

Section 4: MAKING HEALTHY CHOICES



TABLE OF CONTENTS

Information

- 4.1 Introduction
- 4.1 Healthy Foods
- 4.3 List of Internet Resources
- 4.4 Kungatsiajuk Fact Sheet - Nutrition and Diet For Healthy Smiles
- 4.5 Kungatsiajuk Fact Sheet - Oral Health Care While Breast and Bottle Feeding

Activities

- 4.6 Foods that Make Me Smile
- 4.9 Happy Teeth/Sad Teeth Collage
- 4.10 Oral Health Eggsperiment
- 4.11 Snacks that Make Smiles
- 4.13 What is in Your Diet?
- 4.15 Plaque Attack!
- 4.16 Understanding Labels
- 4.20 Oral Health Photo Scavenger Hunt
- 4.21 Oral Health Video Scavenger Hunt
- 4.22 Activity/Coloring Pages



Drawing submission to Healthy Smiles Re-Think Your Drink Poster Contest
(By Kendel Clarke, Pinsent's Arm)



Drawing submission to Healthy Smiles Re-Think Your Drink Poster Contest
(By Sophie Strugnell, St. Lewis)



MAKING HEALTHY CHOICES

SECTION 4

Introduction

The following information is intended to provide teachers and caregivers with a general overview of basic dental concepts related to eating healthy for good oral health. You are encouraged to read this background information prior to preparing any of the associated activities to refresh your own understanding of these concepts. Even though we have indicated suggested grade levels for each activity we encourage you to modify the activities in this toolkit to suit your classroom's needs.

Healthy Foods

Children should learn early in life that they can make healthy food choices to help ensure good overall, and dental, health. Learning how and why to make the best food and snack choices will help their teeth and bodies grow and develop in a healthy way.

Sugary foods such as cookies, cake, and candy are not the only foods that cause cavities. Other foods containing sugars and starches – like chips and crackers, breads, and cereals, even fruits- can play a role in tooth decay. The starches break down into sugars and the same acid is produced by the plaque.

Some tips for making healthy snacking choices to prevent dental decay:

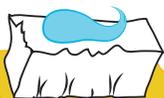
- Choose nutritious, unsweetened snack foods.
- Read ingredient lists when choosing snacks and look out for sugars (honey, fructose, glucose, sucrose etc.).
- If you are going to have sweets, it is better to have them at meal times.
- Limit the amount of time sugar/sweet foods stay in contact with your child's teeth. The longer it is in their mouth, the more harm it can do. Limit sugared drinks, chewing sugared gum or sucking on candy for a long period of time.
- When brushing is not possible, rinse the mouth with water or chew sugar free gum.



Photograph courtesy of Paula Campbell



Photograph courtesy of Michelle Clarke



SECTION 4

MAKING HEALTHY CHOICES



Frequency and Consistency

The more frequently foods containing sugars and/or starches are eaten in a day, the more often the teeth will be exposed to the cavity-causing acid. The effects of this acid build up over time, with more enamel being dissolved with each exposure. Acid will continue to affect tooth enamel for at least 20 minutes after you have finished eating. Foods that are consumed slowly over a long period of time, such as sipping a can of pop throughout the day, will extend the length of time the acid has to attack your teeth. As well, sugary/starchy foods that are retentive, such as sticky candies, will cause the acid attack to last as long as the food is stuck on the teeth. For this reason, sugary/starchy foods are the most harmful to teeth.

It is not realistic to give up eating every food which contains sugars and/or starches. In fact some of these foods- such as fruits, and breads and cereals- are nutritious food choices and are needed as part of a healthy, balanced diet. So instead of eliminating these foods, there are some things to keep in mind:

- When choosing a snack, select nutritious foods rather than sticky, sugary treats. Encourage raw vegetables, cheese, popcorn, nuts, and fruits. Cheese is a highly recommended snack that helps prevent cavities.
- Save sweets and treats for special occasions: do not include as part of regular daily meals and snacks. While children need snacks as part of their daily diet, it is important to remember that snacks do not mean treats.
- When eating sugary/starchy foods, it is best to save them and eat them with meals, and brush afterwards.
- If brushing after eating is not possible, then choosing to do one of the following can help to prevent cavities:
 - o Rinse with water (helps rinse out the sugar/starch)
 - o Eat a piece of cheese (neutralizes the acid)
 - o Chew sugar-free gum, especially gum with Xylitol (weakens the acid and removes the food).



Photograph courtesy of Michelle Clarke





MAKING HEALTHY CHOICES

SECTION 4

Is Candy Rewarding?

Using candy as a reward can contribute to children's tooth decay. More sugar eaten throughout the day increases the number of acid attacks on the teeth. Consider low cost, non-food rewards such as stickers, pencils, sugar-free gum, extra privileges, or verbal praise. If candy is given, encourage children to save the treat until lunchtime and to rinse immediately after eating the candy.

List of Internet Resources

The following list of internet resources are available as active links on the E-version of this toolkit, which is available both on the USB flash drive that accompanies the print version, or on our website: www.Kungatsiajuk.ca.

Information for Educators

Ability Path: http://www.abilitypath.org/health-daily-care/health/oral-health/articles/social-story_dentist.pdf

Alberta Health Services: www.albertahealthservices.ca/services/page13173.aspx

American Dental Association: www.ada.org

American Dental Hygiene Association: www.adha.org

Autism Speaks: www.autismspeaks.org/sites/default/files/documents/dentalguide.pdf

Canadian Dental Association: www.cda-adc.ca

Canadian Dental Hygiene Association: www.cdha.ca

Crest: www.crest.com/en-CA/crest-kids/

Activities for Youth

ABC Teach: www.abcteach.com/directory/theme_units/science/teeth

American Dental Association: www.mouthhealthy.org/

Colgate: www.colgate.com/en/us/kids/home

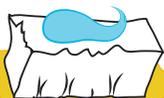
Healthy Teeth: www.healthyteeth.org



Photograph courtesy of Michelle Clarke



Photograph courtesy of Shelley Pye





NUTRITION AND DIET FOR HEALTHY SMILES



- How often you have sugary foods and drinks is more important than how much sugar you have in one meal.
- Eating a healthy and well-balanced diet is important for keeping your teeth and mouth healthy.
- Foods and drinks that have lots of sugar increase your chance of developing cavities.
- Eating sugary foods creates an acidic environment in the mouth, which can increase tooth decay.
- Eating a package of raisins or candy, sucking on a hard candy, or sipping on sugary coffee or juice over several hours is much worse than having the food or drink quickly.
- The more frequently you eat sugar, the more opportunities there are for cavities to form.
- Fresh fruits are good for your teeth, but dried fruits are sticky and have lots of sugar which can cause cavities.

Milk and Dairy

- Milk and dairy products have high amounts of calcium, phosphate and proteins that can help prevent cavities.
- Not all dairy products are the same!
 - Cheese and unsweetened yogurt contain less sugar than milk.
 - Chewing hard cheese is especially good for teeth.
- Sweetened milk is preferred to other sweetened beverages, such as pop because it has more nutrients.
 - Only have sweetened milk products, including chocolate milk, in moderation.



For references and further information contact:

healthysmiles@dal.ca | <http://www.ahprc.dal.ca/projects/kungatsiajuk/>

2014-2015





MAKING HEALTHY CHOICES

SECTION 4

ORAL HEALTH CARE WHILE BREAST AND BOTTLE FEEDING

- Human breast milk is a great nutrient source to help infants grow and develop.
- Current research recommends that, if possible, infants be fed only breast milk from 0-6 months.
- Infants fed **only** human breast milk have a low risk of developing cavities.
- Breastfeeding a child to sleep should be avoided, as this may increase the risk of developing dental caries.
- Caregivers should use a soft toothbrush for teeth and a damp cloth to wipe the inside of the infant's mouth after feeding.



- Once the first baby tooth appears, mothers should avoid at will nighttime breastfeeding or clean the mouth and teeth after feeds to prevent pooling of liquid around the teeth, which can lead to cavities. This is especially important if foods or liquids other than breast milk have been introduced into the diet.



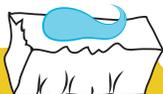
- Any bottle or non-spill cup taken to bed or sipped on through the day should contain only water. If the bottle or non-spill cup contains milk, formula, juice or anything but water, there is a great risk of cavities if the mouth and teeth are not cleaned between 'sips'.



For references and further information contact:

healthysmiles@dal.ca | <http://www.ahprc.dal.ca/projects/kungatsiajuk/>

2014-2015



SECTION 4

MAKING HEALTHY CHOICES



Activity: Foods that Make Me Smile

Suggested for Grades K-3

Objective

- To categorize foods according to frequency and amounts in which the foods should be eaten to prevent cavities

Materials

- 2 large pieces of chart paper titled, 'Most of the Time Foods,' and 'Sometimes Foods'
- Markers for use on the chart paper
- Magazines and grocery store flyers
- Scissors
- Glue
- Crayons
- Copies of 'Most of the Time Foods' and 'Sometimes Foods' sheets attached for each child

Steps

- Discuss with group how different foods affect their health (sugar foods can harm our teeth, healthy foods are the best choices for our teeth).
- Explain that certain foods work with germs/plaque in our mouths to cause cavities. Ask students what kinds of foods cause plaque and cavities and which ones do not.
- Explain that sugary foods are 'sometimes' foods. Ask children how often they think these foods should be consumed.
- Explain that since we do not want cavities, we should eat healthy foods and that these healthy foods are 'most of the time' foods.
- Bring out the chart paper and have children brainstorm which foods are 'sometimes' foods and which are 'most of the time' foods.
- Tell the children they are going to go 'shopping' for food, and they are to paste pictures of food on their handouts.
- Have the children take these sheets home to show their caregivers.

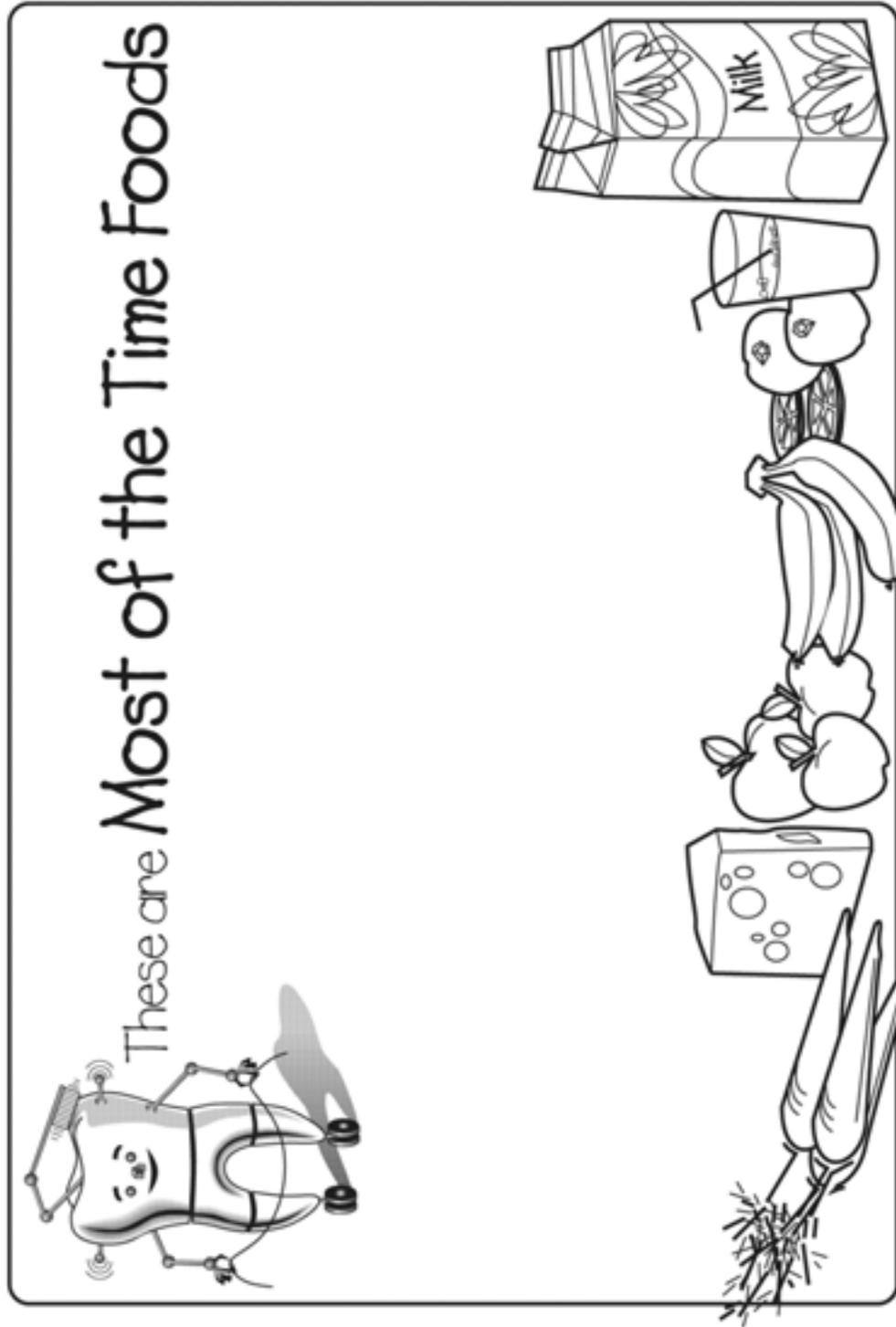
Adapted from Alberta Health Services (2015). Oral Health- Preventative Dental Services. Retrieved from www.albertahealthservices.ca/services/Page13173.aspx



