

# Nature's Toothbrush

**Grade Level: K-3**

**Approximate Length of Activity: 30 Minutes**

## Objectives

### Teacher

1. Describe the nutritional value of apples.
2. Help students understand that apples benefit their teeth and their bodies.

### Students

1. Compare the cleanliness of their teeth after eating lunch and after eating an apple.
2. Correlate characteristics of apples and health benefits of eating apples.

**Michigan Content Standards: (Health) Kindergarten - Strand 5 - Standard 1-5.1; First Grade - Strand 5 - Standard 1-5.1; Second Grade - Strand 1 - Standard 3-1.5; Third Grade - Strand 1 - Standard 1-1.1**

## Introduction

The apple is called "Nature's Toothbrush" because it helps clean the teeth and massage the gums. The crisp juicy flesh of the apple brushes and cleans the teeth while you eat it. The juice swishes and washes particles out from between the teeth, helping to prevent tooth decay. The natural vitamins and minerals and sugars in the apple are all good for your teeth and your body. Keep your teeth bright and clean by regular brushing and eating lots of crisp and juicy Michigan apples.

## Materials Needed

- Apples
- Accompanying worksheets

## Activity Outline

1. After lunch, have students feel their teeth with their tongues.
2. Ask them to describe what they feel ("fuzzy").
3. Have students eat a section of an apple.
4. Have students feel their teeth with their tongues.
5. Ask them to describe what they feel ("smooth").
6. Have students complete the accompanying worksheets.

## Discussion Questions

1. Discuss why an apple is better for you than a candy bar.
2. Compare the nutritional value of various apple products and recipes that use apples.

## Related Activities

1. This lesson was provided by the Michigan Apple Committee. For more activities contact the Michigan Apple Committee 13105 Schavey Road, Suite 2, DeWitt, MI 48820, 800-456-2753 [www.MichiganApples.com](http://www.MichiganApples.com)
2. Make an apple nutrition chart.
3. Research the nutritional value of an apple and tell what each vitamin and mineral does for your body.
4. Compare the nutritional value of various apple products and recipes that use apples.
5. Have students write a rap with an 'apples are good for you' or 'eat an apple a day' theme.
6. The lesson "Apple Math" located in the math section of this curriculum guide.
7. The lesson "The Apple Tree" located in the language arts section of this curriculum guide

