

RETHINK YOUR DRINK

Choose Water!

Program Overview and Standards Grade 7

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 eight 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 glued dots are included, depending on how you would like to affix the tag 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.
- **Water Bottle Stickers**—1 sticker per 7th grader is included for their use on the water bottles that have been provided.
- **pH Strips**—to be used in the pH testing activity in module 2.
- **Yarn, Mega Blok, Large Toothbrush, and Mouth Model**—to demonstrate brushing and flossing techniques in module 3.



- **Nutrition Labels** - to be used in the label guessing activity in module 4.
- **Display Drinks** - to be used in the sugar guessing activity of module 4. 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 (optional). May also be used to dye the vinegar used in the chemical reaction activity in module 2 (optional).

Module 1

During this module, the educator will administer and collect pre-assessments. These surveys will be used to gather baseline information to test the effectiveness of the intervention. Activities include a water bottle personalization and an introduction to the program-long creative project students will complete.

Objectives

1. Complete the program pre-assessment
2. Understand what the program is about
3. Decide what project they will complete by the end of the program

National Health Education Standards: 4, 5, 6, 7, 8

Module 2

After this module, students should be able to identify healthy dental care practices and why dental care is important. Activities include a baking soda/vinegar activity to make connections about chemical reactions and oral health, a pH experiment to show acidity of soda pop, and beginning an eggshell experiment.

Objectives

1. Identify healthy dental care practices
2. Identify why dental care is important
3. Identify parts of the mouth
4. Describe how bacteria harms dental health
5. Measure pH of soda and water

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

Module 3

Students will learn what dental decay is, how it happens, and how to prevent it.

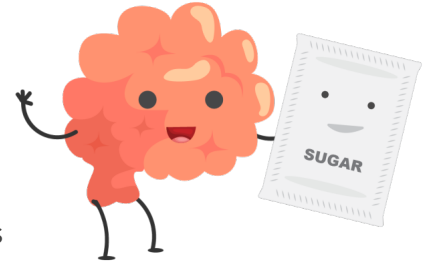


module, students will also learn about the water cycle and how soda is made. Activities include finishing the eggshell experiment and a brushing and flossing demonstration.

Objectives:

1. Define dental decay
2. Describe how decay happens
3. Identify strategies to prevent decay
4. Describe the water cycle
5. Describe how soda is made

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



Module 4

Students will learn the amount of sugar in various types of beverages and the effects of all that sugar on dental health. Students will learn about types of added sugars and that they should be limited for dental health. Students will also learn how much water our bodies need and what happens when we don't get the right amount. Activities include a nutrition label activity, a sugar guessing game, and a brain relay activity.

Objectives

1. Identify the amount of sugar in common drinks
2. Differentiate between healthy and unhealthy drinks
3. Identify parts of a nutrition label
4. Understand that sugar comes in various forms

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

Module 5

Media and advertising are everywhere, even in subtle places like product placement in movies. This module will expose students to different tactics that sugar-sweetened beverages (SSB) companies use to influence consumers' decisions. Students will learn to see themselves as consumers that can make wise consumer choices when it comes to their dental health and their beverages. Activities include a marketing methods activity.

Objectives

1. Identify advertising tactics used by SSB companies
2. Understand that they are consumers
3. Make wiser consumer choices regarding drinks

National Health Education Standards: 1, 2, 3, 4, 5, 7, 8

Module 6

In this module, students are given the tools to improve their skills in accessing valid dental

health information. The educator will show students a variety of materials, websites, books, and other sources of dental health information. Activities include time to work on the program-long creative project.

Objectives

1. Understand how dental health information increases dental health.
2. Identify various ways to obtain valid dental health information.

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

Module 7

In this module, students will be able to see all that they have learned about how dental health and healthier drink choices come together. The educator will provide tips and instruction regarding making healthier choices for lifelong dental health. Activities include a choose your own adventure type of game where students make drink choices to learn how their dental health will be affected.

Objectives

1. Connect current drink choices to future dental health outcomes
2. Identify strategies for making healthier choices in daily life

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

Module 8

This session will recap the lessons learned by utilizing a game show format, as well as answer any questions the students have about the program. Activities include a Rethink Your Drink version of a Jeopardy-style game and a presentation of student program-long creative projects.

Objectives

1. Students present their project to the class
2. Describe the content of their project and its connection to the program.
3. Take the post-assessment.

National Health Education Standards: 1, 2, 3, 5, 6, 7, 8

