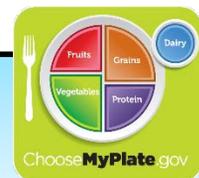




FRESH BABY'S DRINK WATER INSTEAD OF SUGARY DRINKS



Audience

3-5 Years of Age

MyPlate Messages

Drink water or milk instead of sugary drinks.

Setting

Whole Group

Fresh Baby Products (optional)

[Kid's 10-Ounce Collapsible Water Bottle](#)

[Kids 4- to 6-oz. Dairy Cup](#)

Anticipatory Set

- Talk about the scientific method and what the words hypothesis, conclusion and observation mean.
- Talk to the children about the importance of a bright smile and how what you drink effects your white teeth.

Objectives

- Children will learn the USDA MyPlate message of drinking water or milk instead of sugary drinks and how this healthy habit can keep teeth healthy.

Materials

- 1 cup of milk
- 1 cup of water
- 1 cup of root beer
- 1 cup of red juice/punch
- 4 hard-boiled eggs
- 4 clear plastic cups
- 1 spoon or tongs
- Fresh Baby's Scientific Method worksheet

Tips

- Parent Involvement: Share Fresh Baby's Tooth Fairy Tips with parents.
- Reinforce the lesson with Healthy Drinks for Your Teeth Cutting Activity and Healthy Drinks for Your Teeth Matching Activity.
- As a follow-up, give each child a [Fresh Baby, Kid's 10-ounce collapsible water bottle](#) or [Kids 4- to 6-oz. Dairy Cup](#) to take home as reinforcement to drink water or milk instead of sugary drinks.

Instructions

For best results, plan to do start this experiment on a Friday and reveal the results on a Monday.

1. Set the cups of milk, root beer, red juice and water out, in clear plastic cups.
2. Explain to the children that the shell on the hard-boiled eggs are like their teeth.
3. Using Fresh Baby's Scientific Method worksheet, discuss the materials and procedures. Ask the children to make a hypothesis on what will happen when one egg is put into each liquid and left over the weekend (Friday-Monday).
4. On Monday, take each egg out, using a spoon or tongs. Using the worksheet, ask for the children's observations on what happened to each egg.
5. Have the children, as a whole group, come to a conclusion on what they think happened and how this is similar to when they drink sugary drinks. See if they can tell you which two drinks (water and milk) are best for their teeth.

SCIENTIFIC METHOD

01

question

What happens to our teeth when we drink sugary drinks?

hypothesis

02

What do you think will happen?
(Record children's ideas here.)

03

MATERIALS
NEEDED

4 Clear Plastic Cups
4 Hard-boiled Eggs
1 cup of Root Beer
1 cup of Water
1 cup of Red Juice
1 cup of Milk

PROCEDURE

04

What do we need to do?

1. Put one hard-boiled egg into each cup of liquid.
2. Let sit overnight (or a weekend).
3. Take each hard-boiled egg out of the cup of liquid.
4. Record observations.

05

observations

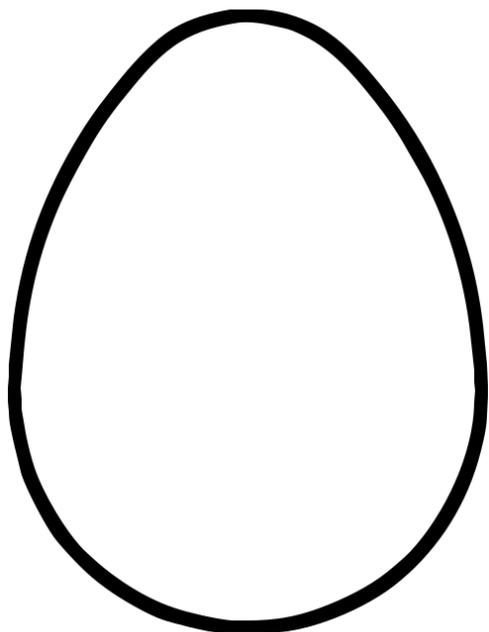
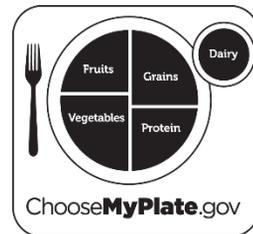
What happened to the eggs?
(Using the worksheet, have the children color or draw what happened to the eggs)

conclusion

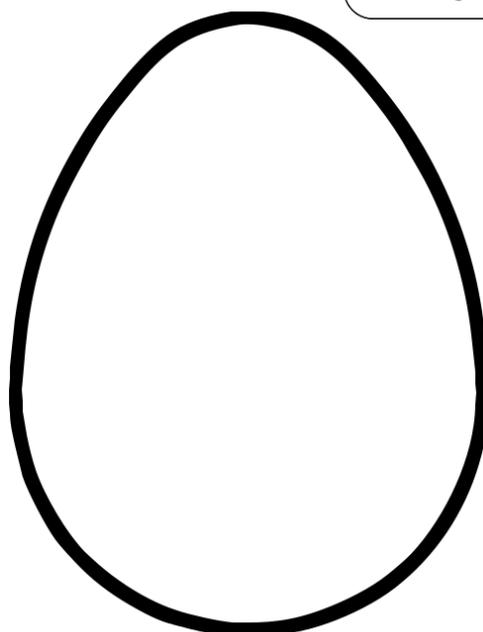
06

What did you learn?
(Ask the children which drinks they think are the best for their teeth?)

