	L	Q
D	E	N	T	I	S	T	O	I	C	A	G	S	B	A
D	A	C	B	F	N	H	I	L	W	C	R	S	A	L
E	W	I	R	V	C	G	O	J	E	C	Z	G	T	P
D	T	U	L	A	J	U	W	D	I	O	V	R	E	S
F	I	S	V	Y	D	A	I	H	T	O	O	T	G	M
T	S	I	A	B	P	R	L	E	M	A	N	E	E	U
E	T	E	E	P	O	D	G	X	C	P	O	D	V	G
Y	S	R	A	U	H	S	U	R	B	H	T	O	O	T
F	R	O	L	L	G	T	O	N	G	U	E	V	A	Y
Y	I	F	O	B	A	S	O	D	K	V	Y	E	S	V
I	R	S	N	M	Z	N	H	O	J	Q	M	F	H	R
C	X	I	H	N	X	P	T	D	T	U	I	C	O	A

CAVITY
 DENTIST
 FLOSS
 GRAINS
 MILK
 PLAQUE
 TONGUE
 TOOTHPASTE

CLOUDBERRY
 ENAMEL
 FLUORIDE
 GUMS
 MOOSE
 SEALANT
 TOOTH
 VEGETABLES

DAILY
 FISH
 FRUIT
 MEAT
 MOUTHGUARD
 TOBACCO
 TOOTHBRUSH





I LOVE BRUSHING MY TEETH

How many words can you make from the above phrase?
List them below!

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

17 _____

18 _____

19 _____

20 _____

21 _____

22 _____

23 _____

24 _____

25 _____

26 _____

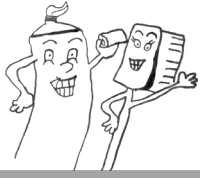
27 _____

28 _____

29 _____

30 _____





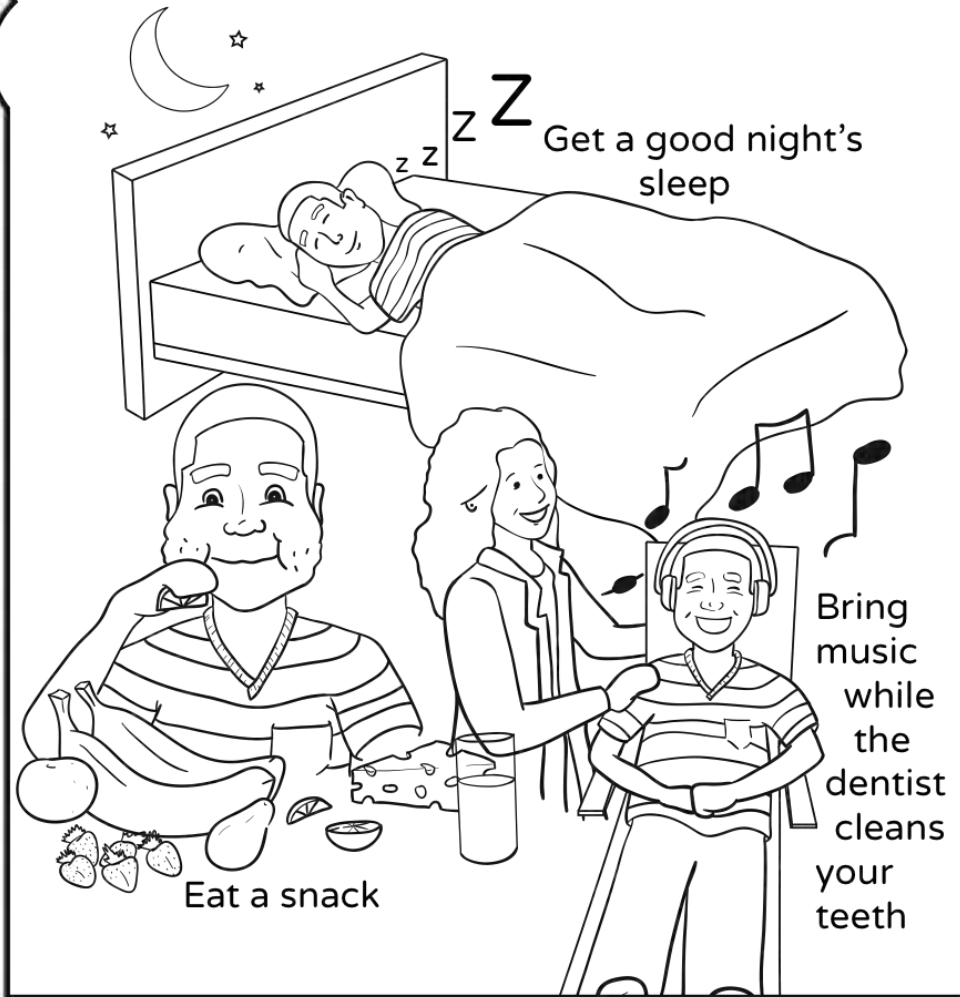
VISITING THE DENTIST

SECTION 3



Kool Smiles Activity Sheets!

How To Get An A+ Check-Up At The Dentist



Did you know?

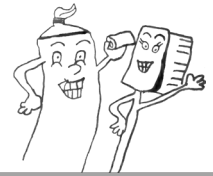
The dentist is excited to see you at your next check-up! Ace your next exam with these kool tips!

Find more activity sheets at www.mykoolsmiles.com/for-kids



SECTION 3

VISITING THE DENTIST



Visiting the Dentist

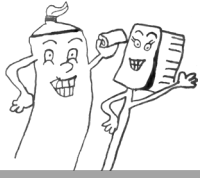
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E	W	Y	A	H	E	R	N	A	N	O	E	O	F	N
J	M	Z	Y	V	O	E	N	W	G	U	O	K	W	A
A	L	D	S	W	I	I	T	B	L	T	A	U	T	M
S	F	V	N	I	N	T	T	H	H	H	M	R	S	E
J	M	H	H	E	T	S	Y	B	C	G	M	T	I	L
K	O	U	B	E	I	I	R	A	E	U	O	N	N	J
S	T	G	G	T	U	U	V	A	L	A	U	W	E	Q
O	R	E	N	R	S	G	D	I	D	R	T	A	I	G
G	D	E	F	H	C	U	N	P	G	D	H	J	G	U
V	D	E	U	Q	A	L	P	O	L	N	R	K	Y	S
E	T	S	A	P	H	T	O	O	T	A	I	E	H	S
S	E	A	L	A	N	T	I	A	L	N	R	G	Q	O
H	T	O	O	R	D	G	I	O	S	M	I	L	E	L
G	V	Z	D	A	B	Z	M	J	D	V	P	Y	J	F

CANINE
DENTIST
GINGIVITIS
JAW
MOUTHGUARD
SEALANT
TONGUE

CAVITY
ENAMEL
GUMS
MOLAR
PLAQUE
SMILE
TOOTHBRUSH

CROWN
FLOSS
HYGIENIST
MOUTH
TEETH
TOOTHPASTE





VISITING THE DENTIST

SECTION 3



Kool Smiles Activity Sheets!

**Ask yourself these questions
before you visit the dentist!**

Do I have a funny
taste in my mouth?

Are my gums tender? Do
they bleed when I touch or
brush them?

Do my teeth
feel sensitive when
I eat or chew?



Did you know?

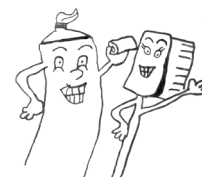
Before you go to the dentist, ask yourself these questions. Make sure to tell your dentist if you see or feel anything different in your mouth.

