Teacher Advice

Topic 4: Healthy Food Health Teeth

Level: P-2

Purpose

The purpose of this lesson is to have students understand how eating nutritious foods plays a big part in maintaining oral health.

Activity

To commence have the class watch *Video 4.1 - Healthy Food Healthy Teeth* - a video of the Royal Flying Doctor Service Dental Team talking about the importance of eating nutritious food to oral health.

At the end of the video run a class discussion about what they learnt. What surprised them? What new information did they learn? Will their experience make them want to change the types of foods they eat?

To complete the topic, have students reinforce their understanding by completing *IA 4.1 - Making a Healthy Choice* - an interactive task that requires them to distinguish between healthy and non-healthy foods for maintaining oral health.

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Teaching and Learning Resources

The following resources are provided to teachers to deliver this lesson...

1. Video 4.1 - Healthy Food Healthy Teeth
2. IA 4.1 - Making a Healthy Choice

Study: Health and Physical Education

Key Learning: Personal, Social and Community Health

ACPPS003
Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy

- Identify characters in different texts who help the main character to stay safe and healthy
- Identifying knowledge, skills and understanding that can help keep them healthy

ACPPS006
Identify actions that promote health, safety and wellbeing

- Understanding the importance of personal hygiene practises.