**LESSON PLAN**

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| **Session Title** | Nutrition and oral hygiene |
| **Objective(s)** | Participants will be able to utilize proper oral hygiene methods, and incorporate a nutritious diet, to maintain oral and systemic health. |
| **Activity** | Time | Tasks | Materials |
| **Ice Breaker/ Prior Knowledge** | 5 min. | Introduction of staff and our purpose.Have the kids introduce themselves.Baseline questions answered by a show of hands.1. How many times a day are you supposed to brush?
2. How long should you brush your teeth for?
3. Should you brush your tongue?
4. Which food is better for your teeth and tummy, apple or cookie?
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| **Direct Instruction** | 20 min.  |  Demonstration of how to properly brush teeth. Demonstration of how to floss. Read a short sesame street story about brushing.Explain healthy eating habits vs unhealthy eating habits. | 1.Typodont2.Disclosing agent3.Story book4.Food images |
| **Whole Group Practice** | 20 min. | Break into groups of 5 with one on one brushing. Each child will get to demonstrate how they brush.Play a nutrition game. | 1. Disclosed Typodont2.Toothbrush3. food images |
| **Review** | 5 min. | Follow up questions answered by a show of hands.1. How many times a day should you brush your teeth?
2. How long should you brush your teeth?
3. Should you brush your tongue?
4. Which food is better for your teeth and tummy, carrots or chips?
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| **Assigning Homework** | 5 min. | Each child will receive a goodie bag with a new brush, toothpaste, floss stick, and tracking calander. Homeworks assignment will be for the kids to implement what they have learned at home and tohave their parents mark their progress with happy/sad faces. (the calander will be explained in class session) | 1. Goodie bags
2. Colgate calander
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| **Session Feedback or Q & A** | 10 min. |  |  |

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

Our goal is to educate the children on how to properly brush and floss their teeth and make healthy food choices, without the help of mom and dad. Incorporating these lessons in fun and friendly ways in hopes of reducing early childhood caries.