Find more activity sheets at www.mykoolsmiles.com/forkids



SECTION 3

VISITING THE DENTIST



Robo-Tooth's Friendly Helpers

D	A	S	S	I	S	T	A	N	T	Z
N	O	M	L	L	R	W	D	P	R	A
R	W	C	N	D	M	I	S	R	V	P
T	E	E	T	H	E	D	A	I	X	R
N	M	L	L	O	I	N	E	N	H	E
A	E	I	A	L	R	L	T	C	S	C
D	W	B	L	R	L	A	M	I	I	E
U	B	R	O	T	H	E	R	P	S	P
H	E	A	L	T	H	Y	N	A	T	T
M	C	R	N	A	A	I	U	L	E	I
T	A	I	A	H	R	T	R	O	R	O
E	P	A	R	E	N	T	S	C	S	N
A	I	N	U	G	A	R	E	I	M	I
C	R	E	F	R	I	E	N	D	I	S
H	Y	G	I	E	N	I	S	T	L	T
E	E	W	E	E	C	H	A	I	E	J
R	O	B	O	T	O	O	T	H	X	C

Find the following 16 words and circle them:

dentist
RoboTooth
principal
nurse

hygienist
teacher
doctor
sister

receptionist
friend
parent
brother

assistant
librarian
teeth
smile



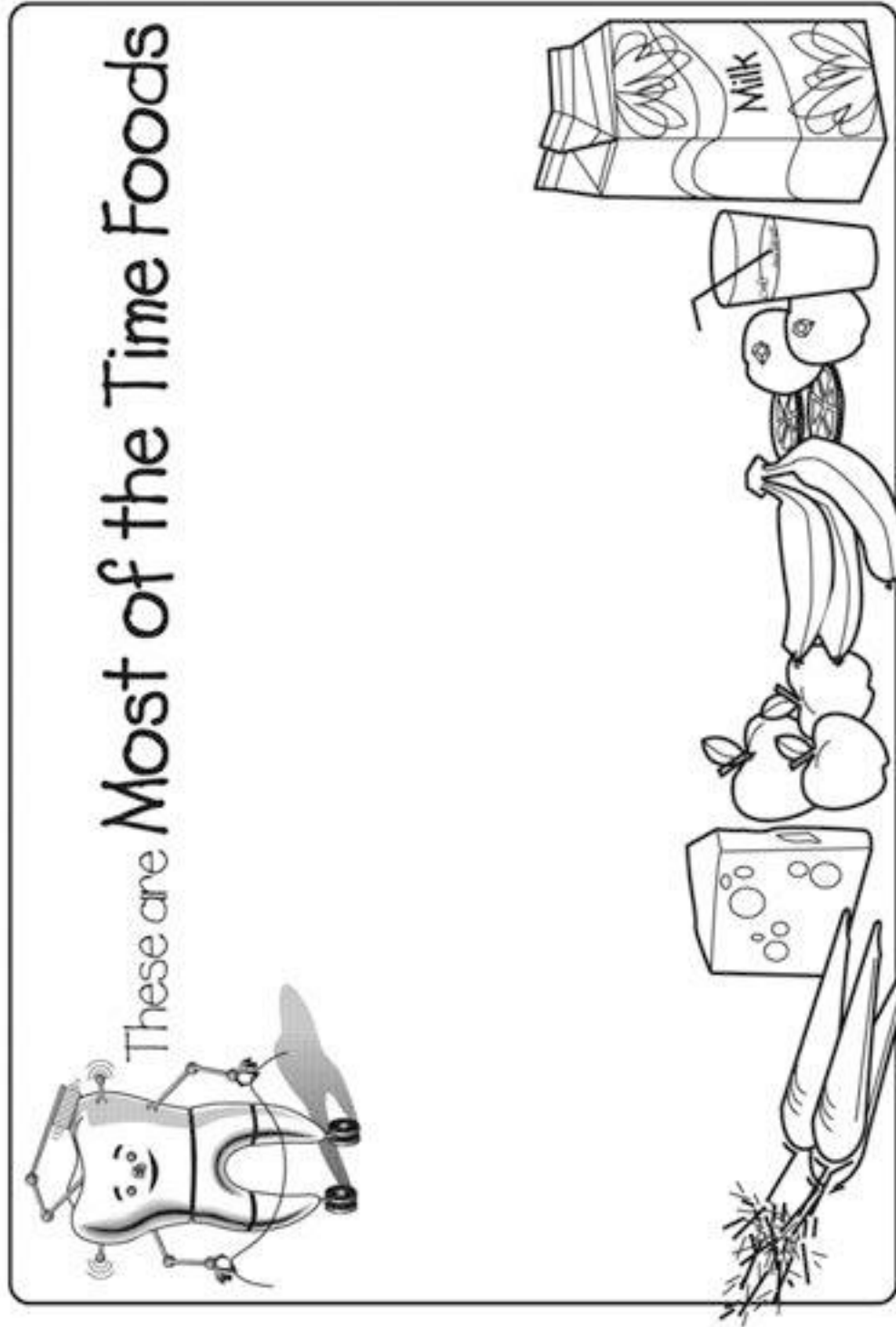
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MAKING HEALTHY CHOICES

