

RETHINK YOUR DRINK

Choose Water!

Program Overview and Standards Grade 2

Overview

Rethink Your Drink is an oral health curriculum that teaches students about the oral health benefits of choosing healthy drinks over sugary, unhealthy drinks. The curriculum uses engaging information and fun activities to show students why their teeth are important for lifelong health and how to care for them by brushing, visiting the dentist, and of course rethinking their drink choices!

Program Structure

A teacher or health educator can present these four modules. Each module consists of a 45-minute presentation and includes fun activities as described below.

Kit Contents

- **Cafeteria Tags** - display on various drinks that are available to students in the cafeteria. Each color tag should be displayed with a type of drink that is listed on the back of the tag. Strings and glue dots are included, depending on how you would like to affix the tags to the drinks.
- **Classroom Posters** - 4 posters are included for display in the classroom or in the hallway near the classroom.
- **Cafeteria Posters** - 4 posters are included for display in the cafeteria or near drinking fountains.
- **“Manny” Stickers** - 1 sticker per 2nd grader is included for their use on the water bottles that have been provided.



- **Dental Walk-Through Posters** - to be used in the walk-through activity in module 2.
- **Yarn, Mega Blok, Large Toothbrush, and Mouth Model** - to demonstrate brushing and flossing techniques in module 2.
- **Magnetic MyPlate** - to discuss healthy eating habits in module 2.
- **Display Drinks** - to be used in the sugar guessing activity of module 3. Can also be used as reminder of how much sugar are in various types of drinks.
- **Food coloring** - may be used to stain a third egg in in addition to using clear water and soda in the eggshell activity.

Module 1

After this module, students will be able to identify healthy dental care practices and why dental care is important. They will also generate a list of questions that they have about dental health. Activities include a KWL (Know, Want to know, and Learned) chart, a brushing and flossing demonstration, and beginning an eggshell staining experiment.

Objectives

1. Complete the program pre-assessment
2. Generate questions about dental care
3. Identify healthy dental care practices
4. Demonstrate understanding about why dental care is important

National Health Education Standards: 1, 3, 4, 5, 6, 7

Module 2

Students will learn what dental decay is, how it happens, and how to prevent it. Activities include a dental walk-through where students act out parts of the mouth as well as a good-bad food choices activity.

Objectives

1. Demonstrate understanding about what dental decay is.
2. Identify how dental decay happens.
3. Identify ways to prevent dental decay.

National Health Education Standards: 1, 3, 5, 6, 7



Module 3

Students will discover the amount of sugar in various types of beverages and that high acid levels from these sugars attack the teeth and dissolve the outer surface of tooth enamel. Students will also learn how much water our bodies need and what happens when we do not get the right amount. Activities include a sugar guessing game and a discussion about how soda pop affects dental health.

Objectives

1. Discover the amount of sugar in various common sugary drinks.
2. Demonstrate understanding that high acid levels damage tooth enamel.
3. Identify the amount of water our bodies need.
4. Identify what happens when our bodies do not get enough water.

National Health Education Standards: 1, 2, 3, 5, 6, 7

Module 4

In this culminating module, students will see all they have learned about dental health and healthier drink choices. The educator will provide tips and instruction regarding making healthier choices for lifelong dental health. Activities include a foldable paper project and finishing the KWL chart and eggshell experiment.

Objectives

1. Comprehend that soda pop stains teeth.
2. Demonstrate understanding of oral health themes of the program.
3. Take the post-assessment.

National Health Education Standards: 1, 3, 5, 6, 7

