

Happy Tooth vs. Sad Tooth

Component: Wellness and Nutrition

Time: 20 minutes



Materials:

- Happy Tooth template
- Sad tooth template
- Grocery ads (optional)
- Health foods and unhealthy foods cut out template
- Scissors
- glue

Procedure:

- Talk about what make teeth happy and what makes teeth sad. Explain that it is okay to eat foods like ice cream, candy, etc. but eating too much sugar would make teeth get really sad. Include tooth brushing and flossing.
- Give students the happy teeth template and have them cut out pictures from the cut out page, or from a grocery ad of food that make teeth happy. Glue cut outs on the happy template.
- Give students the sad teeth template and have them cut out pictures from the cut out page, or from a grocery ad of food that makes teeth unhappy. Glue cut outs on the the sad template.
- Discuss what students created.