

Awesome Kidz 1 Unit 4 Lesson 9



Aim: Students will learn to differentiate between healthy and unhealthy foods for their teeth through a hands-on cut-and-glue activity.

Time:

Materials:

- Pictures of healthy teeth and decayed teeth (can be drawn or printed).
- Real or plastic models of different food items, both healthy and unhealthy.
- Scissors.
- Glue sticks.
- Toothbrush and toothpaste.
- Visual aids showing brushing techniques.
- Pictures or real models of healthy and unhealthy foods.

Tip: Reinforcement Through Discussion: Ask open-ended questions such as “What food do you like to eat?” and “Is it good for your teeth?” to spark conversations and critical thinking. Use physical food items or models as much as possible to reinforce the Montessori method of tactile learning.

Engage:

Good Tooth, Sad Tooth

- Begin with a discussion about teeth and ask, “What makes our teeth happy or sad?” Show the students pictures of healthy, smiling teeth and sad, decayed teeth.
- Engage the students by showing them different food items and asking them, “Is this food good for our teeth?” Have them use thumbs up for healthy food and thumbs down for unhealthy food.

Explore & Practice:

With the Book

Cut and Glue Healthy Foods

- Hand out the book page that features two teeth (one happy and one sad) along with images of different foods at the bottom. Have the students cut out the images and decide where to glue them: healthy foods next to the happy tooth, unhealthy foods next to the sad tooth. Encourage students to share why they think a food is healthy or unhealthy.

Teeth Care Discussion

- After the cut-and-glue activity, initiate a conversation about why brushing teeth is important, especially after eating certain types of food.
- Show students a toothbrush and toothpaste and simulate the motion of brushing teeth while encouraging them to follow along.

Closing:

Healthy Teeth Song

- Teach the class a simple, fun song about taking care of their teeth. For example:

“Brush, brush, brush your teeth, every day and night.

With healthy food and water too, your teeth will stay so bright!”

- Have the students sing along, making brushing motions with their hands. This helps reinforce the lesson in a fun and engaging way.



