

CATCH Healthy Smiles Session Alignment

TEXAS Essential Knowledge and Standards - Kinder *(for other grade levels, click links below)*

| Lesson | Lesson Objectives | Texas Essential Knowledge and Skills |
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| Lesson Name: Healthy Smiles for Life | Explain that teeth are important because they help us chew, talk, and smile Explain that you have to brush your teeth at least twice a day for 2 minutes with help from a guardian to keep teeth clean Identify swishing with water as a way to remove stuck-on food between brushings | Physical health and hygiene --personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: 2 (B) identify personal hygiene and health habits that help individuals stay healthy such as hand washing and brushing teeth. |
| Lesson Name: Brushing | Explain that you have to brush your teeth at least twice a day for 2 minutes with help from an adult to keep teeth clean Describe what happens to teeth when they're not kept clean Identify swishing with water as a way to remove stuck-on food between brushings Describe common brushing problems and discover solutions Create personal oral health care goals | Physical health and hygiene --personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: 2 (B) identify and practice personal health habits that help individuals stay healthy such as hand washing and brushing teeth |
| Lesson Name : Flossing | Explain that you have to floss once a day to clean between teeth Describe how to floss teeth Describe what happens to teeth that are not flossed Identify swishing with water as a way to remove stuck-on food between brushings | Physical health and hygiene --personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: 2 (B) identify personal hygiene and health habits that help individuals stay healthy such as hand washing and brushing teeth |
| Lesson Name: The Dentist | Describe the dentist as a doctor who cares for your teeth Describe the events that take place during a dental check-up Recognize the importance of regular dental visits Distinguish between factual and false statements about caring for teeth Create personal oral health care goals | Physical health and hygiene --personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: 2(A) name people who can provide health care guidance such as parents, family members, other trusted adults, teachers, and health care professionals. Mental health and wellness --developing a healthy self-concept. The student develops the capacity for self-assessment and evaluation, goal setting, and decision making in order to develop a healthy self-concept. The student is expected to: discuss the meaning of goals and identify at least one health-related goal. |

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| <p>Lesson Name: Tooth-Friendly Foods & Drinks</p> | <p>Distinguish between drinks/foods that are tooth-friendly and drinks/foods that are not Identify water as the best tooth-friendly drink Identify swishing with water as a way to remove stuck-on food between brushings Describe crunchy fruits and vegetables as the best tooth-friendly choices Explain that choosing tooth-friendly drinks and foods helps to keep your smile healthy Set a class wide goal to keep healthy smiles</p> | <p>Physical health and hygiene--personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: 2(B) identify personal hygiene and health habits that help individuals stay healthy such as hand washing and brushing teeth. Mental health and wellness--developing a healthy self-concept. The student develops the capacity for self-assessment and evaluation, goal setting, and decision making in order to develop a healthy self-concept. The student is expected to: 4(B) discuss the meaning of goals and identify at least one health-related goal. Healthy eating and physical activity--food and beverage daily recommendations. The student identifies and explains healthy eating strategies for enhancing and maintaining personal health throughout the lifespan. The student is expected to: 6 (C) identify types of foods that help the body grow, including fruits and vegetables, dairy, and protein. 6 (D) identify healthy and unhealthy snack choices.</p> |
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CATCH Healthy Smiles Session Alignment

TEXAS Essential Knowledge and Standards - 1st Grade *(for other grade levels, click links below)*

| Lesson | Lesson Objectives | Texas Essential Knowledge and Skills |
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| Lesson Name: Healthy Smiles For Life | Explain that teeth are important because they help us chew, talk, and smile. Explain that you have to brush your teeth at least twice a day for 2 minutes with help from an adult to keep teeth clean. Describe how to brush your teeth. Describe what happens to a tooth when it is not kept clean. | Physical health and hygiene --personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: 2(B) describe personal hygiene and health habits that enhance individual health such as personal hygiene, oral hygiene, and getting enough sleep. |
| Lesson Name: Brushing | Explain that to protect teeth, we have to brush least twice a day for 2 minutes with the help of an adult. Describe what happens to a tooth when it is not brushed. Describe how long teeth need to be brushed for. Create a personal oral health care goal. | Physical health and hygiene --personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: 2(B) describe personal hygiene and health habits that enhance individual health such as personal hygiene, oral hygiene, and getting enough sleep. Mental health and wellness --developing a healthy self-concept. The student develops the capacity for self-assessment and evaluation, goal setting, and decision making in order to develop a healthy self-concept. The student is expected to: 4(B) explain the importance of goal setting and task completion. |
| Lesson Name: Flossing | Explain that you have to floss once a day to clean between teeth. Describe how to floss teeth. Describe what happens to teeth that are not flossed. Identify swishing with water as a way to remove stuck-on food between brushings. | Physical health and hygiene --personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: 2 (B) describe personal hygiene and health habits that enhance individual health such as personal hygiene, oral hygiene, and getting enough sleep. |
| Lesson Name: The Dentist | Describe the dentist as a doctor who cares for your teeth. Describe the events that take place during a dental check-up. Recognize the importance of regular dental visits. Distinguish between factual and false statements about oral health. | Physical health and hygiene --personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: 2 (A) identify types of healthcare professionals and describe the services they provide such as medical checkups, dental exams, and vision and hearing screenings. 2 (B) describe personal hygiene and health habits that enhance individual health such as personal hygiene, oral hygiene, and getting enough sleep. |