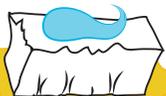


MAKING HEALTHY CHOICES

SECTION 4

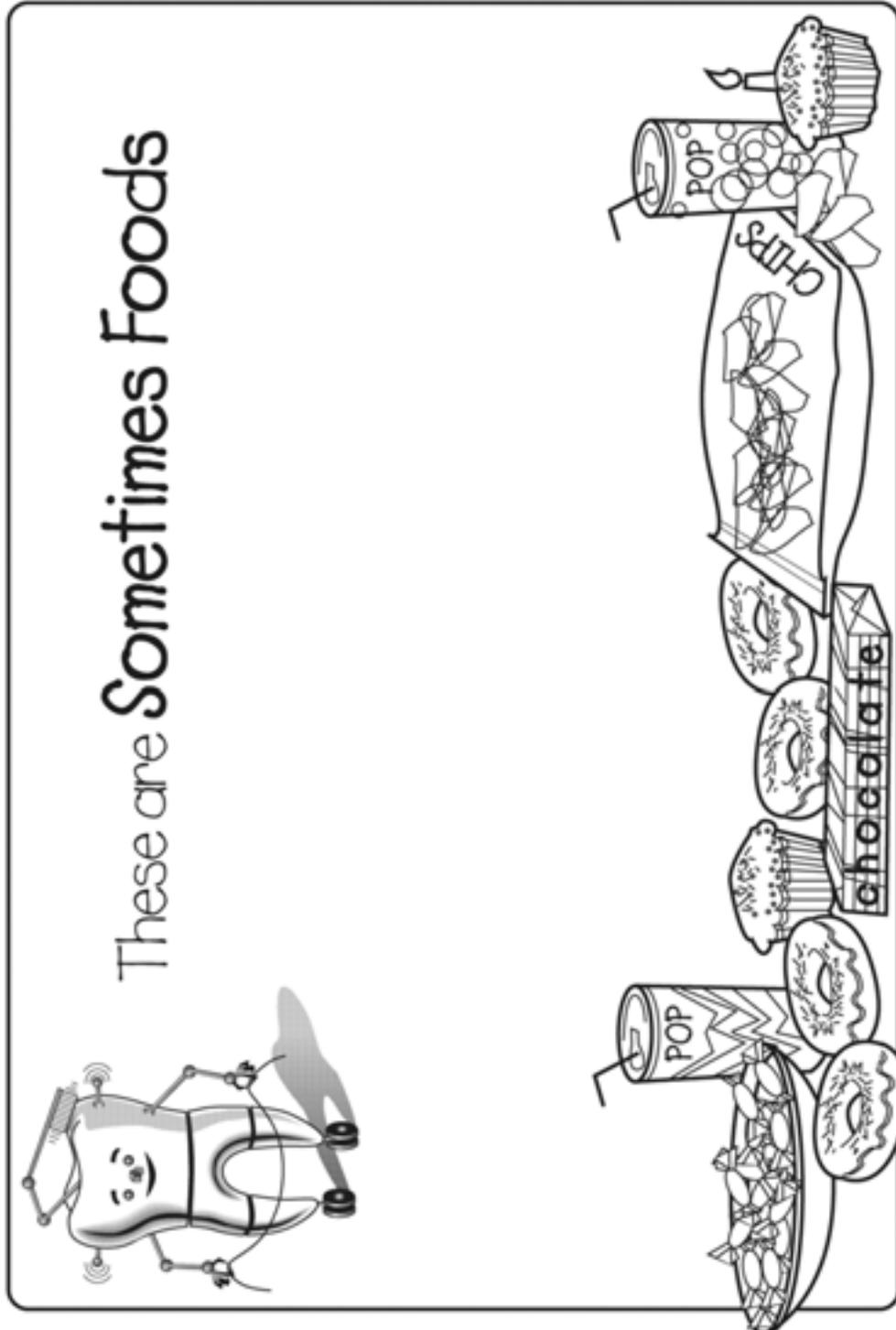


Reproduced with permission from Alberta Health Services (2015). Oral Health - Preventative Dental Services. Retrieved from www.albertahealthservices.ca/services/Page13173.aspx



SECTION
4

MAKING HEALTHY CHOICES



Reproduced with permission from Alberta Health Services (2015). Oral Health - Preventative Dental Services. Retrieved from www.albertahealthservices.ca/services/Page13173.aspx





MAKING HEALTHY CHOICES

SECTION 4

Activity: Happy Teeth/Sad Teeth Collage

Suggested for Grades K-3

Objective

- To teach children about the relationship between the foods they eat and having healthy teeth

Materials

- Glue
- Paper shaped like a tooth
- Food images (from store flyer, catalogue, or internet)
- Scissors
- Markers

Preparation

- Cut two sheets of paper into teeth for each child.
- Label one tooth 'Happy' and one 'Sad', and draw on either a happy or sad face

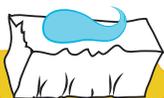
Steps

- Either cut out or have child cut out food images.
- Have child glue correct images on each tooth (ex. Happy tooth: milk, cheese, fruits, veggies, meats, etc.; Sad tooth: chocolate, chips, pop, etc.).

Discussion Points

- Talk about foods that are good and bad for teeth and how it is important to eat lots of healthy foods to keep your teeth happy.
- Ask why certain foods are healthy and why other foods are unhealthy.

Adapted from A Teaching Mommy (2015). Happy and Sad Teeth Collage. Retrieved from <http://ateachingmommy.com/2011/01/happy-and-sad-teeth-collage/>



SECTION 4

MAKING HEALTHY CHOICES



Activity: Oral Health Eggsperiment

Suggested for Grades K-3

Objectives

- To show children the harmful effects of sugary drinks and other foods on their teeth
- To reinforce the importance of brushing and flossing their teeth to keep their teeth clean and healthy

Materials

- Pop, vinegar, Koolaid
- 3 containers large enough to hold a few eggs
- At least 3 hardboiled eggs (for larger groups children can pair up, otherwise one egg per child)
- Toothbrush for each egg
- Plates/napkins

Preparation

- Fill each container with one liquid.
- Place the hardboiled eggs into a container with the liquid for 1-2 day(s).

Steps

- Give each child (or pair of children) an egg and a toothbrush.
- Have child use toothbrush on egg.
- Possible findings: Eggs soaked in pop may have spot spots and cracking, eggs soaked in Koolaid may develop a kind of fuzzy coating, eggs soaked in vinegar may look clean, but the shell may be dissolved.

Discussion Points

- Have a discussion about how different foods we eat can harm our teeth if we don't brush them.
- Talk about how this activity mimics what happens to your teeth if you don't brush them after eating/drinking.

Adapted from Mrs. Stensland's Kindergarten (2015). February Photos, Retrieved from <http://kidsactivities.about.com/od/scienceandnature/a/Egg-In-Soda-A-Dental-Health-Activity.htm>





MAKING HEALTHY CHOICES

SECTION 4

Activity: Snacks that Make Smiles

Suggested for Grades K-3

Objectives

- To apply guidelines from Canada's Food Guide to individual nutritional circumstances
- To examine the role that foods play in the tooth decay process

Materials

- Chalkboard/Whiteboard
- Large copy of 'Chain of Decay' on chart paper
- Copies of 'Chain of Decay' for each child to color

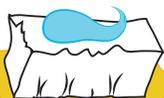
Steps

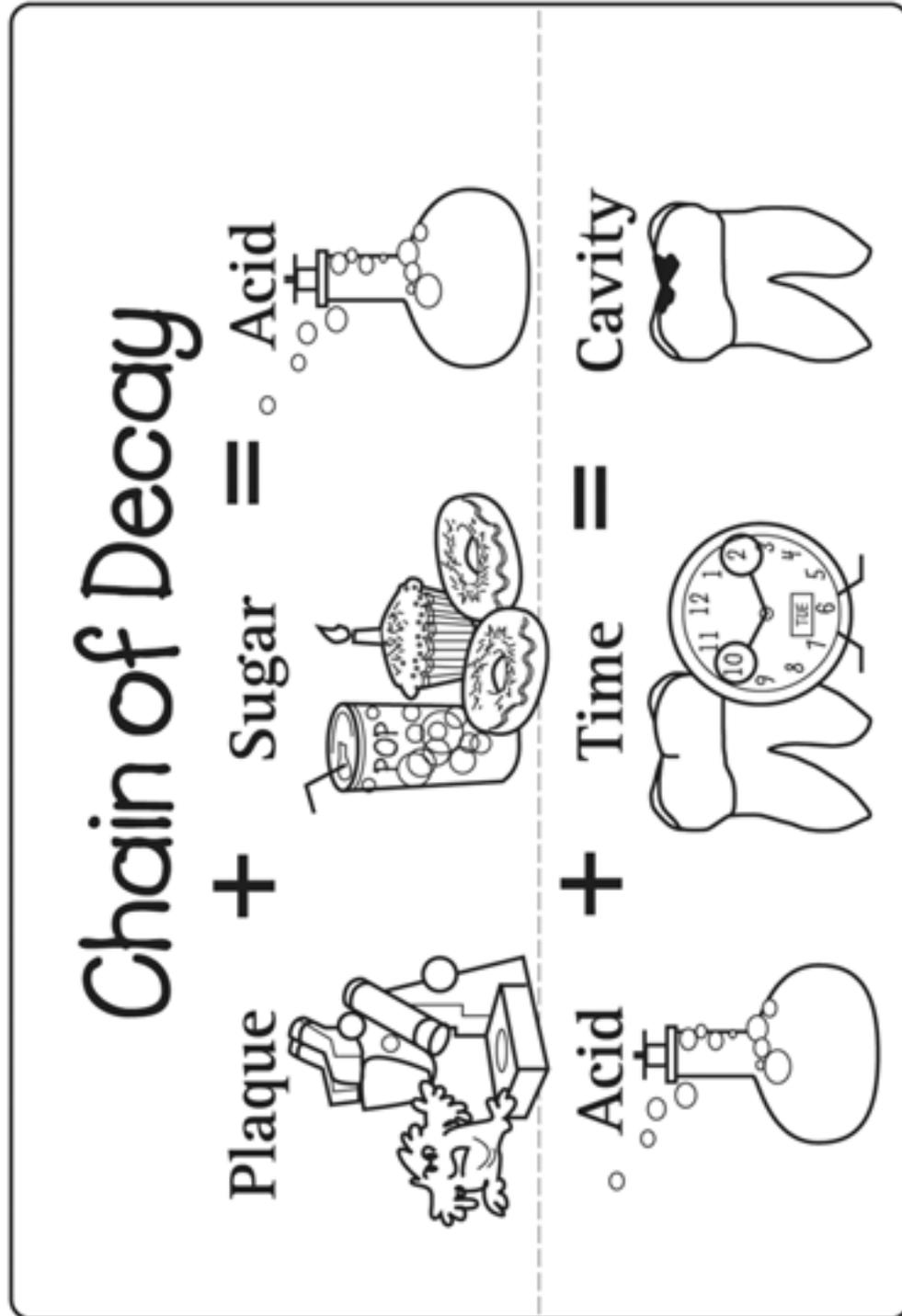
- Have children list some snacks they like, write them down on the board.
- Ask children if they think the foods they snack on can affect the health of their teeth and have a discussion about this.
- Explain that certain foods work with plaque in their mouths to cause cavities in their teeth. Ask children what kinds of foods are more likely to cause cavities and what can be done to prevent cavities.
- Use the large 'Chain of Decay' on chart paper with only the top half of the equation showing. Discuss what acid is and what it can do to teeth.
- Uncover the bottom half of the equation, explain this equation to the students (that over time, acid causes cavities).
- Explain that the best way to not get a cavity is to break a link in the chain of decay (by brushing, flossing, eating healthy foods, etc.).
- Explain what the Canada Food Guide is and review the 4 main food groups, and that these are healthy foods that can help break the chain of decay.
- Have children color in the chain of decay worksheet and bring home to their caregivers.

