

# Healthy Teeth



**Professions:** Dentist, Dental Hygienist, and Dental Assistant

**Grade Level:** K-2

*All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.*

**Purpose:** To teach students about dental health while improving writing skills.

**Materials needed:**

- Tea
- Coffee
- Soda
- Water
- Worksheet

**For each group of students provide:**

- 4 raw eggs
- 4 clear cups

**Optional:**

- Toothpaste
- Toothbrush
- Other liquids (such as vinegar or milk)

**Duration:** For activity 30 min; students will observe eggs for four days.

**Instructions:**

- Break students into groups of four and distribute the eggs and the cups.
- Ask the students to place each egg in a different cup, and cover with one of the above liquids.
- Tell the students to number their cups from 1 to 4.
- At the beginning of the day, for four days in a row, ask students to observe the eggs and write down any changes they see in them on the worksheet.
- After a few days, remove the eggs and encourage students to describe what happened to them and why.
- Ask students:
  1. How are teeth like eggs?
  2. What will happen to your teeth if you drink soda, tea, and coffee all the time?

Explain to students that the enamel on teeth is stained by certain liquids, but brushing them can remove stains and help prevent decay.

**Extension Activity:**

- ◇ Have students gently brush the egg with toothpaste and too toothbrush to see what happens.
- ◇ Soak the eggs in other liquids and let students predict what will happen.
- ◇ Invite a dentist to talk to the class about dental health and why it is important to brush frequently and visit your dentist regularly.
- ◇ Make a list of foods that are not good for you.
- ◇ Ask the students to look in the mirror and count the number of teeth in their mouth.

## Healthy Teeth

**Directions:** Write the name of the liquid you put in Cup 1 on the line. Write the name of the liquid you put in the remaining cups on the lines. Fill in the boxes based on what you see happening in the cup each day starting with day 1.

	Day 1	Day 2	Day 3	Day 4
Cup 1 _____				
Cup 2 _____				
Cup 3 _____				
Cup 4 _____				