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| <p>Lesson Name: Tooth-Friendly Foods & Drinks</p> | <p>Distinguish between drinks/foods that are tooth-friendly and drinks/foods that are not. Identify water as the best tooth-friendly drink. Identify swishing with water as a way to remove stuck-on food between brushings. Describe crunchy fruits and vegetables as the best tooth-friendly choices. Explain that choosing tooth-friendly drinks and foods helps to keep your smile healthy. Set a class wide goal to keep healthy smiles.</p> | <p>Physical health and hygiene--personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: 2 (B) describe personal hygiene and health habits that enhance individual health such as personal hygiene, oral hygiene, and getting enough sleep. Mental health and wellness--developing a healthy self-concept. The student develops the capacity for self-assessment and evaluation, goal setting, and decision making in order to develop a healthy self-concept. The student is expected to: 4 (B) explain the importance of goal setting and task completion. Healthy eating and physical activity--food and beverage daily recommendations. The student identifies and explains healthy eating strategies for enhancing and maintaining personal health throughout the lifespan. The student is expected to: 6 (A) explain that fruits, proteins, vegetables, and dairy provide essential vitamins and minerals. 6 (D) identify ingredients that make foods and drinks unhealthy such as added sugar and other sweeteners.</p> |
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CATCH Healthy Smiles Session Alignment

TEXAS Essential Knowledge and Standards - 2nd Grade *(for other grade levels, click links below)*

| Lesson | Lesson Objectives | Texas Essential Knowledge and Skills |
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| Lesson Name: Healthy Smiles For Life | <p>Explain that teeth are important because they help us chew, talk, and smile.</p> <p>Identify cavities as a disease.</p> <p>Describe the consequences of not caring for teeth, explaining that when teeth are not kept clean, cavities can form.</p> <p>Explain that you have to brush your teeth at least twice a day for 2 minutes to prevent cavities.</p> <p>Explain that you have to floss once a day to prevent cavities.</p> <p>Explain that you need to visit the dentist twice a year to keep a healthy smile.</p> <p>Explain that you need to choose tooth-friendly foods and drinks like water, fruits and veggies to keep a healthy smile.</p> | <p>Physical health and hygiene--personal health and hygiene. The student is expected to:</p> <p>2 (A) describe the importance of individual health maintenance and health habits.</p> <p>2 (C) discuss the importance of practicing personal hygiene and health habits throughout the lifespan. The student is expected to:</p> <p>6 (C) identify healthy and unhealthy choices within the food group.</p> <p>6 (D) identify the benefits of making healthy beverage choices, including water.</p> |
| Lesson Name: Brushing | <p>Explain that you need to brush teeth for two minutes twice a day with help from an adult to prevent cavities.</p> <p>Describe how to brush teeth properly, emphasizing using a pea-sized amount of toothpaste, brushing gently for the full two minutes, and reaching the back teeth.</p> <p>Demonstrate how to correctly brush teeth.</p> <p>Describe the consequences of not brushing, explaining that when teeth are not kept clean, cavities can form.</p> <p>Describe cavities as a type of disease.</p> | <p>Physical health and hygiene--personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to:</p> <p>2 (C) discuss the importance of practicing personal hygiene and health habits.</p> |
| Lesson Name: Flossing | <p>Explain that flossing teeth is important to remove germs and food between teeth.</p> <p>Explain that teeth need to be flossed once daily with help from an adult.</p> <p>Describe how to floss teeth, explaining that floss should be gently threaded between each tooth.</p> <p>Describe the consequences of not flossing, particularly the formation of cavities between teeth.</p> | <p>Physical health and hygiene--personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to:</p> <p>2 (C) discuss the importance of practicing personal hygiene and health habits.</p> |
| Lesson Name: The Dentist | <p>Describe the dentist as a doctor who cleans and cares for their teeth.</p> <p>Describe the events that take place during a dental check-up.</p> | <p>Physical health and hygiene--personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to:</p> <p>2 (A) describe the importance of individual health maintenance activities such as regular medical checkups, dental exams, and vision and hearing screenings.</p> <p>2 (C) discuss the importance of practicing personal hygiene and health habits.</p> |

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| <p>Lesson Name: Tooth-Friendly Foods & Drinks</p> | <p>Distinguish between drinks/foods that are tooth-friendly and drinks/foods that are not. Identify water as the best tooth-friendly drink. Identify swishing with water as a way to remove stuck-on food between brushings. Describe crunchy fruits and vegetables as the best tooth-friendly choices. Explain that choosing tooth-friendly drinks and foods helps to keep your smile healthy. Set a class wide goal to keep healthy smiles.</p> | <p>Physical health and hygiene--personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions. The student is expected to: 2(C) discuss the importance of practicing personal hygiene and health habits.</p> <p>Mental health and wellness--developing a healthy self-concept. The student develops the capacity for self-assessment and evaluation, goal setting, and decision making in order to develop a healthy self-concept. The student is expected to: 4 (C) list the steps and describe the importance of goal setting and task completion.</p> <p>Healthy eating and physical activity--food and beverage daily recommendations. The student identifies and explains healthy eating strategies for enhancing and maintaining personal health throughout the lifespan. The student is expected to: 6 (A) identify types of nutrients. 6 (C) identify healthy and unhealthy choices within the food groups. 6 (D) identify the benefits of making healthy beverage choices, including water and milk, and limiting sweetened beverages such as soda and sports drinks.</p> |
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