Discussion Points

- Discuss how the food we eat affects our oral health and how we can improve our health by eating healthy foods.

Adapted from Alberta Health Services (2015). Oral Health- Preventative Dental Services. Retrieved from www.albertahealthservices.ca/services/Page13173.aspx





Reproduced with permission from Alberta Health Services (2015). Oral Health - Preventative Dental Services. Retrieved from www.albertahealthservices.ca/services/Page13173.aspx





MAKING HEALTHY CHOICES

SECTION 4

Activity: What is in Your Diet?

Suggested for Grades K-3

Objective

- To account for calories in diets and replace empty calories with foods full of vitamins and nutrients

Materials

- One copy of the 'Sample Diet' activity sheet for each child

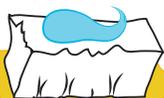
Steps

- Have children analyze the 'Sample Diet' (write on board or display on projector).
- Discuss how this person could improve their diet to avoid getting cavities yet provide the body with the energy and nutrients needed to stay healthy.
- Ask children to choose one of the meals and draw a picture of a healthy alternative to the sample diet.

Discussion Points

- Discuss what foods are good for our health and how they make our bodies (including our teeth and mouths) healthy.
- Ask children what could happen if they don't eat nutritious foods.

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



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:

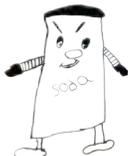
Lunch:

After-school snack:

Dinner:

Evening snack:





MAKING HEALTHY CHOICES

SECTION 4

Activity: Plaque Attack!

Suggested for Grades 4-6

Objective

- A fun experiment to demonstrate how plaque grows when you eat sugary foods and don't brush and floss your teeth

Materials

- Yeast
- Two plastic transparent cups
- Sugar
- A marker
- 2 spoons

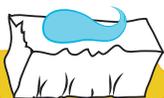
Steps

- Add 2 teaspoons of yeast and 1 cup of warm water in each cup.
- Mark the height of each solution on the outside of the cup.
- Add 1 tablespoon of sugar to only one of the cups.
- Stir to mix each cup with separate spoons (the yeast with the sugar will rise).
- Have children draw on accompanying worksheet.

Discussion Points

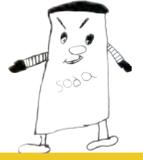
- Talk about how this is similar to plaque in our mouths and if we eat sugar it grows and gets bigger, but by brushing and flossing we can keep our mouths healthy.
- Talk to children about the importance of taking care of their teeth so that plaque can't grow like the yeast did in the cup.
- Be sure to explain that the yeast experiment was not actually plaque, but was meant to give them a visual of the growth difference when sugar is added.
- Plaque is formed in your mouth when bacteria eat the sugar that is left in your teeth.

Adapted from Mrs. Stamp's Kindergarten (2013). Friday March 1, 2013: Five for Friday. Retrieved from http://mrsstamp.blogspot.ca/2013_03_01_archive.html



SECTION 4

MAKING HEALTHY CHOICES



Activity: Understanding Labels

Suggested for Grades 4-6

Objective

- To help children become more aware of what is in the different foods they eat and identify hidden forms of sugar

Materials

- Printouts: 'Eating Nutritionally for Healthy Teeth', 'Sugar and Sweeteners' and 'Plaque Chain'
- Children to bring in some labels from their favorite foods

Steps

- Discuss why it is important to know what is in the food we eat.
- Discuss the ingredient list on various products. The items listed first are the greatest percentage of the item. The item that is the least is the food listed last.
- Using the 'Plaque Chain' printout as a reference, review the role sugar plays in causing dental decay.
- Ask the students what their favorite snacks are and then list on the board.
- Explain to children that the sugar comes in many forms, and that there are 'hidden sugars' in some of the foods we eat.
- Poll the class to determine how many children have 'favorite snacks' that contain sugar. What kinds of snacks could they eat instead?
- Ask students to share some of their chosen foods and read the list of ingredients. Be sure to identify all sugar forms, see 'Sugar & Sweeteners' handout.

Discussion Points

- Discuss the amount of sugar and sugar substitute in each product. What impact does this have on overall health? (Ex. Tooth decay, high blood sugar, diabetes, weight gain, etc.). Use 'Eating Nutritionally for Healthy Teeth' handout.

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





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

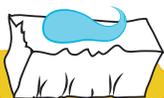
Snacks that are healthy for teeth: *

- 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

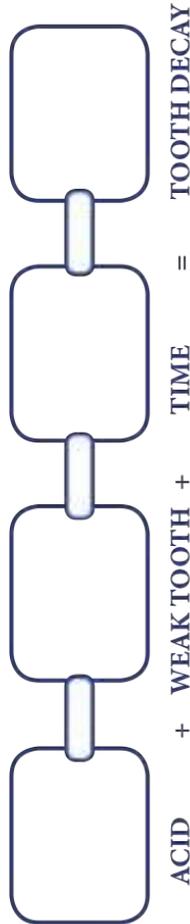
SECTION 4

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.



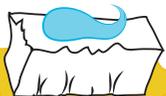
Everyone has plaque (germs) on their teeth. Bacteria do not harm the teeth until something is eaten that contains sugar. The bacteria make a large amount of acid when sugar is in the mouth.



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?

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



SECTION 4

MAKING HEALTHY CHOICES



Activity: Oral Health Photo Scavenger Hunt

Suggested for Grades 7-12

Objective

- To create youth awareness of things in their community that can impact oral health.

Materials

- Digital Camera
- List of items for teams to photograph

Preparation

- Let students know they should bring a digital camera/device with filming capabilities to class/the meeting if they have them.

Steps

- Divide youth into teams. The size of the team depends on your group size and how many groups you would like to have (can even be one individually). If you are going with groups, three or four per group is a good number.
- Give each group your list of things to photograph. Remind them to use their manners and to get permission before photographing an individual.
- Set a date/time that they have to return with all of the photos.
- Remind teams to be creative.
- Once the groups have returned with their photos, preview each photo to ensure appropriate material.
- Display all the photos in a slideshow.
- You can then vote on the most creative photos for each item on the list. The group with the most votes is the winner!

A list of things to include in your hunt

This list does not need to be too long, you can adjust it to suit your group/community and time allotted.

- A food that helps develop good health. Group member displaying expression of a healthy choice.
- A food that should only be eaten in moderation. A group member displaying expression of unhealthy choice.
- A person who creates awareness of healthy choices in your community.
- A healthy smile (does not have to be a group member).
- A person brushing their teeth.
- Toothpaste or toothbrush on store shelf.
- Dental floss.
- A selection of healthy foods as displayed in a store setting.
- A child with baby teeth missing.





MAKING HEALTHY CHOICES

SECTION 4

Activity: Oral Health Video Scavenger Hunt

Suggested for Grades 7-12

Objective

- To create youth awareness of things in their community that can impact oral health.

Materials

- Digital Camera
- List of items for teams to film

Preparation

- Let students know they should bring a digital camera/device with filming capabilities to class/the meeting if they have them.

