



The Kindergarten Chronicles

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Show Your Pearly Whites!



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Dental Health Month is in February and this is a great time to make connections between your health and literacy curriculums. Our health standards for these topics include: List good daily health habits: going to bed on time; brushing teeth; exercising; eating properly.

All units of study begin with good literature. Fortunately, there are tons of great books, both fiction and nonfiction, about teeth, visits to the dentist, and overall dental health as well as good nutrition, which contributes to dental health.

The following are some suggestions for read-alouds with accompanying activities. *Just Going to the Dentist* by Mercer Mayer.



After reading about Little Critter's trip to the dentist, you can do an interactive writing lesson, where you and your students chronicle what happens when you pay a visit to the dentist.

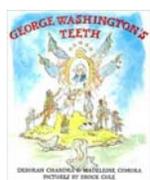
Snacks for Healthy Teeth by Mari

C. Shuh. This colorful book ties nutrition to dental health. After (or during) reading, you can make a circle map of snacks that help us keep our teeth



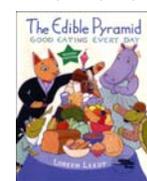
healthy.

George Washington's Teeth by



Deborah Chandra and Madeline Comora. This fun, rhyming tale connects history (George Washington had a lifelong struggle with bad teeth) to literacy in a fun, engaging way. After reading this tale, you can sequence the story with your students, having them retell the beginning, middle, and end and talk about George Washington's problem (bad teeth) and the solution. Extend this by discussing ways George Washington may have prevented his problem.

The Edible Pyramid: Good Eating Every Day by Loreen Leedy.



This story uses engaging animal characters in a restaurant setting to introduce and explain the USDA's food guide. An emphasis on healthy food choices and exercise helps children understand the importance of staying fit. After reading this text, introduce a graphic of your own food guide pyramid to keep in the classroom (school supply stores have these posters at a very reasonable cost), so the students can refer to it. Check out http://teamnutrition.usda.gov/Resources/mpk_poster.pdf to see a printable copy of the pyramid for kids, and http://teamnutrition.usda.gov/resources/mpk_coloring.pdf for a coloring page that students can complete with assistance.

Have a healthy and happy Dental Health Month with your students!

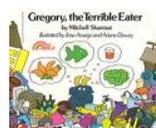


A Bite of Good Health!

Smile! Cut out one large construction paper "smile" for each student in your class. Using small rectangular sponges and white paint, have students sponge paint ten teeth on top of the smile and ten teeth on the bottom. You can tie in math (Count to 20 by demonstrating one-to-one correspondence, 1.K.4) and point out that children have 20 baby teeth and adults have 32 adult teeth.

Food Sort. Cut out and collect pictures of healthy foods and "junk"

food from magazines. Have your students sort food into two groups by putting them on place mats marked "healthy" or "junk." This also addresses our math standard (Identify attributes used to sort objects, 2.K.1). *Gregory the Terrible Eater* by Mitchell Sharmat is a great read-aloud to culminate this activity.



Bite into a good snack. Your students can make a healthy snack by taking apple slices and spreading peanut butter on them. Add a little sweet by letting them put mini marshmallow "teeth" on their apple smiles!

Tooth classification. Use the printable page found at <http://www.atozteacherstuff.com/printables/teethchant.pdf> and have your students circle the word, "teeth" each time they see it in the poem. This printable also explains

the uses for the types of teeth we have.

Keep teeth clean! Using yellow rectangular paper and white paint, allow students to use toothbrushes to paint on the yellow paper, "cleaning" the teeth by making them white. This can be a great independent activity for students to do at your classroom art center.



There are still seats available for the upcoming GRIP-K class that begins January 19, 2010 at Gray ES. Please email Robyn Markovic if you have any questions.