Miss Guest’s Grade 2 Learning Centre

**Lesson Title**: Healthy Dental Care

**Grade Level:** Grade 2 Social Studies (You and Your World)

**Lesson Topic:** The Impact of Nutrition on your Teeth

**Objectives:** Students will begin to identify and discover foods that promote healthy dental care. The learning centre focuses on the Social Studies learning outcome 2.4.1: *Students will be expected to understand, develop and maintain a healthy lifestyle. Explain the effect of poor nutrition on teeth and the importance of regular brushing and visits to the dentist* (New Brunswick Department of Education, 2005, p. 138).

**Materials:**

* Activity sheet
* Pencil crayons
* Writing utensils
* Timer

**Procedure:** In this learning centre, I will:

* Begin by having a class discussion with questions such as (90secs-2mins)
  + How do we keep our teeth healthy?
    - Brush your teeth, floss, rinse, mouth wash, go to the dentist, eat healthy foods
  + What do we use our teeth for?
    - To: Chew, talk, eat, bit, smile, say sounds, whisper
  + How many baby teeth and adult teeth do we have?
    - 20 baby teeth and 32 adult/permanent teeth
  + What happens if we do not care for our teeth?
  + How many times should we brush our teeth each day? AM & PM
  + How long do we brush our teeth each time? 2 mins each time
* Pass out activity sheet and place pencil crayons on table. Ask learners to think of different foods that make our teeth clean and healthy and foods that give us cavities. Encourage students to write out as many words and draw pictures if needed. (3mins)
* Allow students to share their work (60-90secs)
* If time remains ask students to set a personal goal for themselves in terms of their teeth and nutrition. (60-90secs)

**Post-Learning Centre Extension Ideas:**

* Ask students to track how often they brush their teeth at home for a week. Create a sheet for students to give themselves a sticker for each morning and night they brush their teeth for 7 days. Follow up with a class discussion based on their tracking sheets.
* Experiment: Showing what sugary drinks do to our teeth using eggs. Place hard boiled eggs in a cup of different drinks high in sugar (soda, grape juice, coffee and Gatorade) and water to show kids the impact of the drinks on our teeth.
  + <https://happytoothnc.com/tooth-decay-experiment-with-eggshells/>