

# Healthy Foods/Unhealthy Foods

Grade Levels: K-3

Eating good healthy foods will help build a strong body and strong teeth. In this activity we will find pictures of food and drinks that are good for our bodies and teeth and foods and drinks that are not so good for our bodies and teeth.

## What To Eat?

### Materials

- Magazines
- Scissors
- Glue
- Cut out of two teeth

### Procedure

1. Look through magazines and cut out pictures of food and drinks
2. Sort them into food and drinks that are healthy for our bodies and teeth and food and drinks that are not so healthy for our bodies and teeth
3. Paste the pictures on to the teeth



Remember being healthy means you are not sick and that your body feels good. It means you can play, learn and grow. Choosing healthy foods that don't have a lot of sugar help keep our teeth and bodies healthy.

Inspiration from: <https://theclassroomcreative.com/2014/01/dental-health-month-activity-for-kids/>