SECTION 4

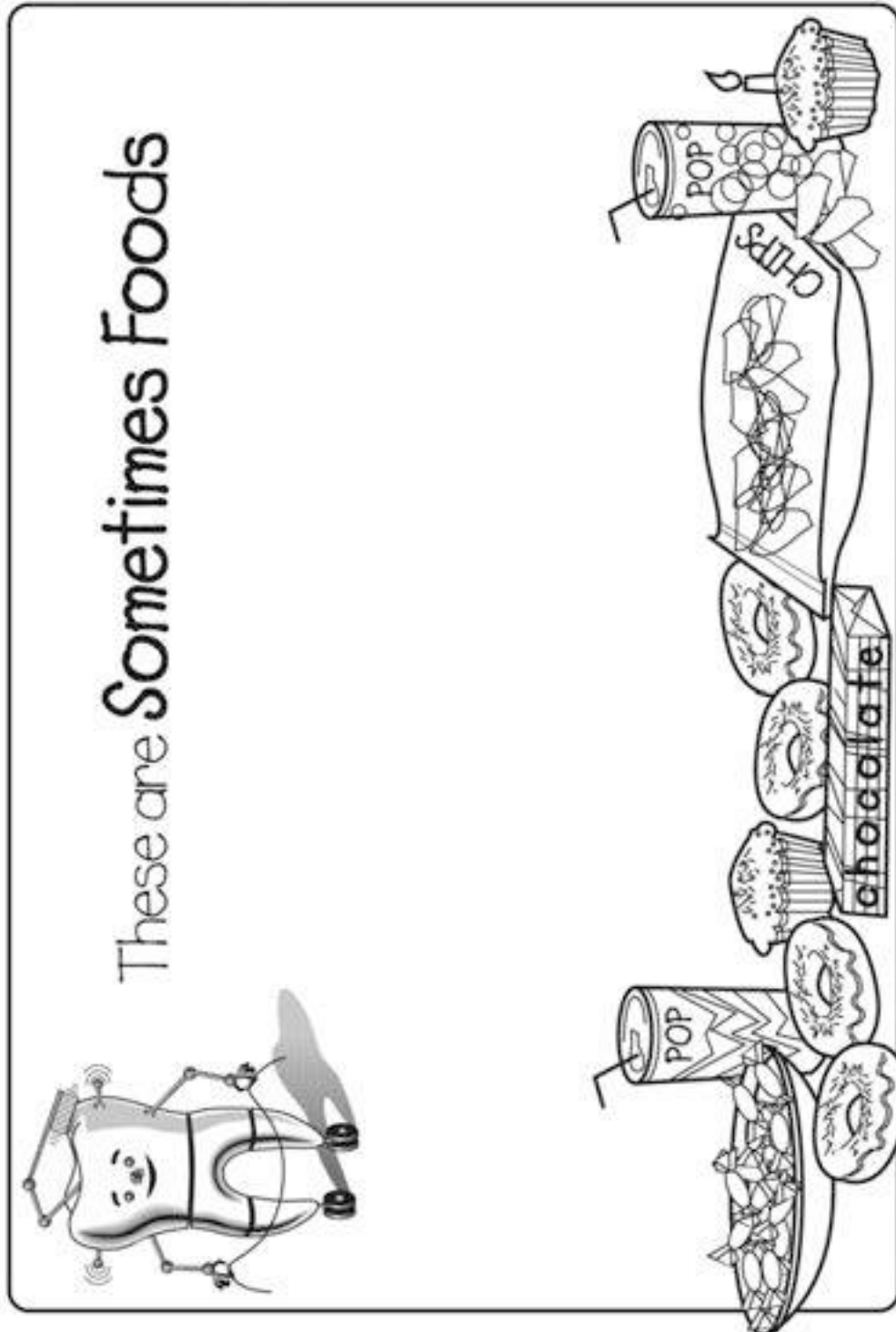


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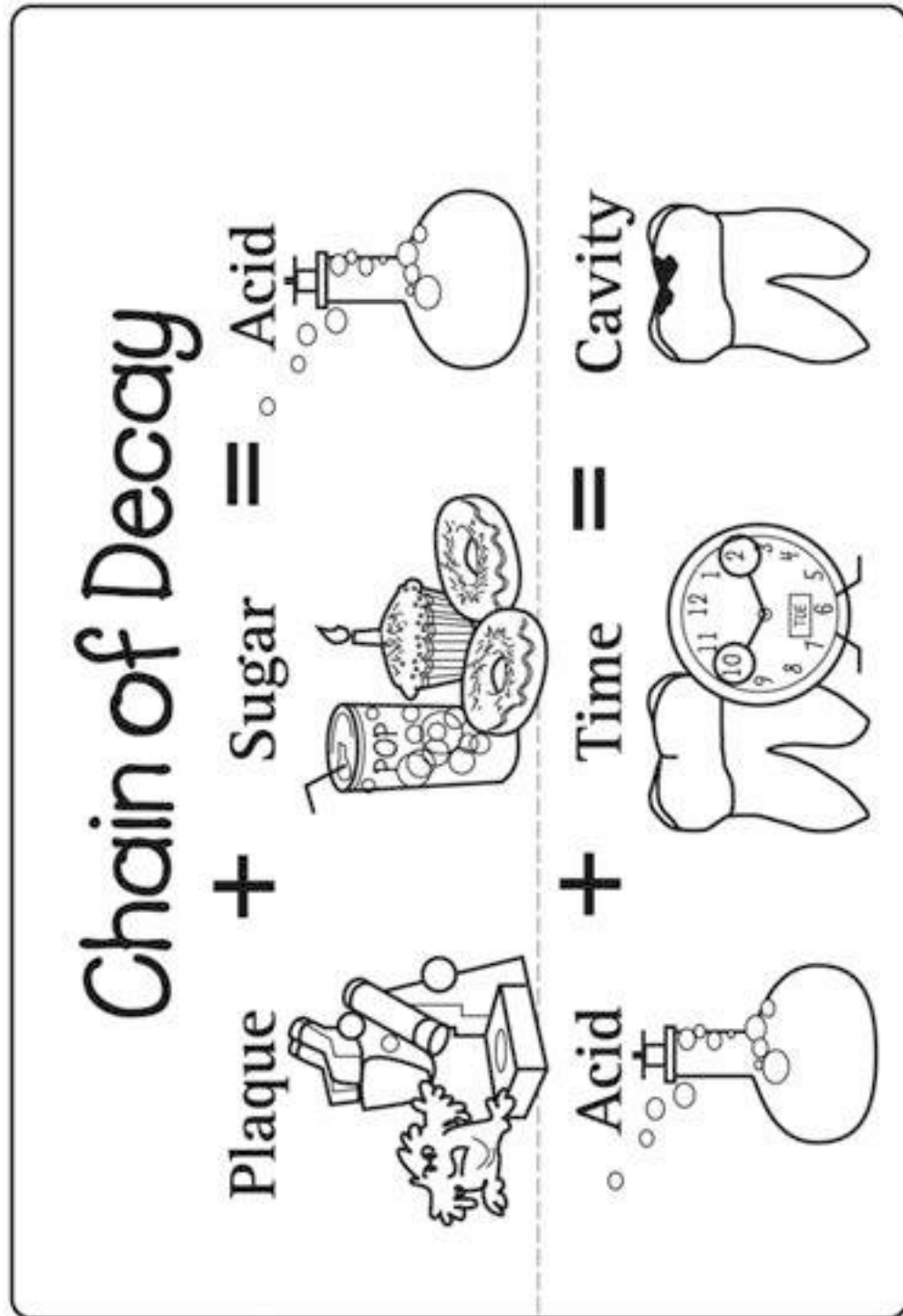
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MAKING HEALTHY CHOICES



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SECTION 4

MAKING HEALTHY CHOICES



Sample Diet

Breakfast

Sugared corn cereal with whole milk

Lunch

Peanut butter and jelly sandwich on one
slide of white bread
Potato chips
Iced chocolate cupcakes
Whole milk

After-school snack

Sugar cookies
Soda pop

Dinner

Fried chicken
Mashed potatoes
Green beans
Fruit drink

Evening snack

Apple

Directions: What changes would you make based on what is healthy for your teeth and your overall health? List what you would eat instead for each meal and snack.

Breakfast:

Lunch:

After-school snack:

Dinner:

Evening snack:





Eating Nutritionally for Healthy Teeth

A nutritional diet is important for your overall growth and development. Like the rest of the body, the teeth, bones and soft tissues of the mouth need a well-balanced diet.

Foods from the five different food groups for strong teeth:

- Fruits
- Vegetables
- Bread, cereals, and other whole-grain products
- Milk, cheese, and yogurt
- Meat, poultry, fish and alternates, such as dry beans, peas, eggs, and nuts

Eating habits that weaken teeth = decay:

- Snacking often
- Keeping food in mouth a long time (i.e. Hard candy and breath mints)
- Eating foods with high sugar levels

Snacks that are healthy for teeth: *

- Popcorn (not ideal for those with braces)
- Cheese
- Raw vegetables
- Nuts
- Gelatin
- Unsweetened yogurt
- Sugarless gum and candy

*Be aware: Even nutritious snacks and drinks will cause tooth decay if they are nibbled on or sipped frequently.

Protein power: For strong teeth that are resistant to decay, children need protein, vitamins, and minerals, especially calcium, phosphorus and proper amounts of fluoride.

Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>



SECTION 4

MAKING HEALTHY CHOICES



Sugar & Sweeteners		
Sweetener	Forms & Uses	Other things you should know
Sugars (some examples)		
<ul style="list-style-type: none"> • Brown sugar • Icing sugar • White sugar • Dextrose • Maple syrup • Glucose • Lactose • Honey • Maltose • Sucrose • Agave syrup • High fructose corn syrup • Fructose • Fruit juice concentrates • Molasses • Barley malt 	<p>Used to sweeten foods and beverages May be found in medications</p>	<p>The World Health Organization (WHO) recommends that sugars should make up less than 10% of total energy intake per day. They also propose that sugars should be less than 10% of total energy intake per day. This is equivalent around 25 grams (around 6 teaspoons) of sugar per day for an adult of normal Body Mass Index (BMI).</p> <p>The Canadian Heart and Stroke Association (CHSA) recommends limiting sugar intake so that an individual's total intake of free sugars does not exceed 10% of total daily calorie (energy) intake, and ideally less than 5%.</p>
Sugar Alcohols & Polydextrose		
<ul style="list-style-type: none"> • Lactitol • Xylitol • Maltitol • Mannitol • Isomalt • Polyols • Polyol syrups • Polydextrose • Palatinit • Sorbitol • Hydrogenated starch hydrolysates (HSH) 	<p>Used to sweeten foods labeled "sugar free" or "no added sugar"</p> <p>May be found in cough and cold syrups and other liquid medications (e.g. antacids)</p>	<p>Sugar alcohols are neither sugars nor alcohols. Small amounts are found naturally in fruits and vegetables. They can also be manufactured.</p> <p>They are only partly absorbed by your body, have fewer calories than sugar and have no major effect on blood glucose. Check product labels for the number of grams of sugar alcohols per serving. If you eat more than 10 grams of sugar alcohols a day, you may experience side effects such as gas, bloating or diarrhea.</p>
Other Sweeteners		
<ul style="list-style-type: none"> • Acesulfame Potassium (Ace-K) • Aspartame • Sucralose • Steviol glycosides 	<p>Used to sweeten foods and beverages May be found in medications</p>	<p>Health Canada has approved some sweeteners as safe if taken in amounts up to the Acceptable Daily Intake (ADI).</p>

Adapted from New Brunswick Dental Society (2014). Oral Health in the Classroom. Retrieved from <http://nbdental.com/en/OHC.html>



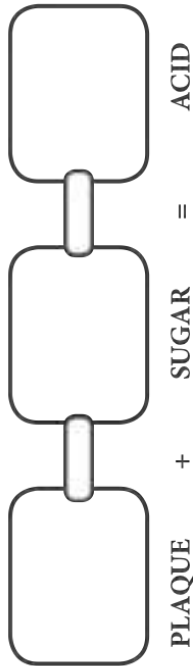


MAKING HEALTHY CHOICES

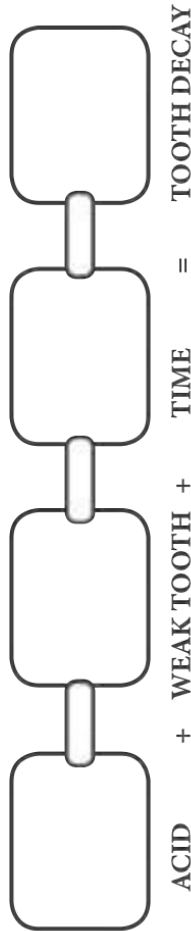
SECTION 4

PLAQUE CHAIN

The tooth decay process can be called "The Plaque Chain" because, like a chain, it consists of individual links that are needed for the decay chain to hold together. If a "link" is missing, the chain does not work as it should, just as if one "link" in the decay process is missing, the process is stopped.



Everyone has plaque (germs) on their teeth. Bacteria do not harm the teeth until something is eaten that contains sugar. The bacteria make a large amount of acid when sugar is in the mouth.



The acid is strong and harms the teeth. Acids attack the tooth causing dental or tooth decay. Each time you eat, chew, or drink, the teeth are attacked by the acid. Foods that are soft and sticky with sugar stay on the teeth longer and cause more harm than foods that are hard.

DISCUSS: What can you do to reduce the acid and tooth decay?

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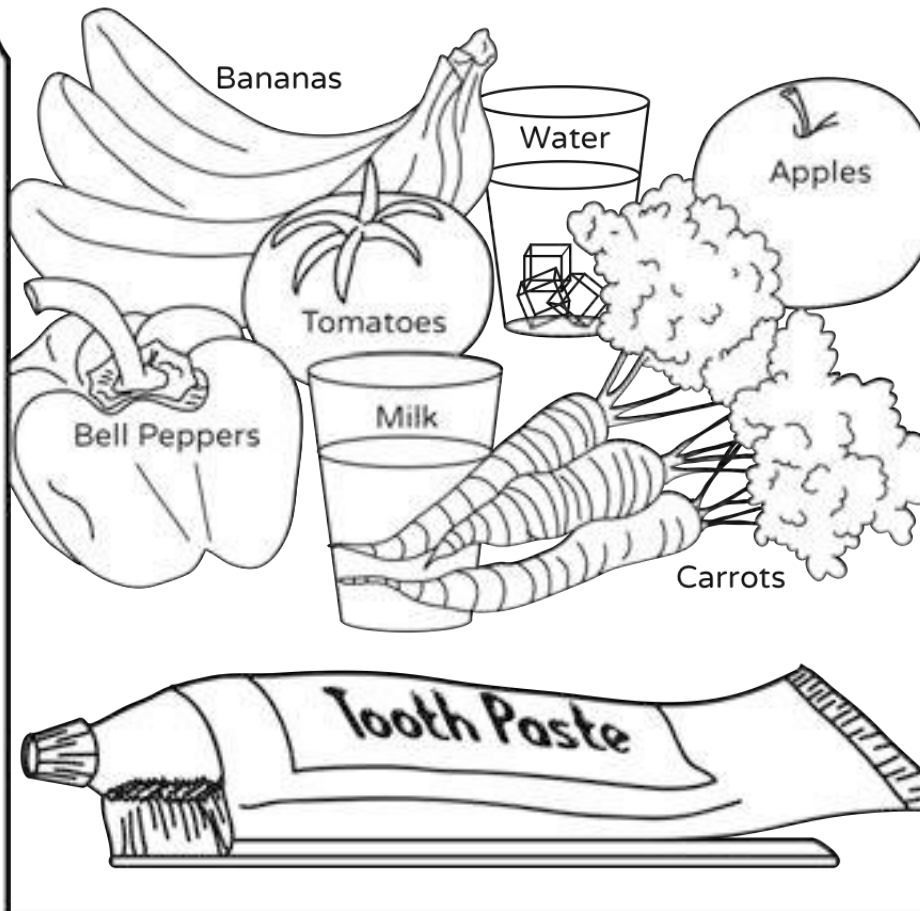




Kool Smiles Activity Sheets!

FLUORIDE

Fluoride is a natural mineral found throughout the earth's crust and is an important ingredient in toothpaste! Some foods contain fluoride, including these below!



Did you know?

The best toothpaste to use is one that has fluoride in it, because it helps keep your teeth healthy and prevents cavities. Have an adult help you find the right toothpaste for you!

