



## Teacher Share

### Don't Forget to Brush!

**T**alk with students about the importance of brushing their teeth at least twice a day and flossing at bedtime. Help children learn more about their dental health habits with the chart on page 26. Give each child a copy of the chart. Have students complete the charts at home and return them to school the following week. Discuss results: *What did students learn?*

**Sandi Peterson**

Powell Valley School  
Gresham, Oregon

### Book Break

### Little Bear Brushes His Teeth

by Jutta Langreuter and Vera Sobat (Millbrook Press, 1997)

Little Bear likes to play soldier, but he doesn't like to brush his teeth. Then Mama tells him about the battle he needs to fight against the little bits of food that stick to his teeth. Use this book to review what students must do to rid their teeth of sticky foods.

### Nature's Toothbrushes

Show students an apple. Can they guess why it is called nature's toothbrush? Take a closer look at apples and other foods that are good for your teeth.

- ☉ Explain that an apple scrubs your teeth as you eat it. Ask: *How do you think an apple can scrub your teeth? (Its crunchy texture helps clean teeth.)*
- ☉ Invite students to suggest other foods that can scrub teeth—for example, carrots and celery.
- ☉ Ask students to think of times when it might be helpful for them to have one of nature's toothbrushes handy. For example, an apple at the end of lunch helps clean other food from teeth. Crunchy fruits and vegetables make tooth-healthy snacks, too.
- ☉ Invite students to suggest foods that are not crunchy and will stick to their teeth, not scrub them.

### Computer

#### Connection

For more information about dental health, try these web sites:

American Dental Association:  
[www.ada.org/consumer/teachers/index/html](http://www.ada.org/consumer/teachers/index/html)

Colgate No Cavities Club:  
[www.colgate.com/kids-world/main.cgi](http://www.colgate.com/kids-world/main.cgi)

Pediatric Dental Health:  
[pages.ivillage.com/ps/kidsdental/index.htm](http://pages.ivillage.com/ps/kidsdental/index.htm)



### Tip

To help children understand ways they can help keep their teeth healthy, give each student an apple after lunch. Ask students to describe how their teeth feel before and after eating the apple. Plan to combine this activity with *Don't Forget to Brush!* (See above.)

Name \_\_\_\_\_ Date \_\_\_\_\_

## Don't Forget to Brush!



Morning



Night



I Brushed

I Brushed

I Flossed

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday