

Juice Board- Week 9
Activity Description
Protect Your Child's Smile

Materials

Week 9 display board

1 package chocolate sandwich cookies – **for activity**

6.75 oz Hi-C juice drink box – **for activity**

7.5 oz Coke can – **for activity**

bottled water – **for activity**

6.75 oz Juicy Juice or Minute Maid 100% Juice box – **for activity**

1 zip top bag filled with 24 grams of sugar (6 teaspoons) – **for activity**

Reinforcers – Manual Toothbrush

Basket/container for reinforcers

Raffle box

Raffle slips

Pens/pencils

Parent handouts

Evaluation form

Table for supporting board (folding table)

Raffle prize to give away for current week – Brita Pitcher

Raffle prize for following week – Battery Operated Toothbrush – FOR DISPLAY ONLY

Raffle prize winner's name

Target Audience

Parents of Pre – School Children

Table/ Board Set Up

Place board on folding table

Place raffle box, pens/pencils, and raffle slips on table

Place parent handouts on table

Place reinforcers on table

Place all activity materials on table

Place raffle prize and raffle winner's name on table

Place raffle prize for following week on table (If there is space)

Activity: Parents will learn that in order to help prevent cavities, they should reduce their child's consumption of juice and other sweetened items and increase the amount of water that their child drinks.

1. Student will place a package of chocolate sandwich cookies, a bottle of water, 24 grams of sugar in a zip top bag, a Juice drink box of Hi-C a can of Coke, and a Juicy Juice box on the table.

2. The student will greet parent and ask him/her if they want to enter their name in the weekly raffle or receive a giveaway.

3. If parent says yes, engage him/her in the activity (following). If parent says no, say thank you, provide them with a parent handout and let parent go on his/her way.
4. The student will ask the parent, out of the items on the table, which items are harmful to their child's teeth.
5. The student will record the items that the parent points out on the evaluation form.
6. The student will then inform the parent that all of the items other than the water contain sugar and therefore are potentially dangerous to their child's teeth.
7. The student will tell the parent that to prevent cavities they should reduce the amount of juice and other sweetened items that their child consumes and increase the amount of water that their child drinks.
8. The student will hand the parent a reinforcer (Manual toothbrush) and the parent handout.
9. The student will have the parent fill out their name on the raffle slip and drop it in the raffle box.
10. The student will thank the parent for his/her time.

Reinforcer

Manual Toothbrush

Raffle Prize To Give Away This Week

Brita Pitcher

Take-Home Message

In order to help prevent cavities, reduce the intake of sweetened beverages and foods with added sugar. Drinking water rather than juices or other sweetened beverages is a good alternative and water will not contribute to tooth decay.

Student Talking Points

1. All of the items on the table, except water, contain sugar.
2. Sugar causes cavities. Both natural containing sugar and added sugar can cause cavities.
3. Water contains no sugar, so, water will not cause cavities
4. People should be encouraged to drink more water than juice and other sweetened items.
5. Remind parents that doctors recommend drinking no more than 4 – 6 ounces of juice per day.



Week 9

Good eating habits are key to childhood dental health

By Shelley Sherman, University of Minnesota Extension

ST. PAUL, Minn. (5/18/2009) — So, here's a question: If you as a parent could do a few things that would protect your child's teeth AND lower your child's risk of being overweight.... Would you do it?

Of course! However, a recent survey by the American Academy of Pediatric Dentistry found that many parents don't realize that some of their routine practices contribute to tooth decay. Here are some "for instances":

- Cavity-causing bacteria can be passed from the mouth of a parent or caregiver to their child's mouth when sharing food, or cleaning off a pacifier, or putting fingers in the other's mouth. In other words, children can "catch" cavities.
- Even "healthy" snacks can be damaging to teeth. The longer teeth are exposed to sugar, the more damage is done. Baked snacks like crackers or other cooked starches like pasta, can also lead to cavities, and they stay in the mouth longer than a piece of candy.
- Sipping on sugared beverages (i.e., pop, juice, many flavored waters) all day can cause tooth decay. (Plus—one regular can of pop may contain more than 10 teaspoons of sugar. Check out the calories!) Drink only water between meals.
- Although drinking fluoridated water is the single most important way to prevent cavities, many parents think bottled water is better. Most bottled water does not contain fluoride. If you live in a city with fluoridated water, drink the tap water! 98.6 percent of public water in Minnesota is fluoridated and it is safe to drink. Well water on farms or trailer parks must be tested.
- Putting a child to bed with a bottle of milk, formula, soda pop or juice—all of which contain sugar—means that they will have sugar in their mouth for hours. Since tooth decay can start with the first tooth, always wash off their teeth after eating or drinking. Only a bottle of water before bed is advisable.