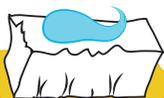
Steps

- Divide youth into teams. The size of the team depends on your group size and how many groups you would like to have (can even be one individually). If you are going with groups, three or four per group is a good number.
- Give each group your list of things to film. Remind them to use their manners and to get permission before filming an individual.
- Set a date/time that they have to return with all of the videos.
- Remind teams to be creative.
- Once the groups have returned with their videos, preview each video to ensure appropriate material.
- Display all the videos in a slideshow.
- You can then vote on the most creative video for each item on the list. The group with the most votes is the winner!

A list of things to include in your hunt

This list does not need to be too long, you can adjust it to suit your group/community and time allotted.

- An Elder describing a dental visit in their youth.
- A child brushing their teeth.
- Someone who brings awareness of healthy living in the community explaining the importance of healthy dental practices.
- A mom talking about an experience bringing their child to the dentist.
- A video of the unhealthy selection of foods in a store setting.
- A video of the selection of healthy foods in a store setting.
- A child describing losing a baby tooth.
- Someone describing what it is like to live with braces.
- A person describing their visit to the dentist.

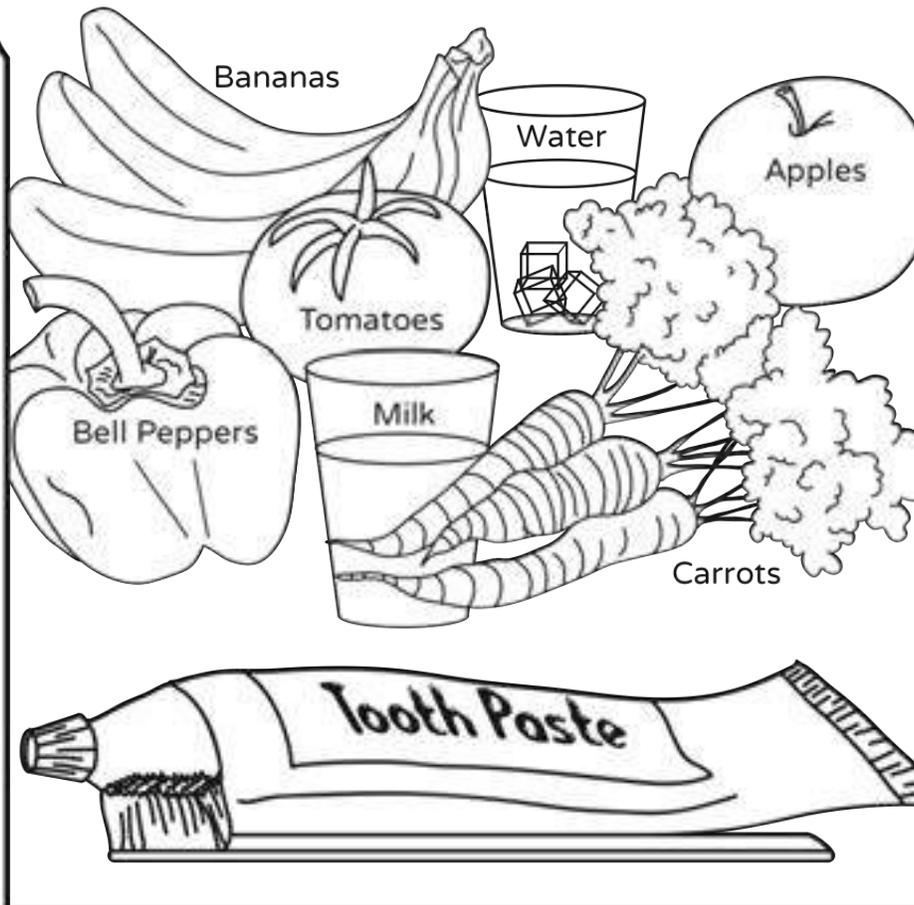




Kool Smiles Activity Sheets!

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

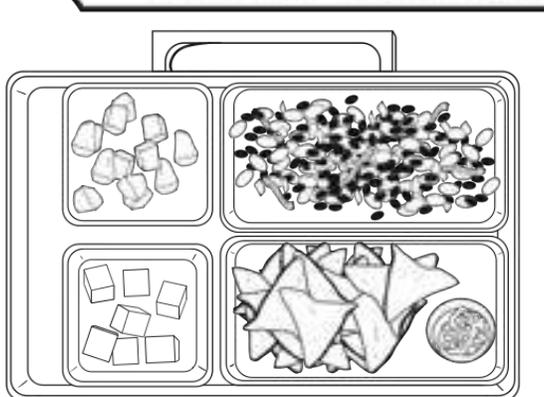
SECTION 4



Kool Smiles Activity Sheets!

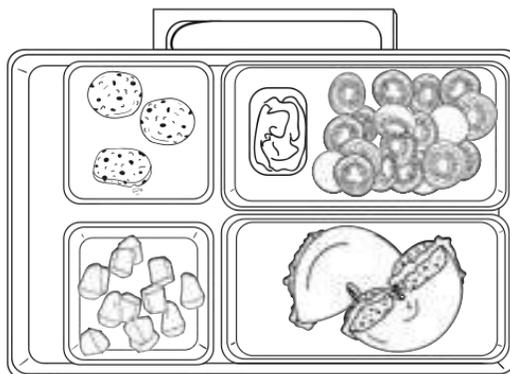
Fiesta box

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



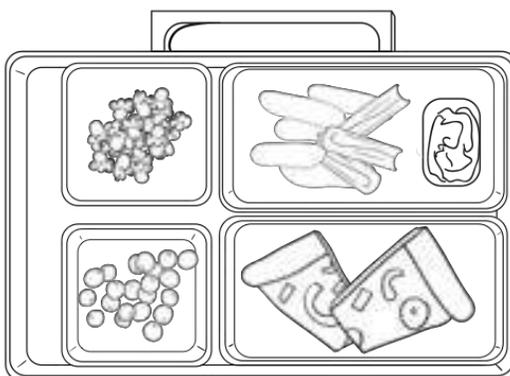
PB&J Time

- 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

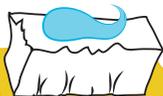
- 1 slice cold veggie pizza cut in squares
- 1/2 Cup of baby carrots and cut celery with 2 Tablespoons of low fat ranch
- 1/2 of purple grapes
- 1/2 of cup popcorn



Did you know?

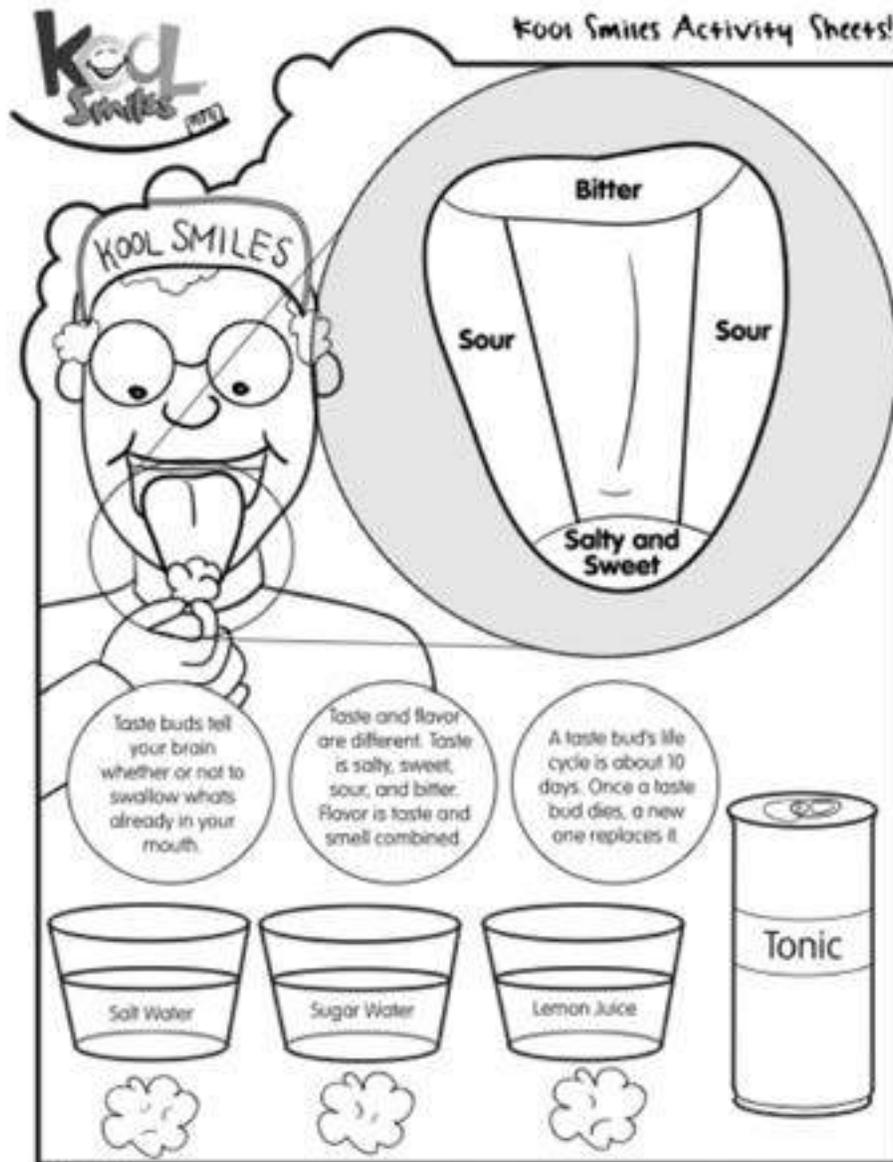
Eating healthy is easy, even when you're at school. Have an adult help you prepare these yummy lunch box meals! Snap a pic, and post it to Kool Smiles' Facebook page. We can't wait to see!