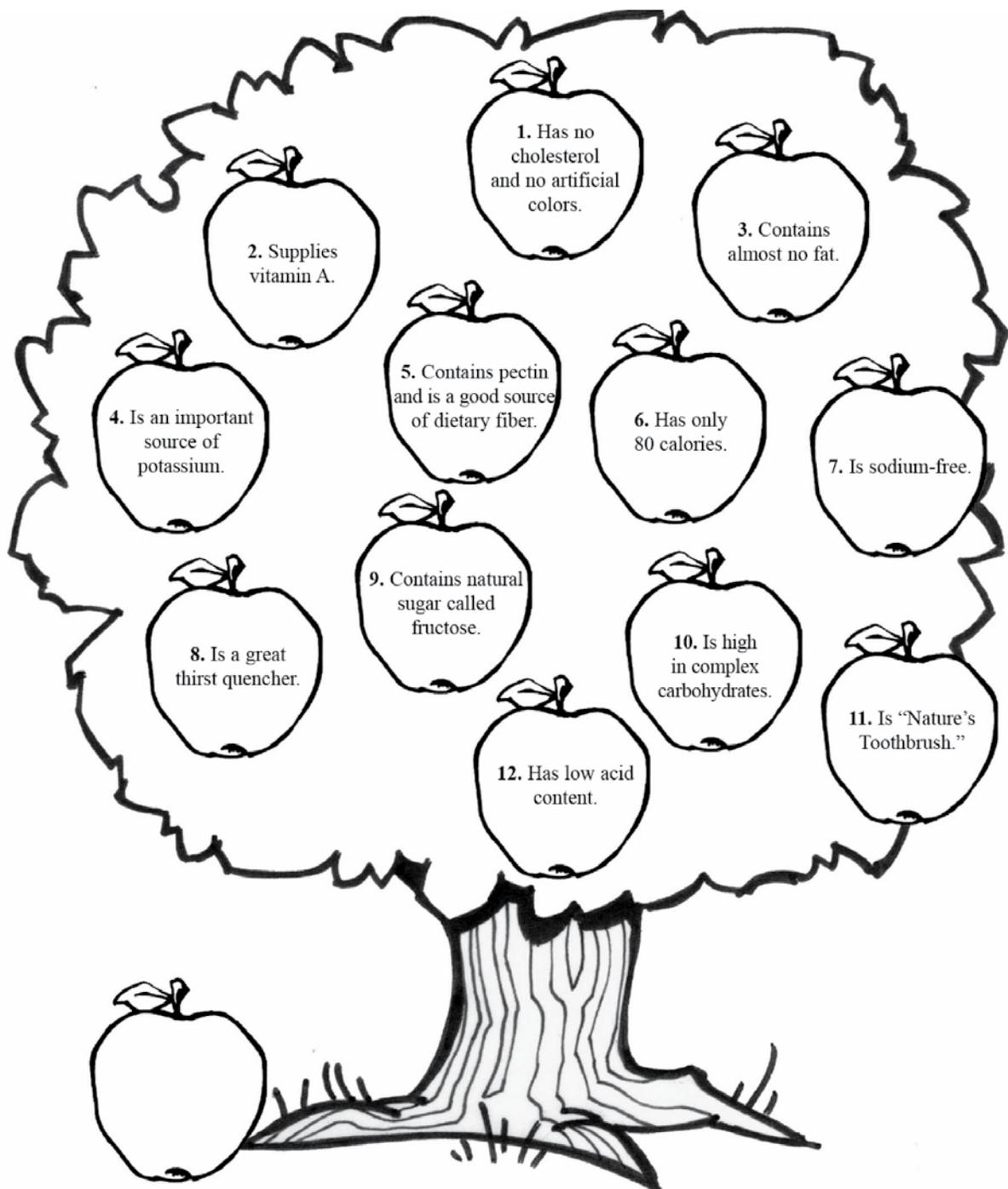
## Book Resources

1. "Apples, Apples, Apples" by Nancy Elizabeth Wallace
2. "Autumn is for Apples" by Michelle Knudsen

*Acknowledgement: This lesson was provided courtesy of the Michigan Apple Committee.*

# The Nutrition Tree: A Dozen Good Reasons to Eat Apples

Apples are a very good fruit for building healthy bodies. What health benefit is the result of each of the apple claims?



# Apples Build a Healthy Body

Directions: Fill in the blank in each sentence below with the correct word from the box.

calories	potassium	4 ounces water
sodium	vitamin A	low acid
pectin	cholesterol	
complex carbohydrates	natural sugar	

Apples have no \_\_\_\_\_, or salt which helps keep blood pressure down.

A medium sized apple has only 80 \_\_\_\_\_.

The \_\_\_\_\_ and other fibers in an apple helps balance cholesterol.

Apples have \_\_\_\_\_, which helps maintain good vision, bone and tooth development.

Apples supply a good amount of \_\_\_\_\_, which helps control high blood pressure.

Apples are high in \_\_\_\_\_, which keeps our heart healthy and may lower the risk of cancer and diabetes

An apple quenches thirst because it contains \_\_\_\_\_.

