



Healthy and Strong Teeth

Suggested Activities

1. Review the Vocabulary words. This activity can be done before or after video.
2. Ask your student why teeth are important (smiling, eating, to give shape of the face, etc.).
3. (Egg) Experiment - Need: 2 hardboiled eggs, 2 clear cups, dark soda (Coke or Pepsi) and coffee. Fill one cup with soda and the other with coffee. Place an egg in cup. Ask your student what he/she thinks will happen to the eggs. Check on the eggs after a few hours and then the next day. It may be surprising to see the eggs turned a yellowish/brown color. Your student can brush the eggs and watch the color come off. Explain that drinks and food can stain teeth and the importance of brushing their teeth to not only keep them healthy but also clean. Take a picture to upload on social media. Please tag us #BeMoreHealth, #morehealthinc.
4. Have your student gather wrappers or samples of healthy snacks that are good for teeth and samples of snacks that are harmful to teeth for a “Healthy Snack” collage. Find key words (example: calcium, sugar, etc.) that help them decide if the snack is good or harmful for their teeth and take a picture to upload on social media. Please tag us #BeMoreHealth, #morehealthinc.
5. Have your student estimate and then count the number of teeth in his or her mouth. Have them gather a grand total for their entire household and change the numbers as they lose baby teeth and gain permanent teeth. Your student can do basic addition and subtraction.

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Vocabulary

1. **acid** _n a chemical compound that is made when germs and sugar are on your teeth
2. **brush** _v to clean or polish with a brush
3. **cavity** _n a hole made in the enamel of a tooth by acid (remember sugar + germs = plaque→ acid)
4. **clean** _v to make clean
5. **dentist** _n a doctor whose work is preventing and taking care of diseased or crooked teeth
6. **enamel** _n the hard glossy, white coating of the tooth that you can see
7. **floss** _v to clean between the teeth with dental floss (thin, strong thread)
8. **fluoride** _n a chemical added to toothpaste or water that makes tooth enamel stronger so acid cannot penetrate it and cavities are reduced
9. **germ** _n a living thing that can cause disease and is too small to be seen except with a microscope
10. **molars** _n the back teeth used for grinding food
11. **plaque** _n colorless, soft, sticky film of germs that forms on the teeth with regular eating
12. **sugar** _n any of certain sweet substances
13. **teeth** _n the white, bony parts growing from the jaws and used for biting and chewing
14. **toothbrush** _n a small brush for cleaning teeth

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