# LESSONS IN A LUNCHBOX:

# HEALTHY TEETH ESSENTIALS & FACTS ABOUT SNACKSTM

# A Five-Day Lesson Guide For Teachers®

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- a. Hidden Toothbrushes: How Many Can You Find?
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- d. How Many of Each Item Does the Tooth Fairy Have?
- e. Return to Tooth Kingdom
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#### II. THE SCIENCE LESSON

- a. The CREST Egg-speriment
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- e. Mini- Mouth and Toothbrush

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- a. What Is A Cavity?
- b. Brush Your Way to a Day of Bright Smiles
- c. Proper Flossing & Proper Brushing
- d. Healthy Snacks: Foods From The Food Pyramid (www.mypramid.gov)
- e. Smoking Stinks
- f. Oral Piercings Can Be Dangerous
- g. Dental Stem Cells (www.store-a-tooth.com)

# V. THE CAREERS IN DENTISTRY LESSONS (www.ADEA.org)

See Yourself Becoming A Dentist! Visit these websites to learn more.

www.ada.org, www.agd.org www.aawd.org, www.ndaonline.org, www.hda.org

- ✓ Hygienist! www.adha.org, www.ndaonline.org
- ✓ Dental Medicine Research Scientist!- www.nidcr.nih.gov
- ✓ Assistant! www.adaa.org , www.ndaonline.org
- ✓ Technician! www.nadl.org
- ✓ Dental Office Professional! www.dentalmanagers.com

PLEASE MAKE AS MANY COPIES AS NEEDED TO EMPOWER YOUR STUDENTS.