Find more activity sheets at www.mykoolsmiles.com/torkids





MAKING HEALTHY CHOICES

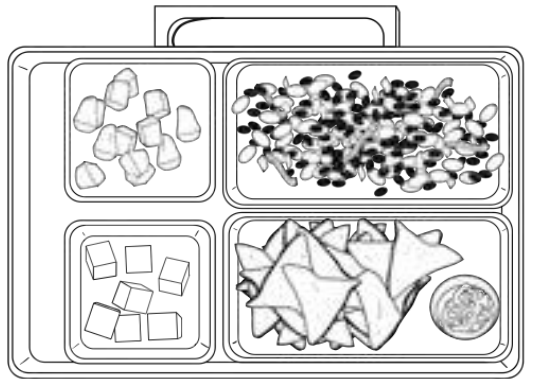
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Kool Smiles Activity Sheets!

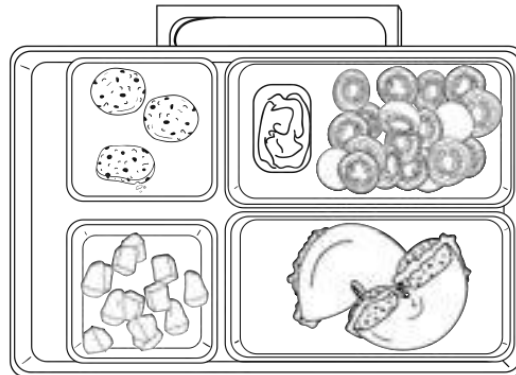
Fiesta box

- 1/3 Cup cheese, cubed
- 1/2 Cup melon
- 1 Cup bean salad
- Handful of whole-grain tortilla chips and two Tablespoons of salsa



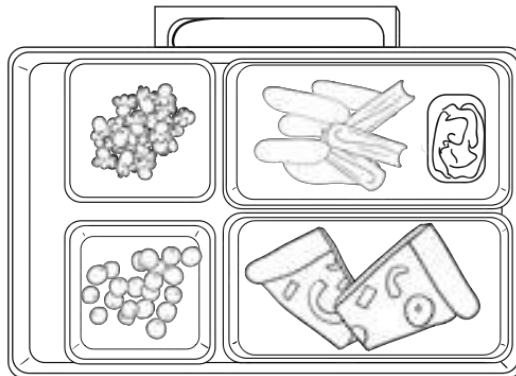
PB&J Time

- Peanut butter and jelly on a whole wheat mini bagel
- 3/4 Cup cherry tomatoes with 2 tablespoons of low fat cream cheese
- 1/2 Cup melon, cubed
- 3 mini oatmeal cookies



Pizza Party

- 1 slice cold veggie pizza cut in squares
- 1/2 Cup of baby carrots and cut celery with 2 Tablespoons of low fat ranch
- 1/2 of purple grapes
- 1/2 of cup popcorn



Did you know?

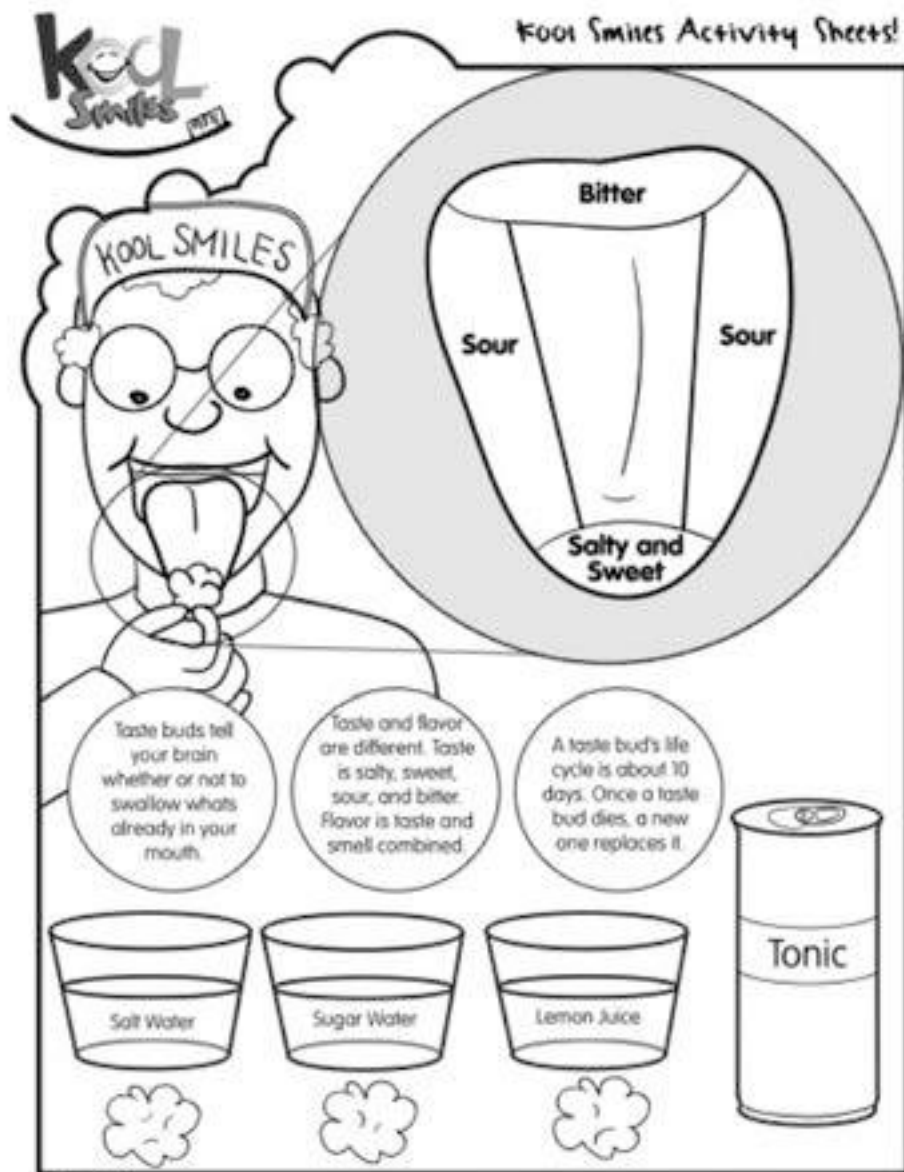
Eating healthy is easy, even when you're at school. Have an adult help you prepare these yummy lunch box meals! Snap a pic, and post it to Kool Smiles' Facebook page. We can't wait to see!

Find more activity sheets at www.mykoolsmiles.com/forkids



SECTION 4

MAKING HEALTHY CHOICES



Materials:

- 3 tbs of salt water
- 3 tbs of sugar water
- 3 tbs of lemon juice
- 3 tbs of tonic water
- 4 cotton balls

Directions: With the cotton ball, apply a small amount of one of the liquids to the area of your tongue that contains those taste buds. Do this for each liquid. Try out different liquids to different taste buds and areas of the tongue.

Conclusion: What happened when you put a sour liquid on a salty taste bud? Remember to always brush your tongue whenever you brush your teeth!

Find more activity sheets at www.mykoolsmiles.com/for-kids



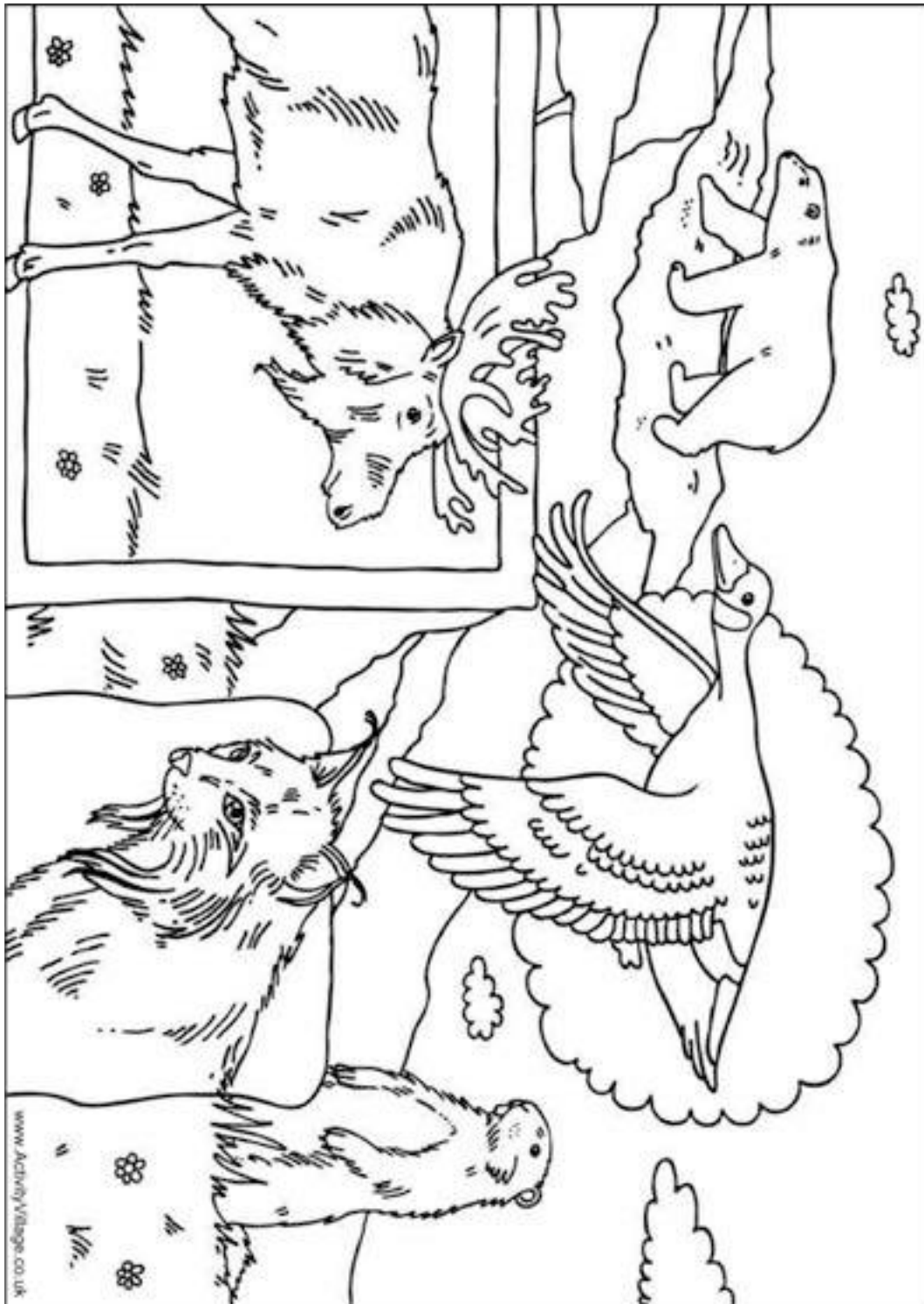


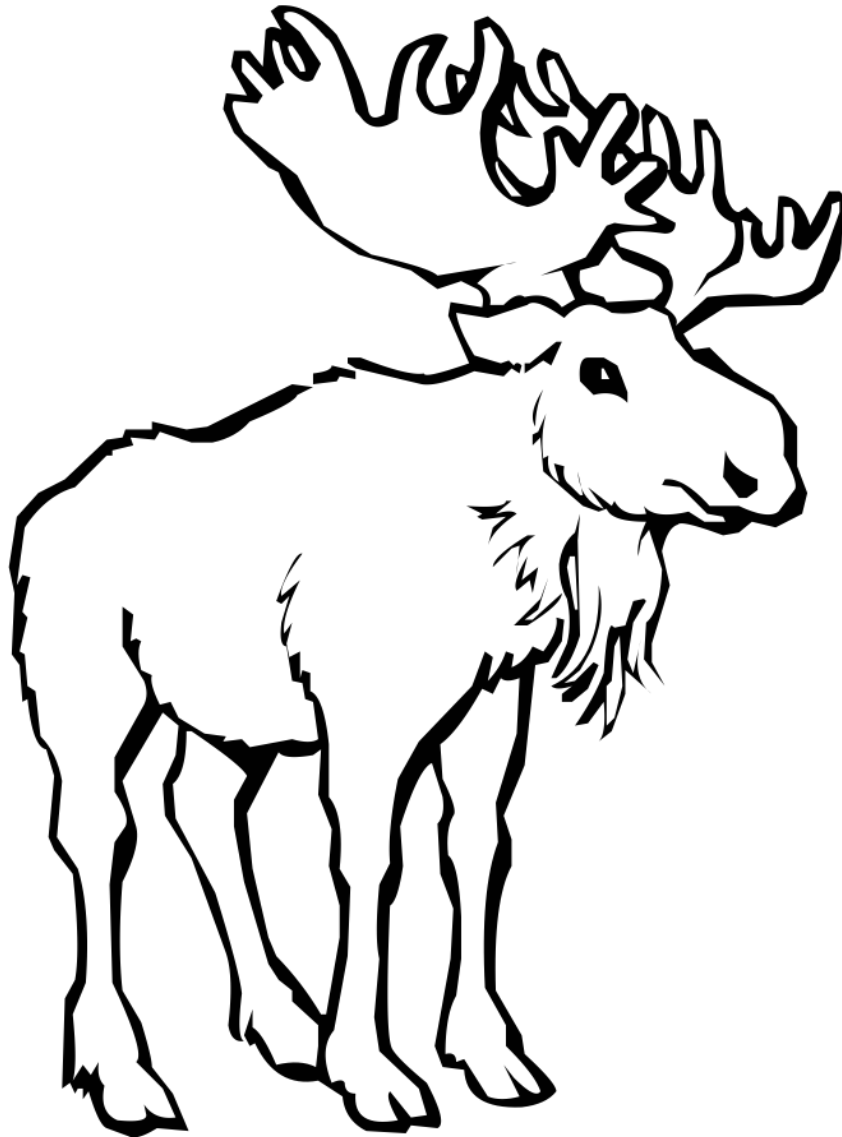
Beaver



SECTION
4

MAKING HEALTHY CHOICES





Moose

www.ActivityVillage.co.uk - Keeping Kids Busy



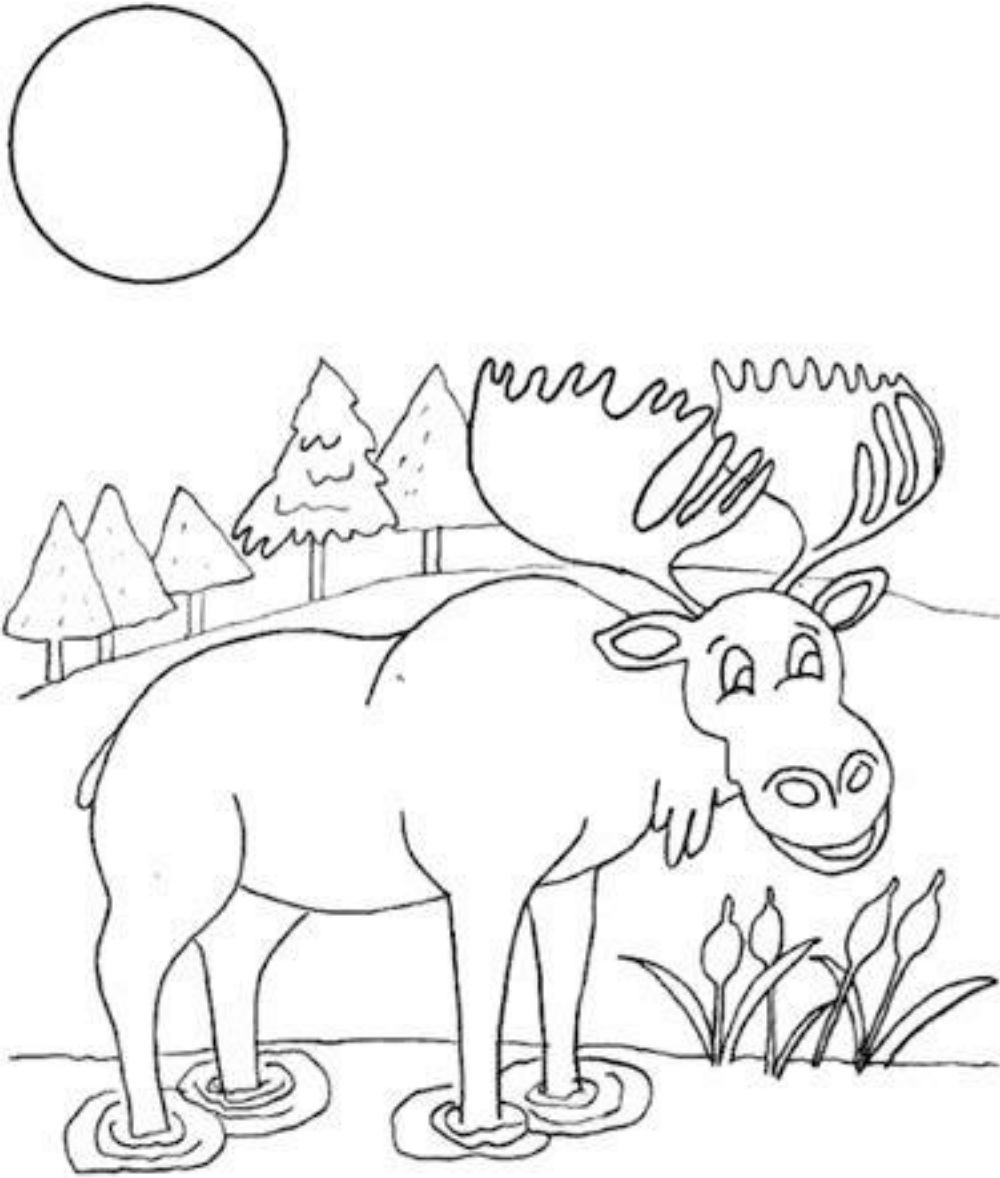
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MAKING HEALTHY CHOICES



