

LESSON PLAN

Session Title	Healthy Teeth – Happy smiles GROUP:4 By: Nazira Savchenko, Kseniia Dymchenko, You Jin Hong		
Objective(s)	Participants will be able to - motivate 4-year-old children to lead healthy lives through nutrition and oral health education.		
Activity	Time	Tasks	Materials
Ice Breaker/ Prior Knowledge	5 min.	Arouse children's interest by asking questions. What is your favorite food? Do you brush and floss your teeth after eating your favorite food? Make eye contact as much as possible and maintain a smiling expression. Also, listen to the answers and respond brightly and positively to the children.	PowerPoint Presentation – Slide 1
Direct Instruction	15 min.	The topics we would like to highlight fall into three broad categories: 1. Brush and Floss Regularly! 2. Eat Healthy Foods! 3. Visit your Dentist!	PowerPoint Presentation - Slide 2-7
Whole Group Practice	3 min.	Play a toothbrushing video featuring children's favorite characters. Practice brushing your teeth with singing together.	PowerPoint Presentation – Slide 8(Video demonstrating)
Individual or Pair Share	10 min.	Three group members are each responsible for three children. At Typodont, we help kids brush and floss teeth. Show the pamphlet we created and distinguish between foods that are good for your teeth and foods that are unhealthy.	Typodont & Tooth Brush and Floss for Kids – Show, Tell, Do! / Pamphlet
Review	3 min.	Briefly review what you have learned.	PowerPoint Presentation
Session Feedback or Q & A	5 min.	concludes with a Q&A session.	Typodont with brush and floss
Assigning Homework	3 min.	Hand out goodie bags containing toothbrushes, toothpaste, and dental floss to children. Remind them of what they have learned and emphasize brushing their teeth for two minutes twice a day.	Goodie Bags

Note: The target population for our group was 4-year-old children. Because they lack concentration for long periods of time, we tried to create and explain all materials, including PowerPoint, in an easy and simple way. PowerPoint was created mainly with pictures, and we tried to explain the important topics that our group wanted to emphasize by dividing them into three major categories – 1. Brush and Floss Regularly! 2. Eat Healthy Foods! 3. Visit your Dentist!