



## *Presenting the Lessons In A Lunch Box: Healthy Teeth Essentials & Facts About Snacks® Program to Elementary School Children*

### *A Play-by-Play Outline*

The elementary school that you selected to partner with has received the lunch boxes and now it is time to present the *Lessons In A Lunch Box* program to the children. During the pilot phase of the initiative, this outline was utilized and found to be the most effective way to execute *Lessons In A Lunch Box*. We also found that the ideal time to present the program seems to be after lunch or just prior to dismissal. (Remember nothing is etched in stone. Be sure all of the dental students also take the six (6) question Pre-test before participating in the program.)

- 1) It is best to arrive at the school approximately ~45 minutes prior to the presentation in order to:
  - a. Make sure the audio and video equipment is set up and operating properly. The two 5 minute videos that The Children's Oral Health Institute has used when presenting the program include the American Dental Association's *It's Dental Flossophy Charlie Brown* and *Tooth Brushing with Charlie Brown*.

The videos are available on the YouTube links below:  
[http://www.youtube.com/watch?v=UXvREOqe1\\_M](http://www.youtube.com/watch?v=UXvREOqe1_M)  
<http://www.youtube.com/watch?v=4AwlGgywfSg>  
Also, you can use others like *Geena's Tremendous Tooth Adventure* by Colgate, etc.



- b. Set up a table to display one case (24) of the lunch boxes. It is recommended that you not display too many because of the ensuing excitement. **The lunch boxes are given out at the end of the presentation. (See step 11).** Be sure you allow enough time to review the contents of the lunch box with the children.



Determine where the dental students will position themselves after the videos have been shown, the lunch box has been described and distributed.



- 2) The **cafeteria** has proven to be the best location to present the program; other areas will work but not as well. The children can comfortably have their lunch boxes open in front of them while the dental students and dental hygiene students help them maneuver through the container. The students can explain all of the fun and exciting educational features.



- 3) Once the children have all been assembled, the principal or school officials will introduce all of the visitors and tell a little bit about why you are there. The microphone and or podium are then turned over to the coordinator. Ask the dental students and dental hygiene students to identify themselves by giving a wave. This is also a good time to introduce any dignitaries and special guests.

You and the volunteers can now break out in song (optional). Go ahead and sing the “Good Morning To You” song. Not to worry. The children are so excited they won’t even notice how well you sing. Okay, you don’t have to sing. **Tell the children that dental professionals want them to be all in their places with sun shiny faces, clean teeth and fresh breath. Tell them that dentists want them to be able to learn and study and sing without the pain and suffering from a toothache.** Ask the audience to raise their hand if they have ever had a toothache or a sick tooth that makes them cry. You may see many hands go up. Take a count.

- 4) Next **show the videos** on flossing and brushing. After the videos have finished, the dental students and dental hygiene students should be standing at the front of the room to review flossing and brushing using the over-sized mouth model and the accompanying toothbrush. It is also beneficial to give these demonstrations again at the individual tables. The children like interacting with the large models and the big toothbrushes.

- 5) Now **begin the demonstration** phase of the program. The lunch box has seven labels to be explained. Hold it up in front of the audience. Clap, clap and clap-clap-clap to gain the attention of the thrilled youngsters before the excitement escalates. The children will repeat the claps and will settle down. You can have one person speaking into the microphone describing each label while two, three or even several others display the lunch box.



Describe the **front** of the lunch box. Tell the children that organized dentistry supports the *Lessons In A Lunch Box* program and has helped to make it possible for them to receive this nifty gift today. Encourage the children and their teachers to visit the websites of the organizations by typing in the names on the Internet to learn more about the dental medicine groups.

SAID, AAWD, NDA, HDA, AGD

- 6) Turn the lunch box to the **back** and explain how the sponsors have provided funding so that the children at “this elementary school” could receive the “dental health lunch box.” Encourage the children and their teachers to visit the websites of the corporations who care so much about their dental health by typing in the company names on the Internet to learn more about them.