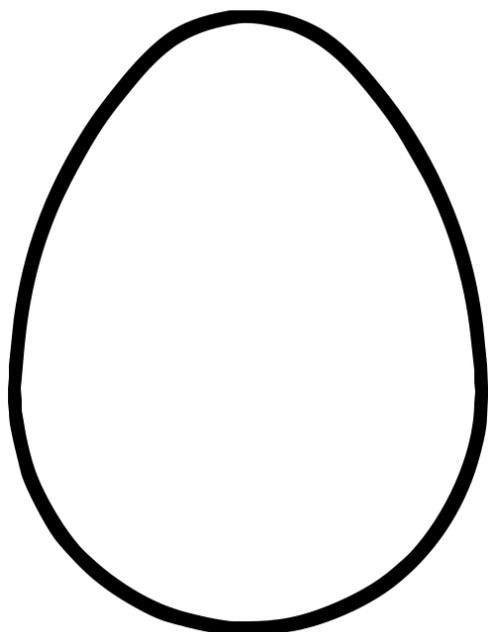
NAME: _____
COLOR OR DRAW WHAT HAPPENED TO THE EGGS



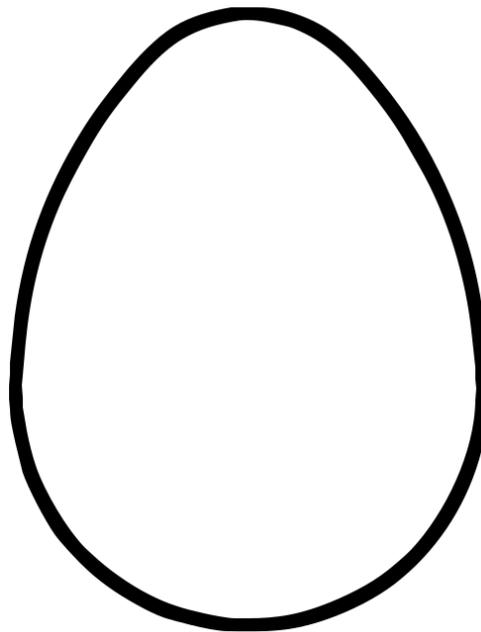
WATER



MILK

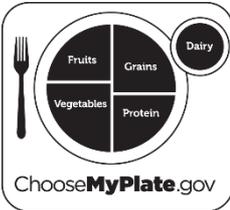


ROOT BEER



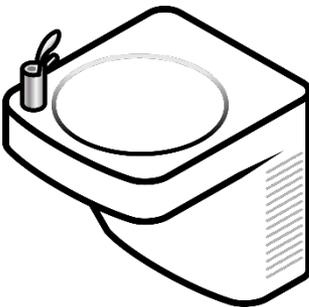
RED JUICE

WHICH DRINKS ARE BEST FOR YOUR TEETH?



NAME: _____

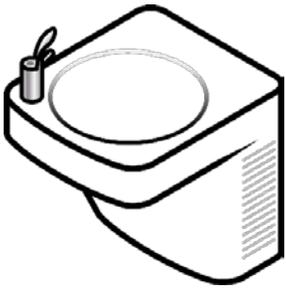
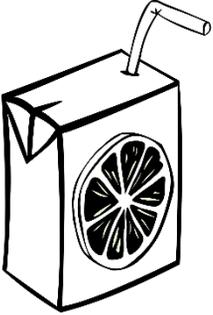
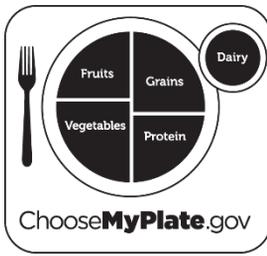
Directions: Practice cutting skills and cut along the dotted lines.



HEALTHY DRINKS FOR YOUR TEETH CUTTING ACTIVITY

NAME: _____

Directions: Draw a line from the tooth to each healthy drink.



WATER AND MILK ARE HEALTHY DRINKS FOR YOUR TEETH.

TOOTH FAIRY TIPS FOR HEALTHY TEETH



The American Dental Association recommends children visit a dentist by age one.

SET A GOOD EXAMPLE: BRUSH TWICE A DAY FOR 2 MINUTES ~ FLOSS DAILY

For Babies and Toddlers:

Keep your baby's mouth healthy by wiping away food after every feeding using a soft, wet cloth.

Cold foods like yogurt can relieve teething pain.

Fill bottles and cups with water for between meal drinks for your little ones.

Avoid sugary drinks. Sipping them during the day increases the chance of tooth decay.

Pacifiers after age 4 can affect alignment of permanent teeth.

When you see two teeth are touching, it's time to start flossing your child's teeth.

Use a pea-sized amount of fluoride toothpaste for toddler's teeth.

Teach your kids to brush for 2 minutes with the help of an egg timer.

For Preschoolers and up:

Crunchy foods like celery sticks and apples help naturally clean your teeth.

Drink milk. Jaw bones need calcium to stay healthy.

Snacks of cheddar cheese and raw vegetables are tooth-friendly.

Vitamin C-rich foods help keep gums healthy.

Limit eating sticky foods, they increase risk of decay.

If there is no time for brushing, rinsing with water after meals will help remove food.

Avoid sugary drinks. Sipping them during the day increases the chance of tooth decay.

An electric toothbrush makes it fun and easy for kids to do a good job brushing.