

Yes Whey! **CHEESE** is 'Grate' for Your Teeth!

A culinary-based lesson plan for parents and teachers

Calcium is a nutrient that all living things need. A nutrient is something that a living thing needs to survive. Calcium is also a mineral and it's the mineral we have the most of in our bodies. In fact, 99% of the calcium in our bodies is in our bones and our teeth!



FUN FACTS:

- Calcium is important for kids because it helps your bones and teeth grow strong. It makes the enamel (the hard part on the outside of your tooth) and your jaw bone grow strong too.
- Lots of different foods have calcium, but the one we're talking about today is cheese! Cheese is made from protein and fat from milk and there are over 1,000 different kinds of cheeses!
- Kids need about 1,300 mg of calcium each day. For example, one slice of mozzarella cheese has about 200 mg of calcium. How many slices of cheese would you need to get 1,300 mg each day?
- Other good sources of calcium are broccoli and salmon.

MINI CHEESE PIZZA RECIPE

WHAT YOU'LL NEED:

- 4 english muffins, toasted and cut in half
- ½ cup pizza sauce
- 1 cup shredded mozzarella cheese
- ¼ cup grated parmesan cheese

LET'S MAKE IT:

1. Heat oven to 400 degrees.
2. Place muffin halves on foil covered baking sheet; spread pizza sauce on each half.
3. Top with cheeses.
4. Bake for 8-10 minutes and enjoy!

'GOUDA' DISCUSSION QUESTIONS:

Why do you think it's important for kids to develop strong teeth and bones early?

Over time, our bones get weaker. Kids with strong bones have a better chance of avoiding bone weakness later in life.

Where does most of the calcium in our bodies hang out?

Most of the calcium in our bodies is found in our bones and teeth.

What is tooth enamel?

Tooth enamel is the hard part on the outside of your tooth. It helps protect your teeth from cavities and is considered the hardest mineral substance in your body, even stronger than bone!