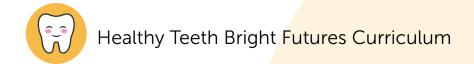
FOOD & DRINKS & ORAL HEALTH



During today's class, you will...

- Explain the importance of healthy food choices for oral health.
- 2. Demonstrate how to read a food label.
- 3. Compare and contrast beverages based on oral health impact.



Intro Activity



If a nutrition label lists 31 grams of sugar per serving and there are 2.5 servings in the container, how many total grams of sugar are in the 20 ounce Mt. Dew?





Time to Guess:

Based on a daily 2000 calorie diet, how many grams of sugar is the maximum amount you should eat in a day?

What is the leading source of added sugar in the American diet?

What are health issues related to people who get too much added sugar?



Nutrition Facts Servings Size 15 pieces (30 g)		
Amount per serving Calories	90	
% Daily	Value*	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Sodium 25mg	1%	
Total Carbohydrate 22g	8%	
Dietary Fiber 0g	0%	
Total Sugars 13g		
Includes 11g Added Sugars	22%	
Protein 1g		
Vitamin A 230mcg	25%	
Vitamin C 23mg	25%	
Vitamin E 3.8mg	25%	
Not a significant source of cholestero: vitamin D, caldson, iron, and potentials. 1 The 's Daily Value (DV) bills you have much a masent in a seriong of bootion diet. J. 200 calcines a day is used for growed nutrition advice.	tetrident, to is chall	

Nutrients Section of a Nutrition Label

There are 2 kinds of sugars.

- Natural Sugars
- Added Sugars 🙁

For healthy bodies and teeth, we should eat foods that have less than 5% added sugars and less than 20% total carbohydrate.

- Look at the sugar section of this food label.
- Is this a food that is good for teeth? Explain using evidence from the food label.

Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
V:	00/
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

When Reviewing Foods and Drinks

Less than 20%DV carbohydrates

Less than 5%DV added sugars

Bonus 1: Calcium

Bonus 2: Vitamin D

Example: Favorite Foods/Drinks



Nutrition Facts

▼ Fierce Grape Thirst

Quencher

Serving Per Container

Serving Size 1.00 bottle(591ml)

Amount Per Serving

Calories

140

Calories from Fat

0

% Daily Value*

Total Fat 0g 0%
Sodium 270mg 12%
Potassium 80mg 0%
Total Carbohydrate 36g 13%

Total Sugars 34g

Added Sugars 34g 69%

Protein 0g

Kosher 0

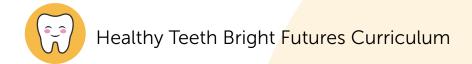
^{*}Percentage Daily values are based on a 2,000 calorie diet. Your Daily values may be higher or lower depending on your calorie needs



Name one **food** and one **drink** that you like AND that promotes oral health.



TAKING RESPONSIBILITY FOR ORAL HEALTH



During today's class, you will:

- Analyze personal drink habits that contribute to oral health.
- 2. Explain the importance of being responsible for personal oral / dental health behaviors
- 3. Choose healthier drink options.

Intro Activity: Complete these sentences.



Responsibility means



To be responsible means



Show What You Know: #1

How can you take responsibility for your own oral health?

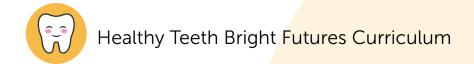




Show What You Know: #2

Why is it important for you to be responsible for your own oral health?

HEALTHY PRACTICES TO HABITS



During today's class, you will...

- 1. Summarize the oral health benefits of good hygiene practices, healthy food choices and being tobacco free.
- 2. Create a personal wellness plan to boost and maintain oral health.

Intro Activity

A health practice is an action an individual does to support or maintain their health.

What health practices do you do? List as many as you can!



Using our health practices regularly

What do you notice about this plan?

What do you wonder about this plan?

What are some other ways this action can be practiced daily?



Complete the sentence:

Responsibility managing my oral health means





Show What You Know #2

What are the oral health benefits of brushing & flossing your teeth, eating and drinking healthy foods, and being tobacco/vape free?