8/11/2015

Temple



http://www.coloring.ws/temple.asp?http://www.coloring.ws/temple/soi_sama.gif

1/2





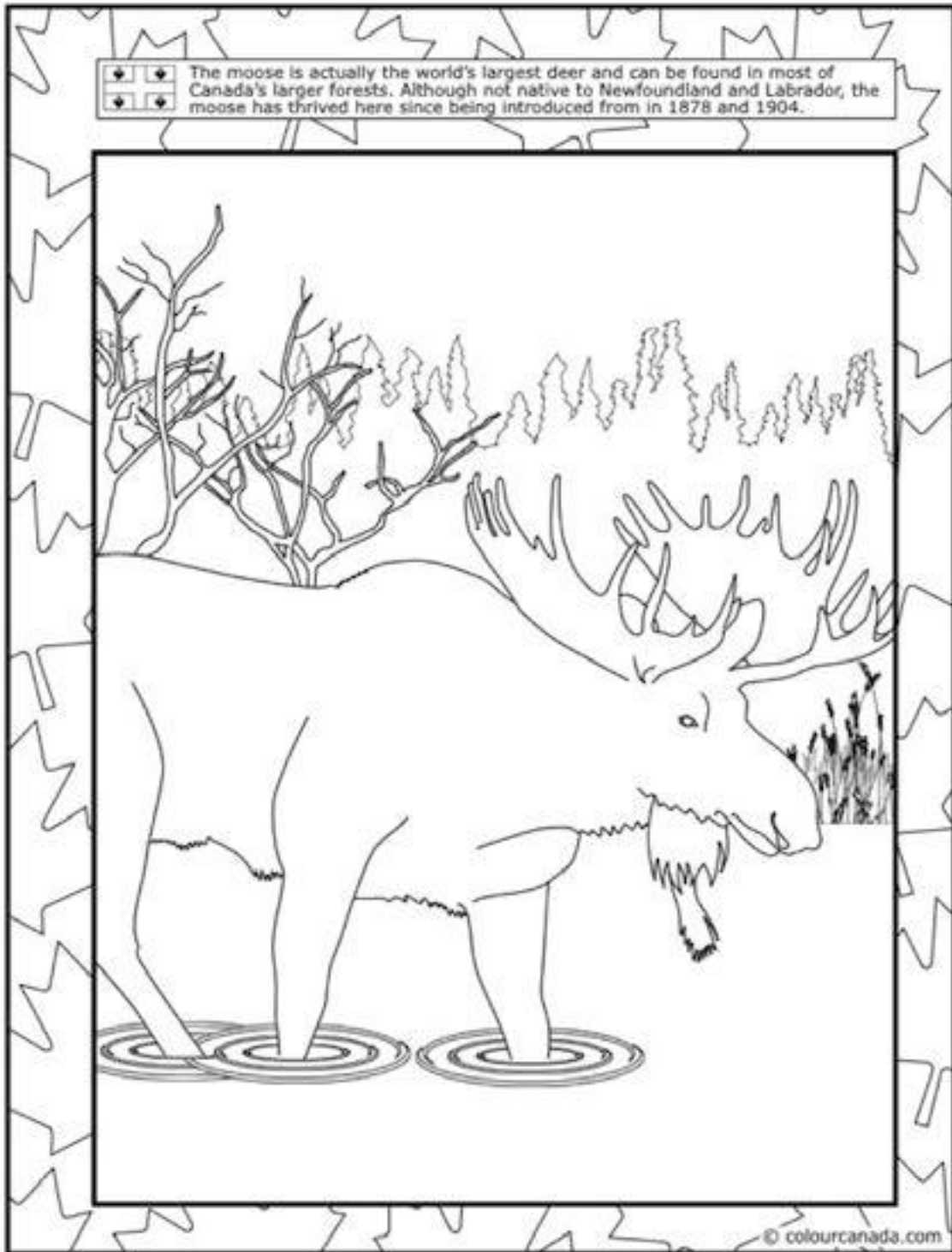
MAKING HEALTHY CHOICES

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SECTION 4

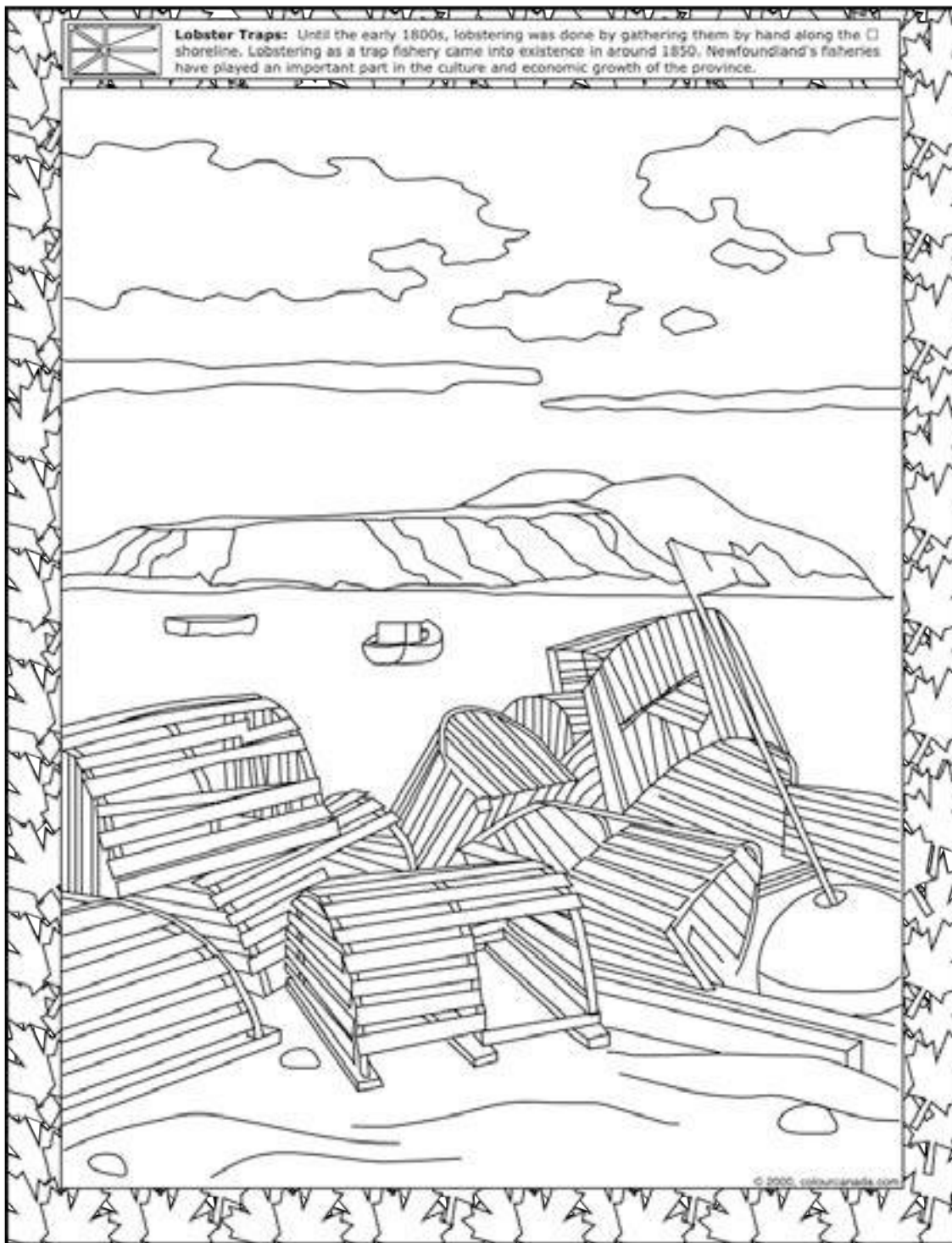
MAKING HEALTHY CHOICES





MAKING HEALTHY CHOICES

