



## Dental Health Songs

The source of the following songs: [www.mycohi.org/pdfs/Code\\_Red\\_Spiral\\_FINAL.pdf](http://www.mycohi.org/pdfs/Code_Red_Spiral_FINAL.pdf)

### Brush Your Teeth (Sung to: "Row, Row, Row Your Boat")

Brush, brush, brush your teeth  
At least two times a day  
Cleaning, cleaning, cleaning, cleaning  
Fighting tooth decay.

Floss, floss, floss your teeth  
Every single day  
Gently, gently, gently, gently  
Whisking plaque away.

Rinse, rinse, rinse your teeth  
Every single day  
Swishing, swishing, swishing, swishing  
Fighting tooth decay



### Brushing Song (Sung to Old MacDonald Had a Farm)

In my mouth I have some teeth  
E-I-E-I-O  
And in my mouth I put my brush  
E-I-E-I-O  
With a brush, brush here  
And a brush, brush there  
Here a brush  
There a brush  
Everywhere a brush, brush  
In my mouth I'll keep my teeth!  
E-I-E-I-O!!!!



## Poems to partner read

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[www.mycohi.org/pdfs/Code\\_Red\\_Spiral\\_FINAL.pdf](http://www.mycohi.org/pdfs/Code_Red_Spiral_FINAL.pdf)

### My Tooth

My tooth fell out and left a space  
So big my tongue can touch my face.  
And every time I smile I show  
The place where something used to grow.  
I miss my tooth as you can guess  
But now I have to brush one less!



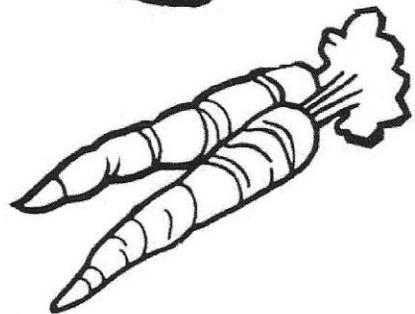
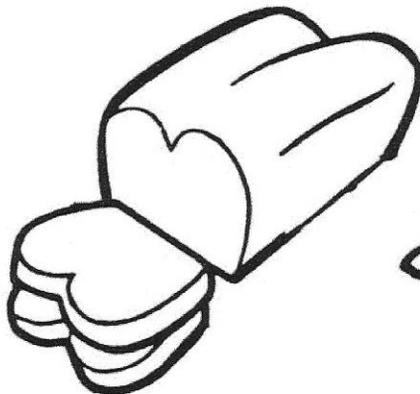
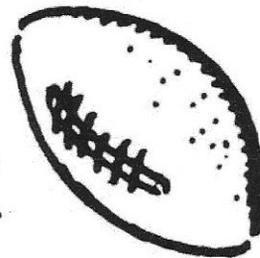
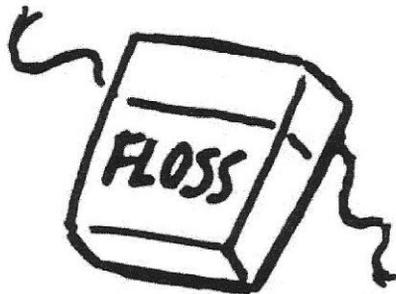
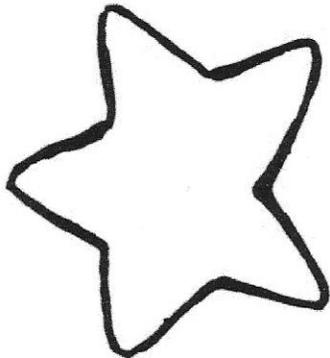
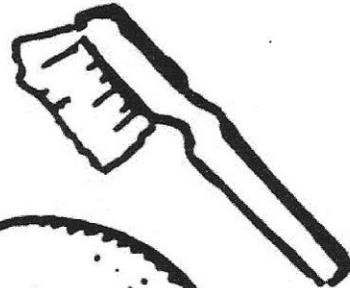
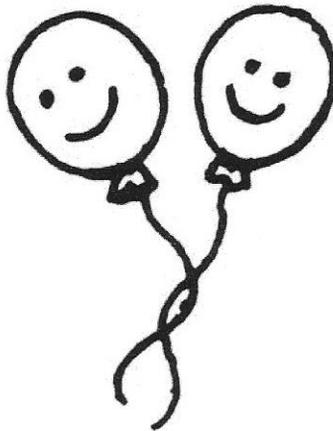
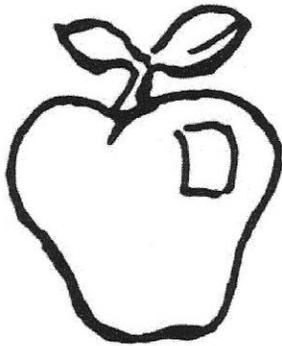
### I Have a Loose Tooth

I have a loose tooth  
A wiggly jiggly loose tooth  
I have a loose tooth  
A-hanging by a thread.  
So I pulled my loose tooth  
My wiggly jiggly loose tooth  
Put it 'neath my pillow  
And then I went to bed.