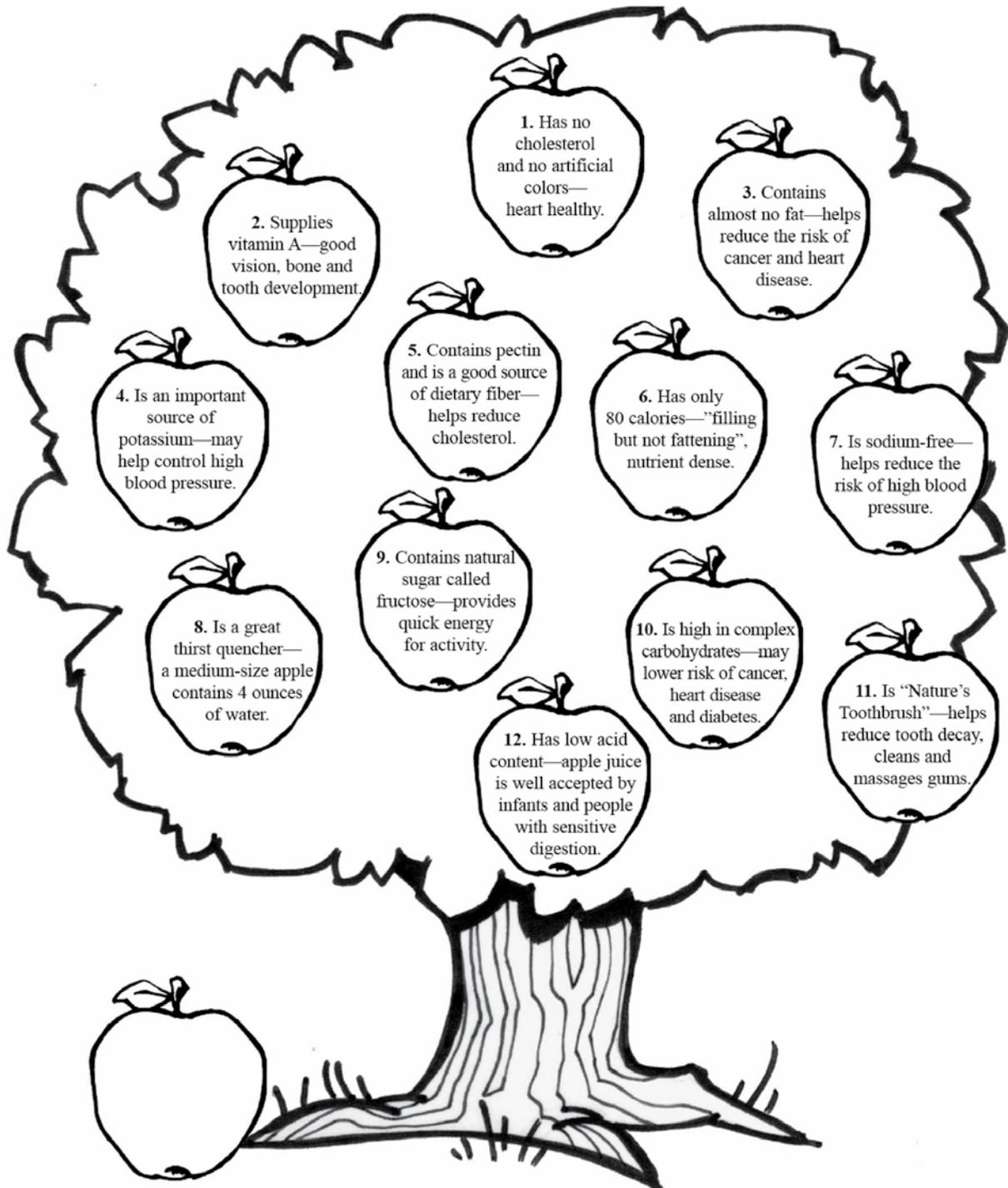
An apple is a source of quick energy because of its \_\_\_\_\_, called fructose.

An apple has no \_\_\_\_\_ and it is fat free which makes it a healthy snack.

People with sensitive digestive systems are able to drink apple juice because it has \_\_\_\_\_ content.

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A medium sized apple has only 80 **calories**.

The **pectin** and other fibers in an apple helps balance cholesterol.

Apples have **vitamin A**, which helps maintain good vision, bone and tooth development.

Apples supply a good amount of **potassium**, which helps control high blood pressure.

Apples are high in **complex carbohydrates**, which keeps our heart healthy and may lower the risk of cancer and diabetes.

An apple quenches thirst because it contains **4 ounces of water**.

An apple is a source of quick energy because of its **natural sugar**, called fructose.

An apple has no **cholesterol** and it is fat free which makes it a healthy snack.

People with sensitive digestive systems are able to drink apply juice because it has **low acid** content.