

# Weller Health Education Center

## Dental Detectives

### Healthy Bodies series

45 minute, outreach program

Grades Pre-K - 1

### Course Description

Students will “brush-up” on their knowledge of keeping teeth healthy through fun and engaging activities. The importance of visiting the dentist, healthy eating and proper tooth care will be emphasized.

### Objectives

1. List three reasons why we need teeth.
2. List three items used to care for teeth.
3. Identify three ways to keep teeth healthy.

### PA Standards

*Health, Safety and PE Standards:*

- 10.1.3.C Explain the role of the food guide pyramid in helping people eat a healthy diet.
- Variety of foods
- 10.2.3.A Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.
- 10.3.3.D Identify and use safe practices in physical settings (proper equipment).

### Cross Curricular Opportunities

*Mathematics:*

- 2.8.K.A Identify and describe common 2-dimensional shapes.

*Reading, Writing, Speaking and Listening:*

- 1.1PK.D Demonstrate listening comprehension/understanding before, and after reading through strategies such as answering questions, retelling, and connecting to prior knowledge.
- 1.1.PK.E Apply knowledge of letters and sound to read simple words.
- 1.6.PK.A Listen attentively and respond in conversation.
- 1.6.K.A Listen and respond appropriately to others in small and large group situations.
- 1.6.1.A Listen actively and respond to others in small and large group situations with appropriate questions and ideas.

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1.6.PK.B Speak in simple sentences. Share experiences when asked.

1.6.K.B Speak clearly enough to be understood by all audiences using appropriate volume.

The **Healthy Bodies** series also includes these outreach programs:

Handful of Healthy Habits, grades Pre-K – 1

Kids in Motion, grades 1 – 3

Odorology, grade 4

Life Begins, grades 5 – 6

Body Smarts, grades 5 – 7

Big Changes, Big Choices, grades 6 – 8

NoBody's Perfect, grades 6 – 10

Stress Less, grades 6 – 12

Who Do You Trust?, grades 8 – 12

Better Start Early, grades 9 – 12