ADAF, NDAF, Henry Schein, Brushtime Products, Inc., Colgate, ADHA, DentaQuest Foundation, Sun Star-Butler (GUM), Delta Dental, Adec, American Dental Hygienists' Association For Oral Health, City of Baltimore, Crest Oral B, DentaleZ Group, Dental Trade Alliance, DIAKON Kathryn's Kloset, Ivoclar Vivadent, National Dental Association Foundation (NDAF), National Partnership for Action (NPA), OrthoSynetics, Plak Smacker, Scion Dental, SHOFU, National Dental Pulp Laboratories, The Links Incorporated

- 7) Describe and talk about the **remaining three sides** including the:

- a. American Dental Education Association (ADEA) website information on the left side label and using this website to explore dental schools and allied dental education programs.
- b. Toothbrush-shaped name label on the right. Ask the school to have fine tip permanent markers available so that the child's name can be written on the lunch box at the event.
- c. Talk about the reflective “See Yourself Becoming A Dentist” label just before opening the lunch box. Once the lunch boxes have been distributed, encourage the children to actually look to see their reflection. Ask the teachers to take the children on a visit to the ADEA website to help them learn more about becoming a dentist.



- 8) Describe both of the **inside labels**.

- a. The proper way to use dental floss and the proper way to brush your teeth. Explain that this illustration will always remind them to floss and brush everyday after meals.
- b. The USDA's *MyPlate* reminds the children that it is important to eat healthy foods and to avoid too many in-between-meal snacks and sweet treats. Also, *MyPlate* puts special focus on moderation on portion control. It is a wonderful tool to help families eat healthier.

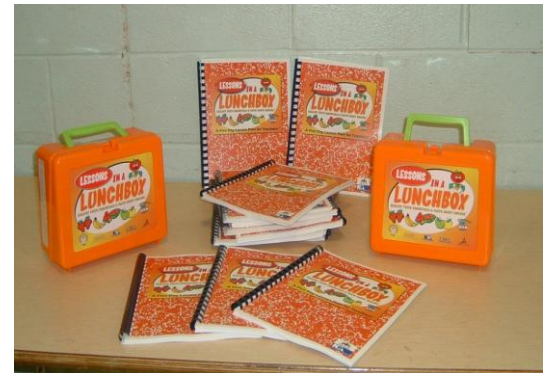




- 9) Describe the *Dental Care In A Carrot* case. Hold the **carrot case** up. Unscrew the top and explain that it is the rinse cup top. Then open the case to display the contents including the toothbrush, toothpaste and dental floss. Remove the toothbrush from the cellophane and put it in the designated place in the carrot. Take the toothpaste out of the box and put it in its designated place. Demonstrate how the Tutti Frutti dental floss is removed from the bracket and replaced [YouTube video <http://www.youtube.com/watch?v=ACN6IPk7nE0>].



- 10) Explain that there is a **Teacher's Lesson Plan Guide** to support the program. Teachers can download the lessons from the guide by visiting The Children's Oral Health Institute website at [www.mycohi.org](http://www.mycohi.org). Encourage teachers to embrace our latest initiative entitled *Code Red: The Oral Health Crisis In Your Classroom*® Empowering the Teachers to Teach Oral Health Education- A Curriculum Resource Reference.



Remind the teachers to complete the Educator's Survey (available on the website) in 6 to 8 weeks following your presentation. Completed surveys should be given to the principal and mailed to The Children's Oral Health Institute

- 11) The dental students, dental hygiene students, faculty, members of organized dentistry and guests should **now bestow the lunch boxes upon the anxiously awaiting children**. Spend time answering questions and assisting them with putting the dental hygiene products in their proper places inside of the carrot.



- 12) It is important to **dress the part of the oral health professional** and to wear the “uniform.” Dentists and dental students are encouraged to wear a white doctor’s coat over scrubs or street clothes. Dental hygienists are also encouraged to wear clinical attire. This is so vital to emphasizing to school children that we are dental professionals - doctors, student doctors and hygienists. Your representation of the dental profession is invaluable and will help some of these “elementary school children” to truly “see themselves becoming dentists.” They will believe they can and will aspire to be like you!



*You look so marvelous!*

*Thank you for being the future of dental medicine that will help to improve the oral health of the children in our nation and for ensuring that the “Lessons In A Lunch Box” program is successful.*

- 13) Students are reminded to take the six (6) question *Lessons In A Lunch Box* Post-test. The Pre-test, Posttest and Educator’s Survey can be downloaded from The Children’s Oral Health Institute.

Contact The Children’s Oral Health Institute at 866-508-7400 if any of the instructions are unclear. If we are not immediately available, leave a message and we will return your telephone call. A complete summary of resource documents supporting the *Lessons in a Lunch Box* Program is available on The Children’s Oral Health Institute website at <http://mycohi.org/lunchbox.html>.