

DENTAL HEALTH EDUCATION CURRICULUM

Grade Level: 6th **Subject:** Nutrition – Soda Consumption **Activity Time:** Up to 1 hour

Rationale: The purpose of this lesson is to teach students the effects soda consumption can have on their oral health and wellness.

Educational Standards Addressed: This lesson addresses the *Sunshine State Standard* “Health Literacy,” related to increasing students’ knowledge of various methods of health promotion and disease prevention. It also addresses the standard of “Responsible Health Behavior,” which provides information to the student about the importance of assuming responsibility for personal health behaviors.

TEACHING PERSPECTIVES:

Objectives – The students will demonstrate that they understand how continual consumption of sugar- and acid-containing carbonated beverages can affect their overall oral-health care and wellness.

Materials – The materials for this lesson include a computer with an LCD projector to show PowerPoint, or an overhead projector to show transparencies; a teacher script; online services; and a quiz.

Resources – The online resources for this lesson are:

- <http://www.ada.org/public/media/minute/index.html>
- <http://www.nidr.nih.gov/mouth/pubs/snaksmt/main.htm>
- http://mndental.org/dental_health/sip_decay

Procedures:

- 1) Show transparencies/PowerPoint presentation about the effects that over consumption of sodas has on students’ overall oral health and wellness.
- 2) Instruct students to visit referenced Web sites to research information about soda consumption and how it can cause tooth decay and enamel erosion.

Activity – Students will use computers to obtain information about the effects of continuous soda-drinking on their oral health. Students will report their findings to the class.

Assessment – Use the 10-question, multiple-choice quiz to assess students’ knowledge of the effects of soda consumption on their oral health.

Summary – After completing this lesson, students should understand how use of carbonated sugar-based soda as a beverage can cause tooth decay and affect their wellness.