

Potential Integration:  
ELA

Health
K.NPA.1.2 Recall foods and beverages beneficial to teeth and bones.

**Materials:**

- Link to internet for Youtube video, The Skeleton Dance
- Appendix 1, Sammie the Skelton and Terry Tooth
- Appendix 2a, Healthy Teeth and Bones
- Appendix 2b, Food and Drink Choices
- Crayons

**Focus:**

Tell students that you are going to watch a video and follow the instructions from the lyrics. Play the Youtube video, The Skeleton Dance (1:59)

[https://www.youtube.com/watch?v=Jpvuqj5nv6U&feature=iv&src\\_vid=e54m6XOpRgU&annotation\\_id=annotation\\_730974](https://www.youtube.com/watch?v=Jpvuqj5nv6U&feature=iv&src_vid=e54m6XOpRgU&annotation_id=annotation_730974)

Ask the following:

What were some of the bones named in the song?

- Foot, leg, knee, thigh, hip, back, neck

What were some of the movements?

- Shake hands to the left; right
- Put hands in the air; out of sight
- Wiggle, wiggle, wiggle...

Why does our body have these bones?

- To frame our body; allow for movement

**Statement of Objectives:**

For today’s lesson, we will talk about foods and drinks that give us strong teeth and bones and think about how to make sure we include some of these in our diet every day.

**Teacher Input:**

Make a copy of Appendix 1, Sammie the Skeleton and Terry Tooth. Tell students you are going to read a story aloud and to them and you want them to look for certain words. Read through the vocabulary words at the end of the page. As you read, they should circle the words from the vocabulary list. Read the story.

Ask the following questions:

- Who was the story about?
- What did Sammie do?
- What did Terry do?

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- Why did they do it?
- What were some of the foods listed?
- What does the word “diet” mean? (What someone eats)

In order to make strong and healthy bones and teeth, children need to eat these types of foods. As you learned in the last nutrition lesson, dairy is one of the five food groups. Dairy is also a good source or place to get vitamin D and calcium. Were there any foods that Sammie and Terry did not mention from the dairy group? Also, some other foods have calcium or vitamin to help build strong bones and teeth including broccoli, kale, some cereals and juices, some fish, and tofu.

**Assessment:**

Distribute Appendix 2a, Healthy Teeth and Bones, 2b, Food and Drink Choices, and crayons. Ask students to draw either a set of teeth or a skeleton and then cut out and glue three foods or drinks (and label them!) that will keep children healthy and strong.

At the conclusion, ask students the following:

What foods did s/he choose?

Why?

How often should you eat these foods? (daily)

**Closure:**

You all did a great job dancing, listening, and drawing today! Don't forget to eat these foods every day so you can have strong and healthy bones and teeth.

## *Sammie the Skeleton and Terry Tooth*

*Sammie is a skeleton; he has strong bones and loves to dance.*



*He likes to drink lots of milk and eats cheese at every chance.*

*Terry Tooth has a healthy smile And keeps it strong with dairy.*



*She eats lots of broccoli and kale and likes her milk with strawberry.*

*Terry and Sammie know that calcium and vitamin D help to keep them strong and right.*

*Yogurt, orange juice, and cereal are all part of this healthy diet!*

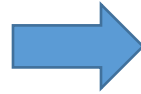
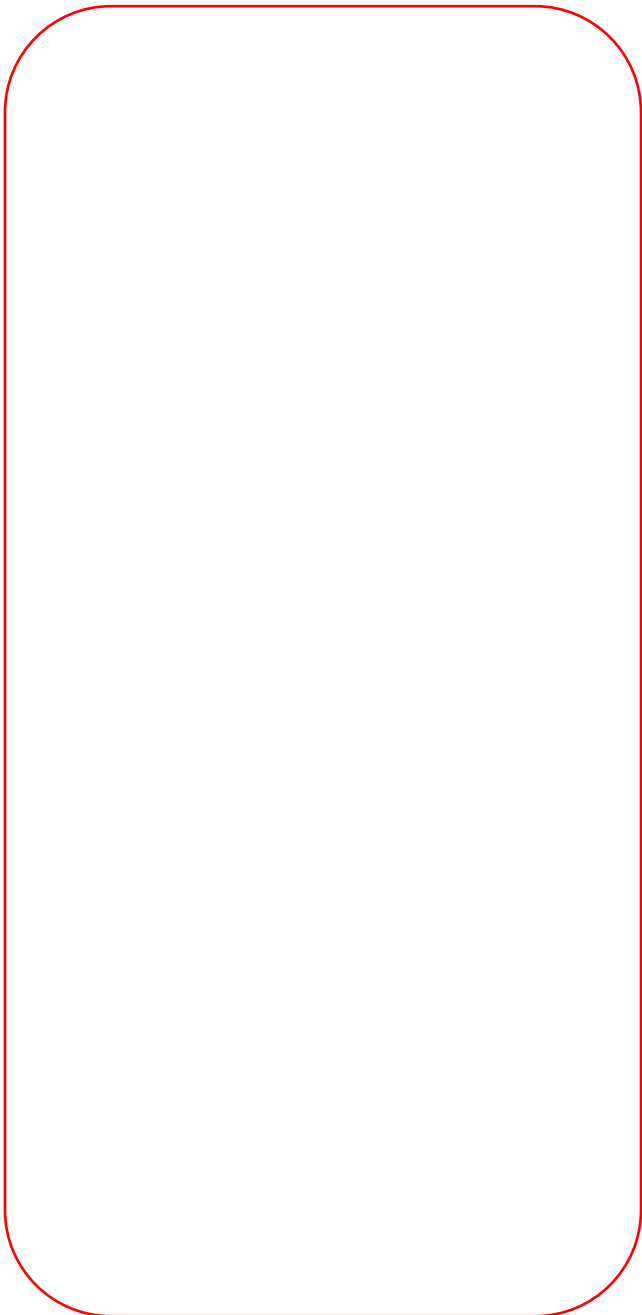
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*Vocabulary: skeleton, strong, bones, milk, cheese, tooth, smile, dairy, broccoli, kale, milk, calcium, vitamin D, yogurt, orange juice, cereal, diet*