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



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/forkids





MAKING HEALTHY CHOICES

SECTION 4



Beaver



SECTION
4

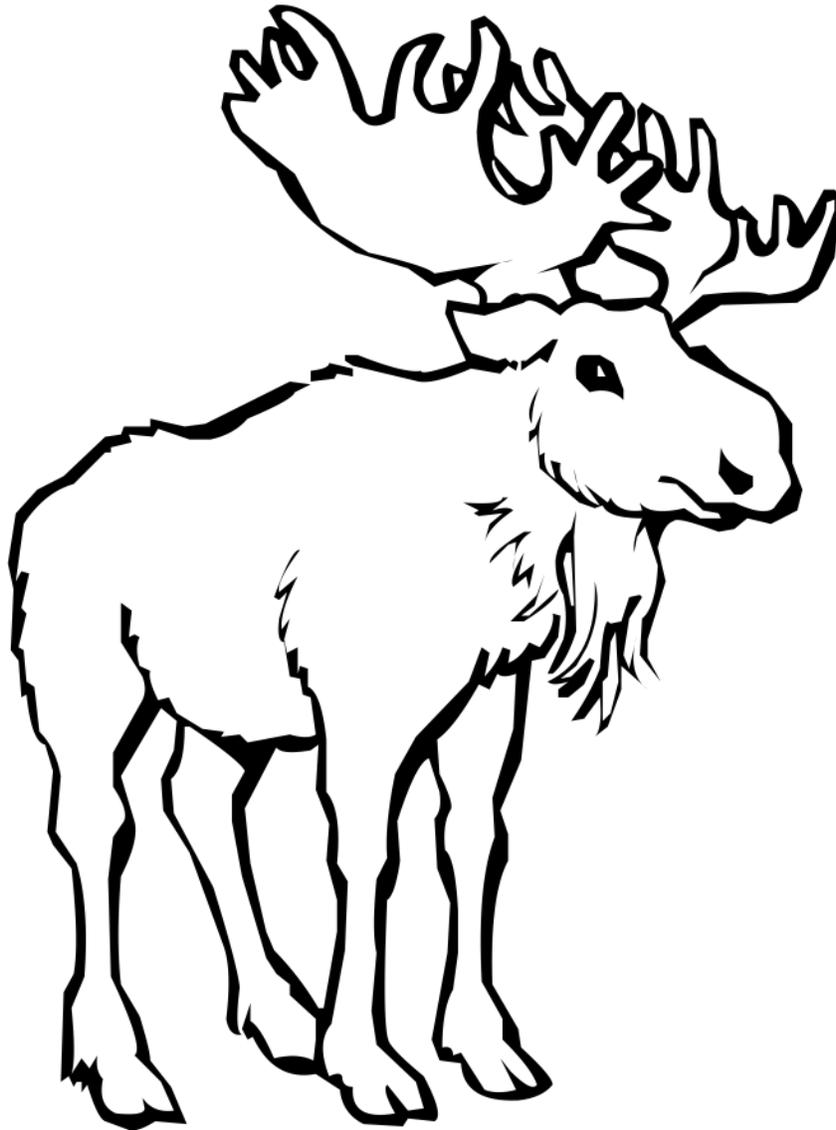
MAKING HEALTHY CHOICES





MAKING HEALTHY CHOICES

SECTION 4



Moose

www.ActivityVillage.co.uk - Keeping Kids Busy



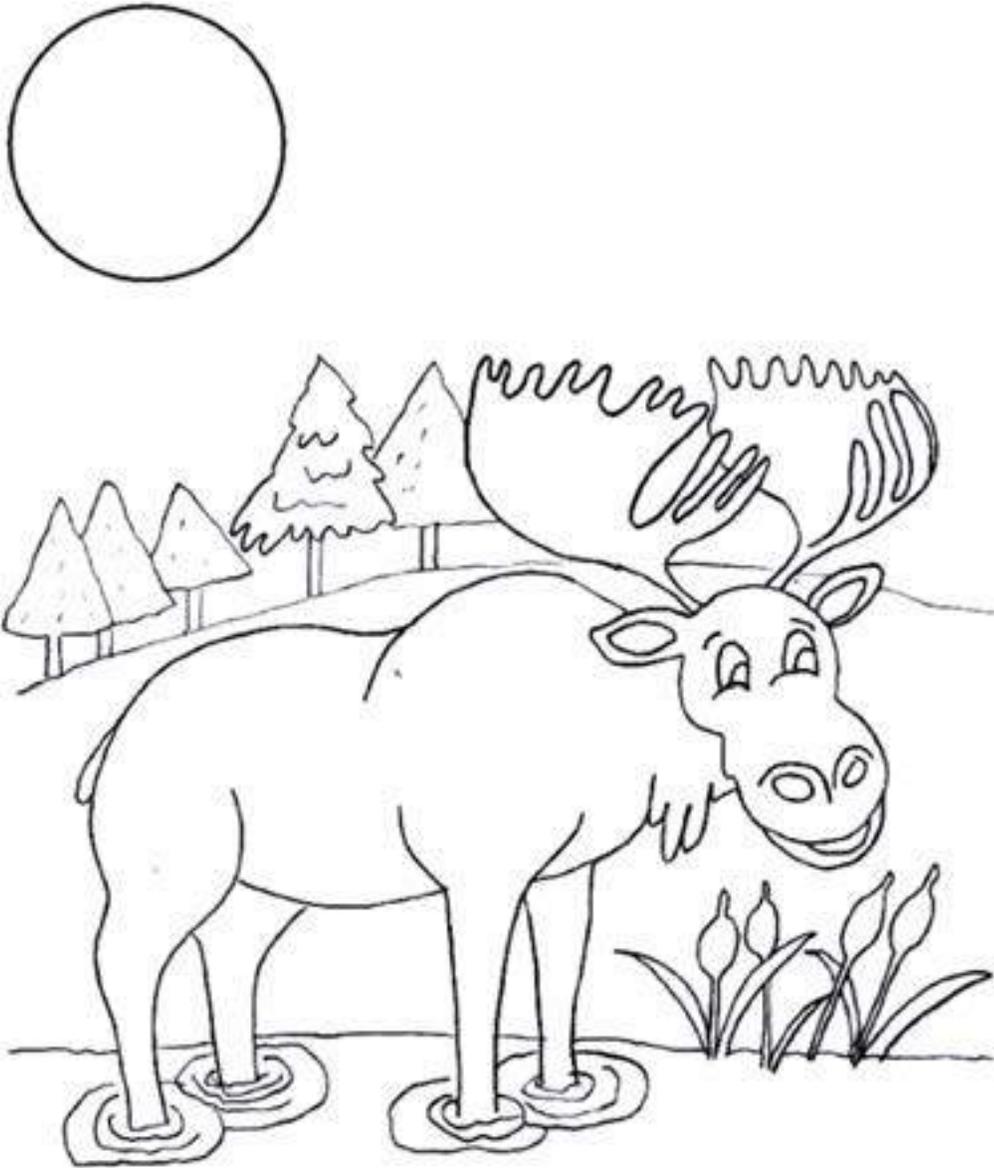
SECTION 4

MAKING HEALTHY CHOICES



8/11/2015

Template



<http://www.coloring-wall.com/ale.asp?ale=http://www.coloring-wall.com/ale.asp?ale=101>