The fairy took my loose tooth  
My wiggly jiggly loose tooth  
And now I have a nickel  
And a hole inside my head.

# Finders Keepers

Color the things that help you keep your mouth healthy.



# Teacher's Guide: Lesson 7 for Beginning Health Advocates

Activity: Dental Health

Resource: Healthy NewsWorks handout about teeth and food



## HEALTHY TEETH: What to eat to help your teeth

Tooth decay is one of the most common chronic health problems of childhood, according to the Centers for Disease Control and Prevention (CDC). The good news is the problem is preventable by routine dental care. You also can keep your teeth and gums in shape by watching what you eat.

Plaque is a sticky substance in the mouth that has bacteria (which are germs), according to KidsHealth.org. After people eat, the bacteria seek out sugary and some starchy foods and break them down into acids. The acid can wear down the outermost layer of the tooth, called enamel. This can cause a cavity—a hole in a tooth, says KidsHealth.

Here are 3 things to think about before you eat, says the American Dental Association.

- **How often do you eat sugary food?** Routine snacking on sugary or starchy snacks such as candy or chips increases the chance for tooth decay.
- **What is the texture of the food?** It makes a difference if the food is sticky, liquid, or solid. Does it slowly dissolve? Raisins, fruit snacks, chips, and cereals are four examples of food that can stick to teeth. Hard candies and cough drops stay in the mouth for a long time, giving bacteria time to attack the teeth.
- **How much sugar is in the drink?** Sugary drinks such as soda, lemonade, juice, and sweetened coffee or tea are harmful because they give teeth a sugar bath, which promotes tooth decay.

Keep your mouth in tip-top shape by following these American Dental Association tips:

- Choose healthy snacks. Do your mouth a favor by limiting the amount of soda, juice, or other sweetened beverages you drink.
- Read food labels to find the added sugar. If sugar is listed among the first few ingredients, it's a good bet that food is high in sugar. Another tip for spotting sources of sugar: Terms ending in "-ose," such as glucose or sucrose, indicate a sugar ingredient.
- Eat fruits and vegetables. They contain a lot of water and fiber that protect the teeth by washing away harmful acids and food particles from the teeth.
- If you chew gum, make sure it's sugarless.
- Drink water. Water is the most tooth-friendly beverage.
- Eat foods high in calcium and phosphorus. These minerals protect and strengthen tooth enamel. Cheese, milk, plain yogurt, calcium-fortified tofu, leafy greens, and almonds are high in calcium. Meat, poultry, fish, milk, and eggs are the best sources of phosphorus.

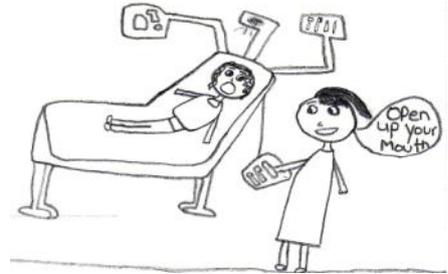
# Poster Contest: Healthy Smiles

A project of Healthy NewsWorks

Help raise awareness about preventing tooth decay!

**Attention, students! Draw a poster that shows 1 of these tooth-friendly messages:**

- Brush your teeth at least twice a day.
- Floss between teeth at least once a day.
- Cut down on candy, cookies, and chips.
- Visit your dentist every six months.
- Eat low-fat dairy foods.
- Drink water instead of soda and other sugary beverages.



You may illustrate a different tooth-friendly message, but it must have accurate medical information. Reliable dental information can be found on the Pennsylvania Dental Association website: [www.padental.org/online/public/children/children\\_homepage](http://www.padental.org/online/public/children/children_homepage)

Contest winners will receive prizes. Selected posters will be displayed in Healthy NewsWorks schools, in the community, and in Healthy NewsWorks communications. Poster judging will be based on the Healthy Smiles theme, creativity, artistic quality, and neatness. Winners will be notified through their teachers.

## Contest rules:

1. The contest is open to all students in Healthy NewsWorks schools.
2. Posters should be illustrated on 8.5" x 11" white paper.
3. On the poster's back, include the student artist's name, age, school, homeroom teacher, and poster title.
4. Each student may submit only one entry.
5. Students may use pencil, colored pencils, markers, or crayons.
6. Any words must be accurate, correctly spelled, clearly written, and large enough to read.
7. Students must create the poster themselves. It should be original and hand-drawn.
8. Students should NOT illustrate any brand names or trademarked products.
9. Parents/guardians of semifinalists will be required to fill out the Healthy NewsWorks Consent and Release for a Minor Form in order for student work to be exhibited.
10. Posters will not be returned. They become the property of Healthy NewsWorks.

Poster contest entries are due by **Friday, November 20, 2015**,  
To homeroom teachers or a teacher designated by your school!

## Questions?

Visit [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org)  
or send an email to [Editor@HealthyNewsWorks.org](mailto:Editor@HealthyNewsWorks.org)

