

GRADE LEVEL: Grade 1

ACTIVITY SYNOPSIS

After talking about what it is like to eat without teeth and exploring how teeth help us speak, students answer riddles to discover “Tooth Buddies” – foods that help keep their teeth strong and healthy. They each choose a “Tooth Buddy” food and make a “Tooth Buddies” badge.



ACTIVITY OUTCOMES

Students will be able to:

- Understand that healthy teeth help them eat and speak
- Identify milk, cheese and yogurt as foods that help their teeth grow and keep them strong and healthy
- Explain why we call milk, cheese and yogurt “Tooth Buddies”

MATERIALS AND ADVANCE PREP

- Chalkboard and chalk
- Optional: Milk, cheese and yogurt **Food Models*** or containers/packages
- “Tooth Buddies Badge” worksheet
- Photocopy “Tooth Buddies Badge” worksheet – 1 per student
- Crayons and/or markers
- Scissors – 1 pair per 1 or 2 students
- Safety pins

*Food Models can be ordered at www.NewEnglandDairyCouncil.org > Catalog.

TEACHING PLAN

1. Open by asking students about babies. **ASK:**
 - *How many of you have seen a baby or have a baby sister or brother?*
 - *When a baby is born, does the baby have teeth?*
 - *Can a baby eat a pork chop? An apple? A carrot? Why not?*
(Accept all reasonable answers.)
2. Talk about students’ experiences losing teeth. **ASK:**
 - *How many of you have lost one tooth?*
 - *How many of you have lost two teeth? Three teeth? More than three teeth?*
 - *Was it easier or harder to eat an apple or chew your food when you lost your teeth? Why?*

Conclude that teeth are important for helping us eat.

3. Show students that teeth also help us speak. Have students say words that have the “th” or “f” sound – *knife, fork, finger, throw, the*. When they say the words, have them notice how their tongue touches their teeth to make these sounds.
4. **ASK:**
 - *Could you say these words without teeth? (Maybe, but they would not be as clear. They might sound a little funny, too.)*

Conclude that we also need teeth to help us talk. Teeth are pretty important so we need to keep them healthy.

5. **ASK:**
 - *What can we do to keep our teeth strong and healthy?* (Brush, floss, eat healthful foods.)
6. Use the following riddles to introduce foods that help our teeth grow, and stay strong and healthy. (Additional riddles can be made up.)
 - Write the answer for each riddle on the board.
 - Show the milk, cheese and yogurt **Food Models** or containers/packages if you have them.

Milk Clues

I'm thinking of something white. It is something you drink. It's good on cereal. Does anyone think they know what it is? (Milk)



Cheese Clues

I'm thinking of a food you eat that can be yellow, orange or white. It tastes a little bit salty. You eat it with crackers or in sandwiches. Sometimes it has holes in it. What is it? (Cheese)



Yogurt Clues

This food is a little sour. It is soft and looks like pudding. Sometimes it has fruit. What is it? (Yogurt)



7. Review the list of answers on the board. As you review the list:
 - Talk about different choices that students like. For example, different flavors or types of yogurt or cheese.
 - Role model healthy eating by sharing your favorite choices, too.
8. Write *Tooth Buddies* on the board above the list of foods. Tell students that we call these foods *Tooth Buddies*. **ASK:**
 - *Why do we call these foods "Tooth Buddies"?* (Accept all reasonable answers.)

Point out that these foods – milk, cheese and yogurt – help teeth grow. These foods also help to keep teeth strong and healthy. **SAY:** *That's why we call them "Tooth Buddies."*
9. Have students create "Tooth Buddies" badges. Distribute the "Tooth Buddies" worksheet. Have students:
 - Choose one "Tooth Buddy" food and draw a picture of it inside of the tooth outline on their worksheet.
 - Write the name of their "Tooth Buddy" on the line provided. (Phonetic spelling acceptable.)
 - Color and cut out their badges.

Help students pin their badges to their shirts.

10. Summarize. **ASK:**
 - *What can we do to keep our teeth healthy?* (Brush, floss, eat healthy foods.)
 - *Why do we call the foods on your badges "Tooth Buddies"?* (They help keep our teeth healthy.)

Have students wear (or take) their "Tooth Buddies" badge home and tell their parents what they learned about foods that help their teeth grow and stay healthy.



My Tooth Buddies Badge