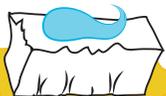
1/2





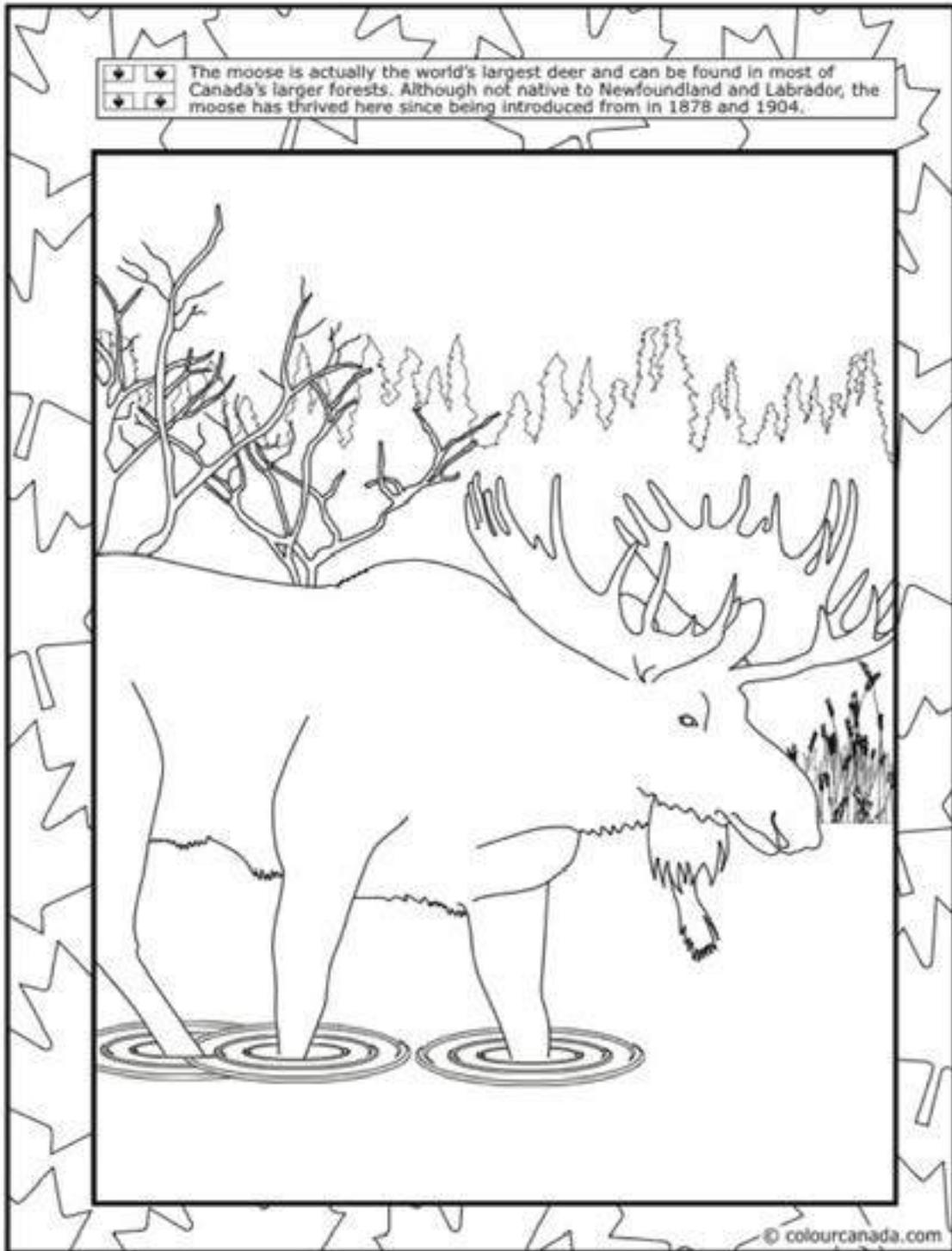
MAKING HEALTHY CHOICES

SECTION 4



SECTION 4

MAKING HEALTHY CHOICES



↕ ↕ The moose is actually the world's largest deer and can be found in most of Canada's larger forests. Although not native to Newfoundland and Labrador, the moose has thrived here since being introduced from in 1878 and 1904.

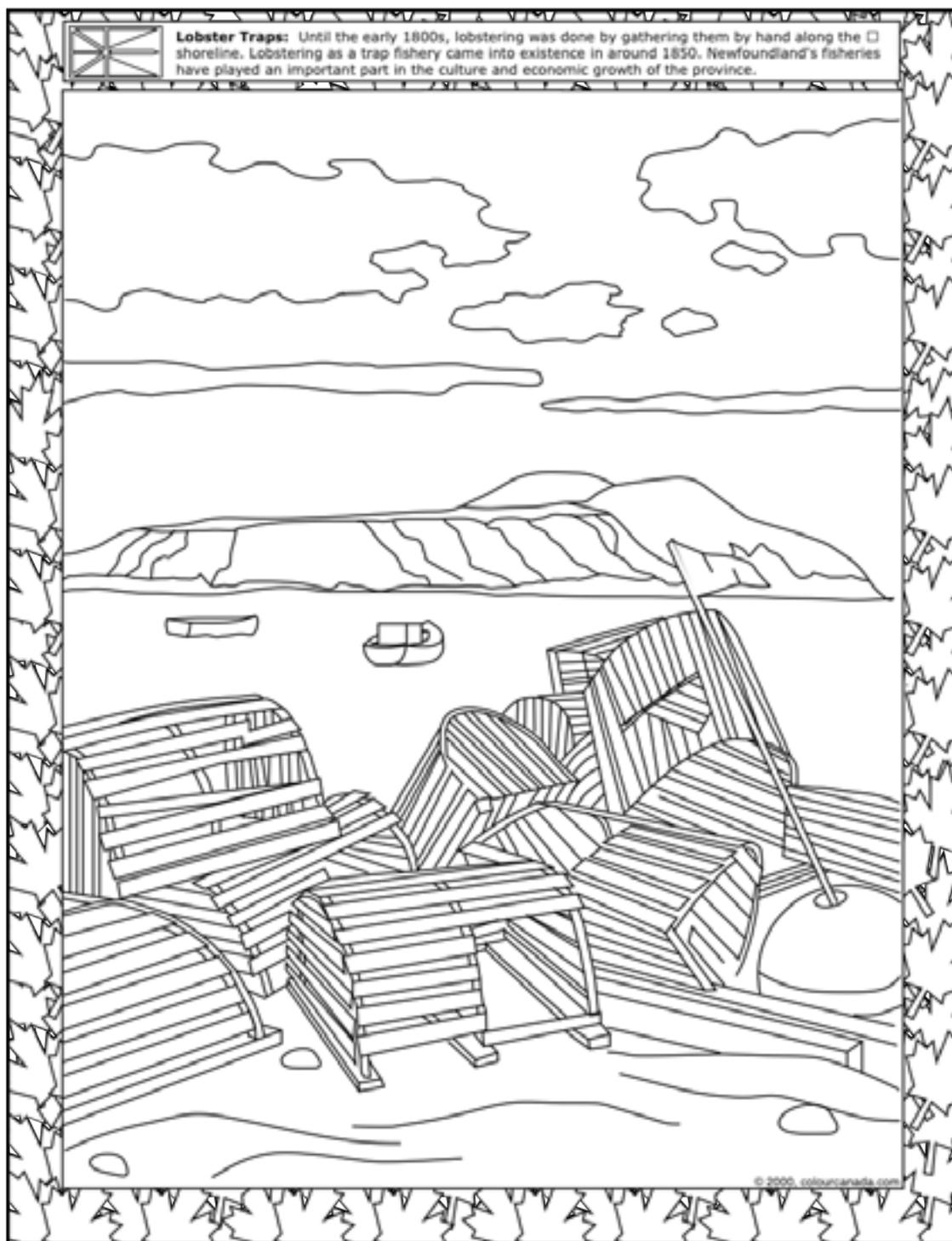
© colourcanada.com





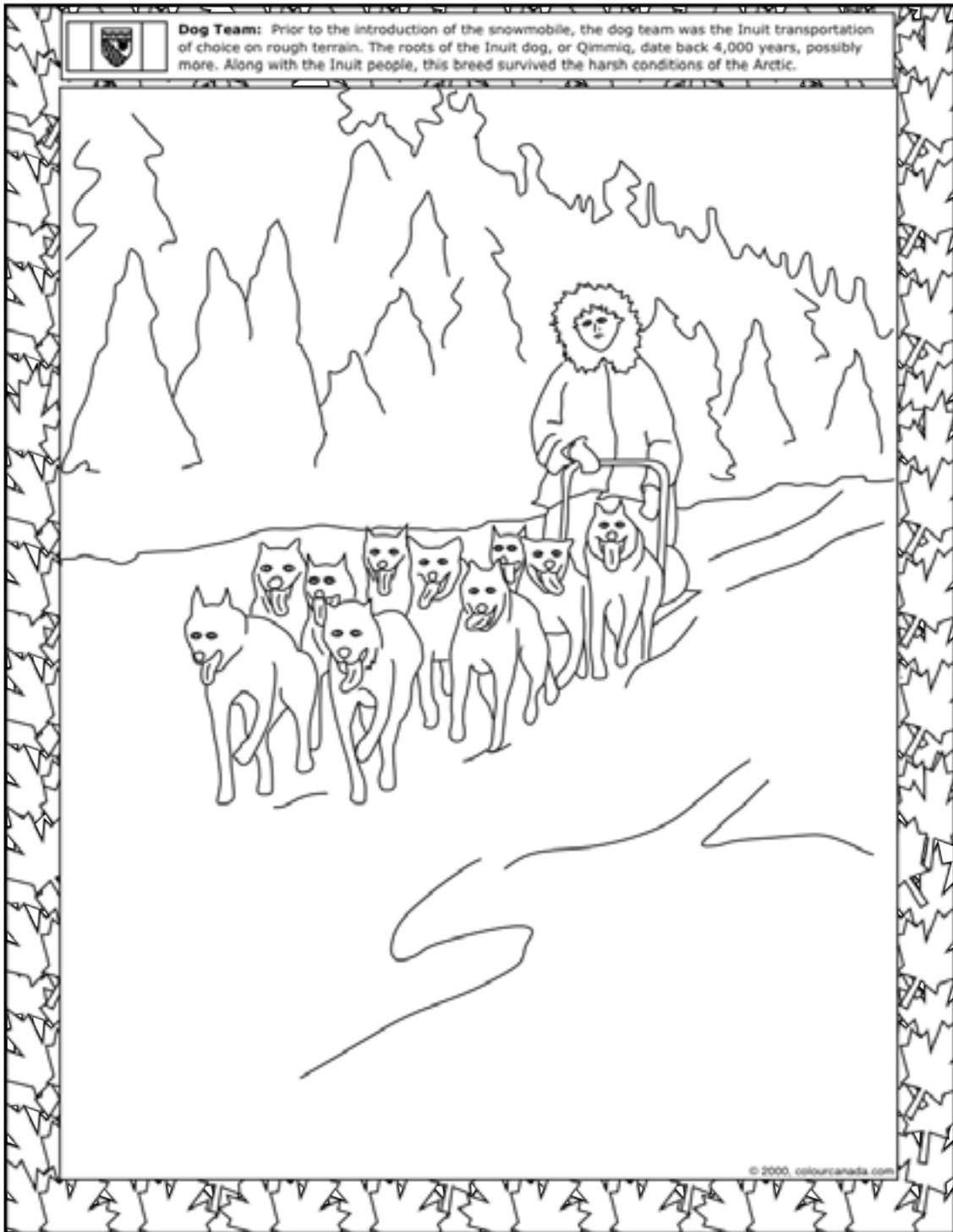
MAKING HEALTHY CHOICES

SECTION 4



SECTION 4

MAKING HEALTHY CHOICES



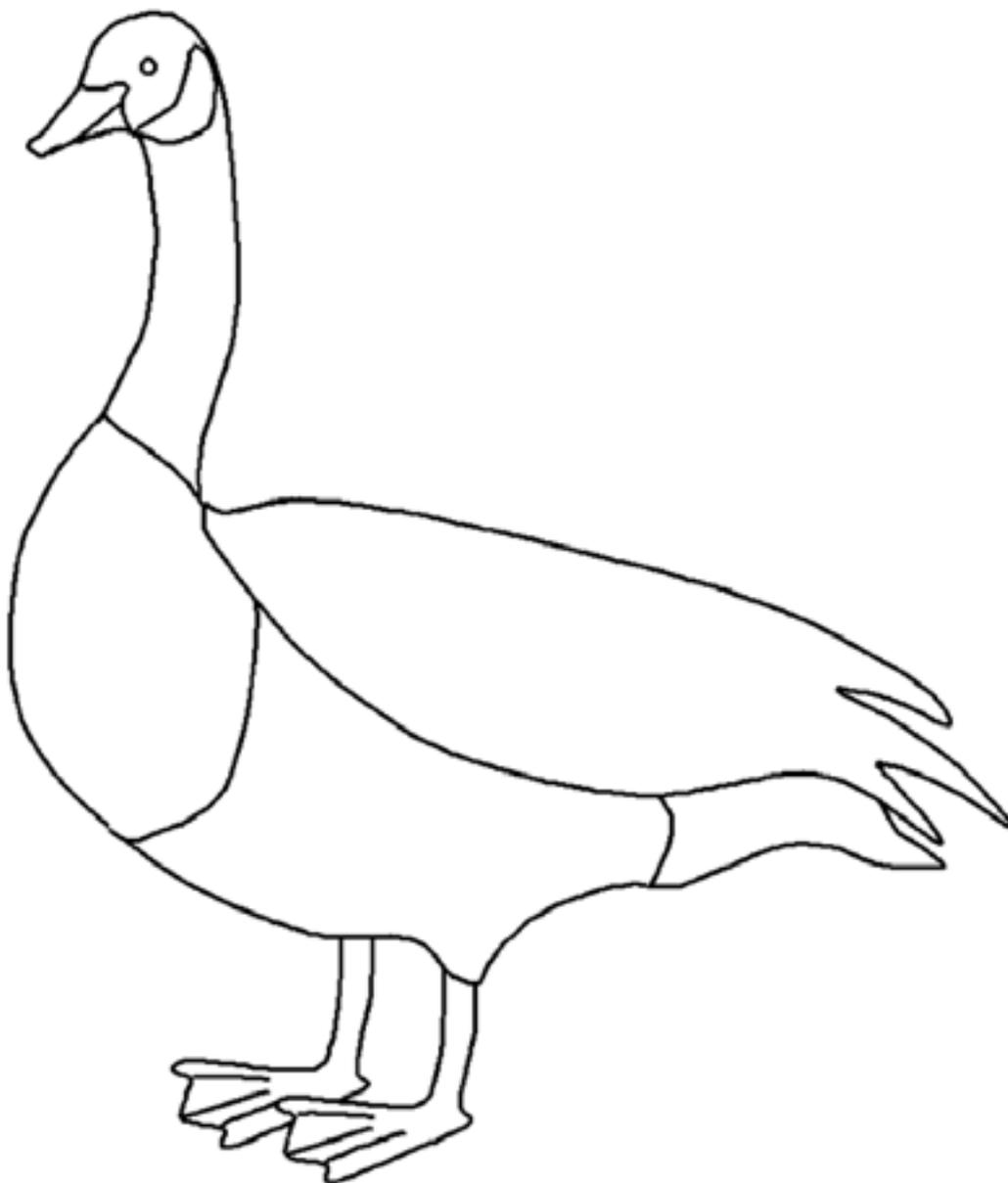
SECTION 4

MAKING HEALTHY CHOICES



8/11/2015

Template



Canada Goose

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

1/2

