

## LESSON PLAN - Group 2

<b>Session Title</b>	Healthy Eating - Healthy Smile :)		
<b>Objective(s)</b>	Participants will be able to - identify food that is healthy for their teeth and make appropriate choices and corrections to their daily diets to keep their teeth healthy and happy.		
<b>Activity</b>	<b>Time</b>	<b>Tasks</b>	<b>Materials</b>
<b>Ice Breaker/ Prior Knowledge</b>	5 min.	<p>Ask participants if they knew the food they eat affects not just general health but also Oral health.</p> <p>Certain foods may actually have a negative impact.</p> <p>Have you noticed a change in the choices you make in regard to your food? What do you think about the “Freshman 15”?</p>	
<b>Direct Instruction</b>	40 min.	<p>Powerpoint presentation - Impact of nutrition on oral health, key role of nutrients</p> <p>Egg Experiment Video - Video link</p>	
<b>Whole Group Practice</b>	20 min.	<p>Discuss the alternative snack/food choice we can make</p> <p>Address irregular schedules, stress, and availability of unhealthy snacks</p> <p>Create strategies - meal planning, choosing healthier snacks, stress management</p>	
<b>Individual or Pair Share</b>	20 min.	<p>Tips and tricks to maintain a healthy, clean mouth-</p> <p>Brush twice a day with Fluoridated toothpaste</p> <p>Daily flossing</p> <p>Limit consumption of sugary foods, beverages</p> <p>Choose fruits, vegetables, nuts, etc</p> <p>Hydrate! Drink Water</p>	
<b>Review</b>	5 min.	Summary	

<b>Assigning Homework</b>	5 min.	Think about what you ate today - and what is one choice you could have made differently.	
<b>Session Feedback or Q &amp; A</b>	10 min.	Any questions for us	

Please type/write a short description of what will be covered in your session here:

What makes a healthy snack? Water would be a better choice than unhealthy snacks and soft drinks. How to brush and floss in a way that reduces the risk of tooth decay, and why it is important for them to visit the dentist regularly to keep their teeth healthy.