EXTENSION CONNECTION - Fruit Juice - How Much Is Too Much?

By: Paulelda Gilbert, ISU Extension Nutrition & Health Specialist

Q. Isn't fruit juice good for children? Does it matter how much they drink?

A. Nutrition experts encourage families to limit a child's intake of soda and sugary beverages. But is fruit juice included in the list of limited beverages? Some experts believe that fruit juice needs to be limited; noting that drinking too much juice can contribute to obesity, cavities (dental caries), diarrhea, and other gastrointestinal problems.

Another problem with drinking too much juice is that it is filling and will decrease a child's appetite for more nutritious foods. Fruit juices generally do not have a lot of nutrients, although they do have Vitamin C and some are fortified with calcium. Also, if your child is drinking a lot of juice, then he probably is not drinking much milk, which is a good source of calcium and other nutrients.

Q. My child really likes juice and it is difficult to get him to drink anything else. What should I do?

A. How do you prevent problems from drinking too much juice? One easy way is to not introduce juice until your child is six months old. And when you do begin to offer your infant juice, give it in a cup and not a bottle.

Older infants and toddlers generally drink too much juice when they always have a sippy cup in their hands, or if they are sucking on the cup like they would a bottle. Although sippy cups are convenient and it is nice to prevent messes, if your child always has one in his hands, then he is probably most at risk of getting cavities, since his teeth will always have sugar on them. To prevent your child's cups from becoming a security object for toddlers, it can help to restrict them to meals, when you offer milk, and snacks.

Q. Does Your Child Have a Problem With Juice?

A. In general, if your child is eating a well balanced diet, including some fresh fruits and vegetables, is drinking 16-24 ounces a day of milk and dairy products, and doesn't have problems with cavities or being overweight, then he likely doesn't have a juice problem.

If your child is a picky eater, has a poorly balanced diet, cavities, diarrhea, and chronic abdominal pain or if he is overweight, then you should consider limiting juice. You should definitely avoid letting your child fall asleep with a bottle or cup of juice, since that is probably the biggest risk

factor for getting cavities. Also avoid giving 'fruit' drinks or 'fruit' sodas, since they may actually have very little fruit in them.

Q. Are there benefits to drinking juice?

A. After all of this talk about juice, is there any reason to give your child juice? Many kids do not like eating fruit, so offering fruit juice is one way to get your child the 2 (for younger kids) to 4 servings (older kids) of fruit that is recommended. A 6 ounce glass of 100% fruit juice can substitute for (but is not really equal to) one serving of fruit.

Still, it is important to remember that the recommended servings of fruit juice are actually limits. Your child does not need to drink any fruit juice, especially if he is getting the recommended servings of fruit by eating whole fruit.

Points to remember about Juice and Children

- When you give your child juice, it should be 100% fruit juice and not fruit drinks.
- Infants under 6 months of age should not be given juice.
- Younger children aged 1 to 6 years should have only 4-6 ounces of juice a day.
- Older children should be limited to 8 ounces of juice a day.
- Instead of juice, children should be encouraged to eat whole fruits.

Call me at the Webster County Extension Office, 515-576-2119, or E-mail pgilbert@iastate.edu, with your nutrition and health questions. You may also call our toll-free ISU Answerline at 1-800-262-3804 or visit the Webster County Extension web site: <http://www.extension.iastate.edu/webster>.

Protect Your Child's Smile!



Too much fruit juice causes...

- Weight Gain
- Rotting Teeth
- Cavities
- Stomach problems

Did you know ...

Fruit Juice has as much sugar and calories as soda and candy!?

Suggestions for a Healthy Smile...

- **Don't** let your child sleep with a sippy cup full of juice, formula, or milk.
- Limit juice, sweetened beverages, and soda.

**Give your child water to drink!
It is the best choice**



Parent	Cookies	Soda	100% Juice	Kool-aid	Sugar
A.					
B.					
C.					
D.					
E.					
F.					
G.					
H.					
I.					
J.					
K.					
Total					

