



Sugar Bug
Elimination Program
Diet & Caries

Presented by:
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Ice Breaker

By a show of hands, I would
like to know

Who brings a bottle of water to school?

Who brushes their teeth once a day?

How about twice a day?

Who went to the dentist in the past year?

Who likes to eat sweet snacks?



Pre-Survey

- A survey given to the children after the ice breaker exercise to evaluate on average how much water the children have been drinking for the past 7 days and their current perspective on good nutrition before participating in our presentation.



Sugar Bug Elimination Program Pre Survey



Which would you prefer to have as a snack for lunch?

- Apple
- Doughnut

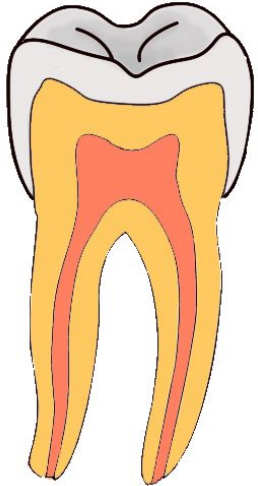
On average how many cups of water did you drink per day for the past 7 days?

- 1 cup (8oz)
- 2 cups (16oz)
- 3 cups (24oz)
- 4 cups (32oz)



What is a cavity?

In simple definition, it is a disease causing the breakdown of a tooth. It is caused by several factors such as: Poor diet, inadequate oral hygiene, age etc.... Caries are the main causes of tooth loss, in which nourishment/diet/food plays a significant role. It is our responsibility to educate you, on taking proper care of your teeth, and maintaining a good diet, which will help restore or protect your teeth from being damaged.

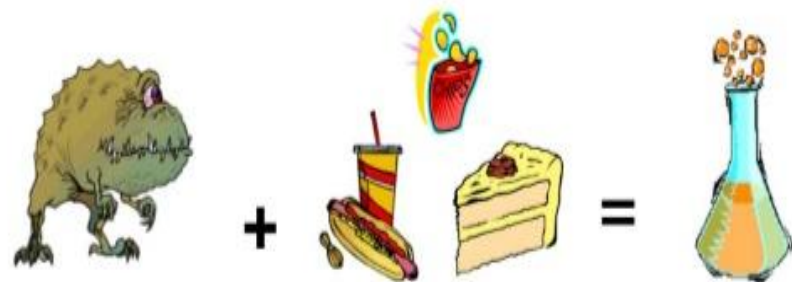


Our program aims to advise children (you) regarding your diet through (nutritional counseling)

- Recommending products containing xylitol and amorphous calcium phosphates
- Encouraging you to drink more water
- Educating your parents of the causes and preventions of caries.
- Less carbohydrate consumption as a mean of preventing carious lesions.

DENTAL DECAY PROCESS

3. AVOID EATING
IN BETWEEN
MEAL SNACKS

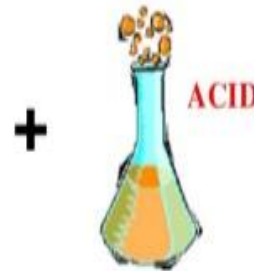


Bacteria /
Germs

Food, Drink,
Sugars, Sweets

ACID
Produced

Healthy
Tooth



ACID

=



Cavity

Healthy foods

Healthy foods give us the most energy **and** make us feel **good**. They also help keep are teeth strong.

How do we know if a food is healthy?

They are usually:

- Colorful
- Tasteful
- Grow on trees





FOODS THAT
CLEAN YOUR
TEETH 


UNHEALTHY FOOD



Unhealthy foods

Unhealthy food usually makes us feel bad after.

They are usually:

- Salty
- Sugary
- Greasy
- Sticky





Acidic Drinks

What are acidic drinks?

- Soda
- Sports drinks
- Fruit juices

When acid continuously attacks teeth, they cannot repair themselves and will gradually begin to turn fuzzy and dissolve.

Fizzy drinks make fuzzy teeth.





Why should we drink water?

Drinking **water** is good for your **teeth** because it keeps your **mouth** clean! Plaque can't build up in a clean, hydrated **mouth**. Acids from plaque, food, and beverages can harm your **tooth** enamel, but drinking **water** dilutes acids to help protect your **teeth**.