# Healthy Teeth and Bones

*Draw either a set of teeth or a skeleton then choose the three foods or drinks from the handout that will keep them healthy and strong.*



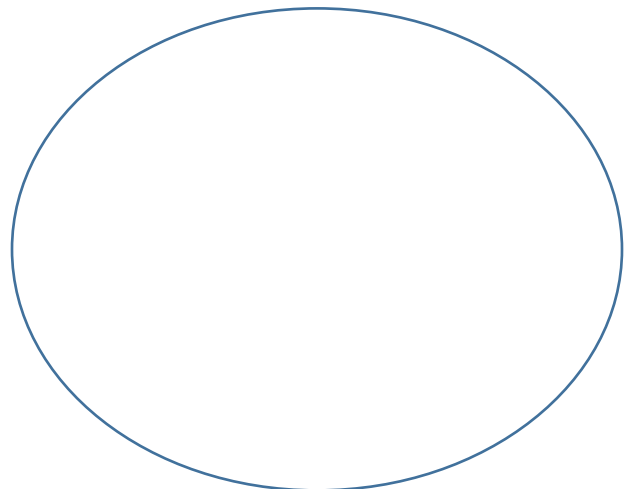
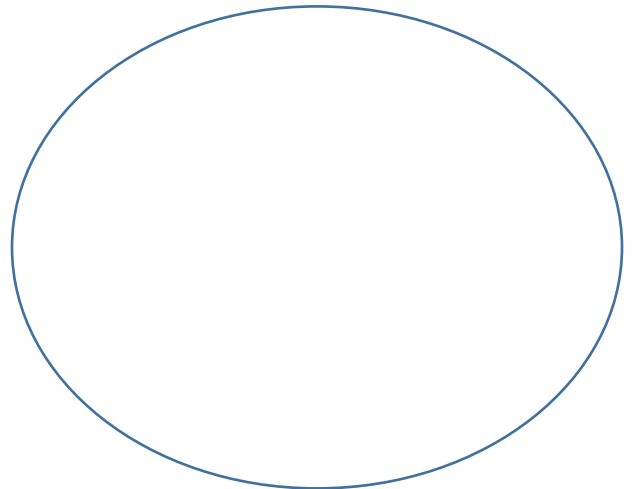
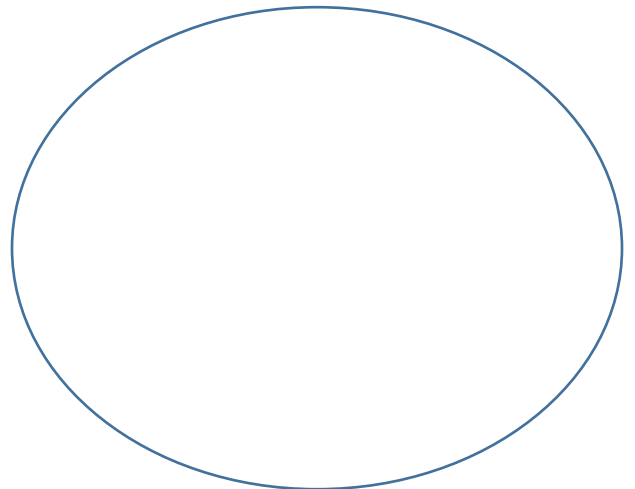
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# *Food and Drink Choices*