SECTION 4



SECTION 4

MAKING HEALTHY CHOICES



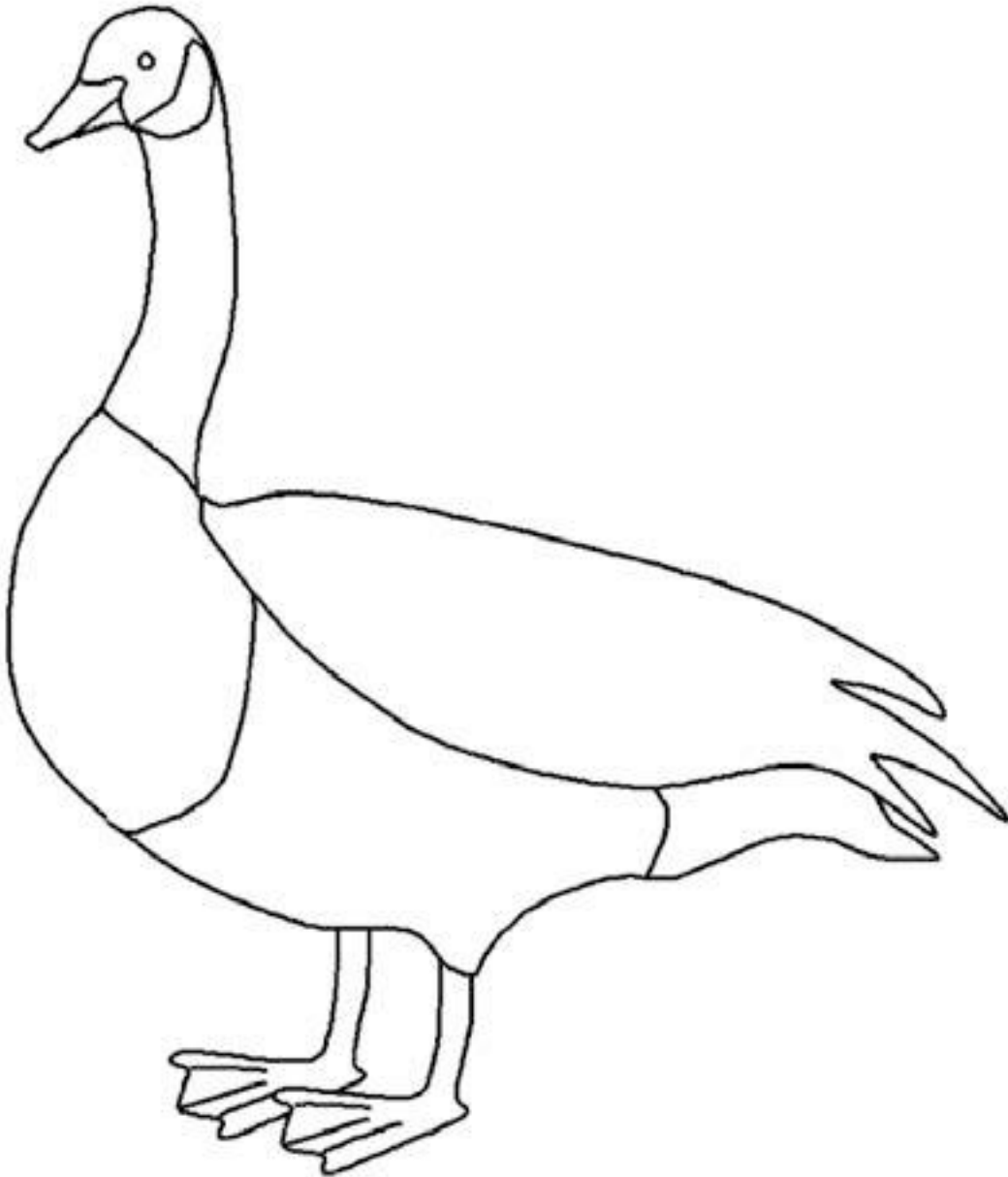
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8/11/2015

Template



Canada Goose

<http://www.coloring.ws/template.asp?r=http://www.coloring.ws/animals/canadagoose.gif>

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