Cut & Paste Activity

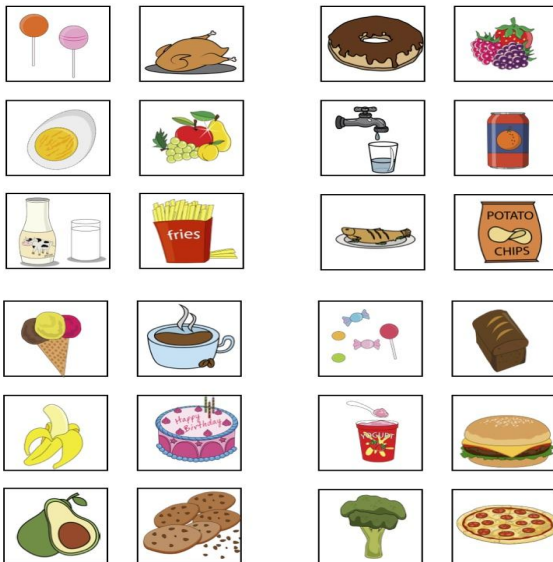


MR. HAPPY TOOTH

What healthy foods and drinks will Mr. Happy Tooth want?



**FOOD TO FEED
MR. HAPPY & MR. SAD**



MR. SAD TOOTH

What un-healthy foods will Mr. Sad Tooth want?

Post survey

- Survey given to the children **1 week after** our visit to evaluate the change in frequency of drinking water using water bottles given and their change in perspective on good nutrition after participating in our presentation.

Sugar Bug Elimination Program Post Survey



Using our water bottles, on average how many oz of water did you drink per day for the past 7 days?

- 8oz (1 cup)
- 16oz (2 cups)
- 24oz (3 cups)
- 32oz (4 cups)

Which would you prefer to have as a snack for lunch?

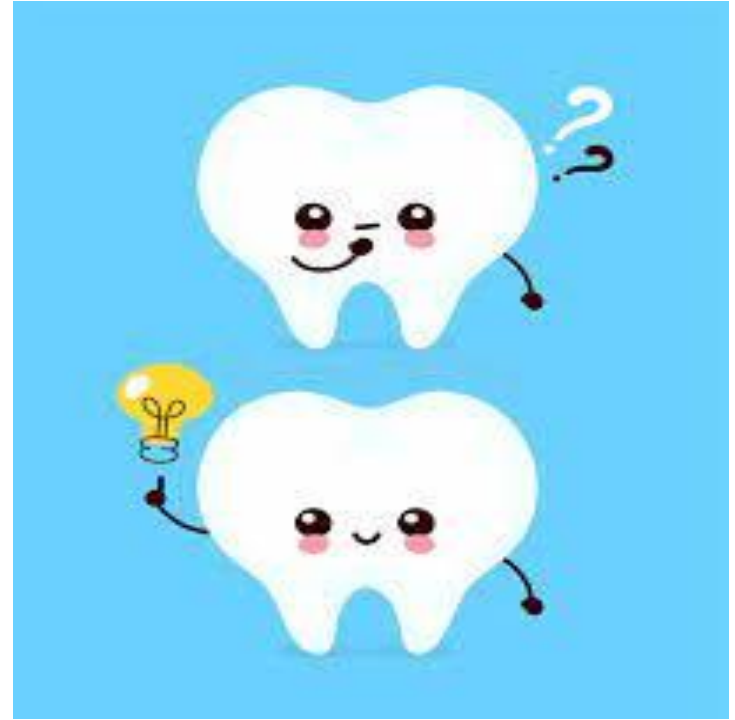
- Apple
- Doughnut



<https://www.amazon.com/ROTH-ED-JOY-Motivational-Reminder-4-pak-Product-RO7X81887-24pc-1-427966741-17795024W4-4-pk-14-new-water-bottles-32-oz-19186119-24-pack-product-by-50-Cele-5691738-qv-a-4>



QUESTIONS



Pamphlet to train the trainer

Sugar Bug Elimination Program

By: Diarra Samb, Kayla Nunez, Luiz Marquez, Carlos Hernandez, and Denise Ferreria



Our goal is to raise awareness on the relationship between diet and caries as well as the importance of drinking water.



Formation of Caries:



A Healthy diet and daily consumption of water is extremely important in order to help keeping the sugar bugs away.

