



Nutrition and Your Smile: Discussion Questions Guide

Grin for Kids- Test the Water

1. Did you answer all the questions correctly?
2. What can dry mouth cause?
3. Why does water keep your mouth healthy?

La prueba del agua

1. *¿Contestaste correctamente a todas las preguntas?*
2. *¿Qué puede causar la boca seca?*
3. *¿Por qué el agua mantiene la boca sana?*

Grin for Kids- Healthy Smile, Healthy Planet

1. What are some ways that you can save water?
2. How can you save energy?
3. What is something you can do to reduce waste?

Sonrisa Sana, Planeta Saludable

1. *¿Cuáles son algunas maneras en que se puede conservar agua?*
2. *¿Cómo se puede conservar energía?*
3. *¿Qué es algo que puede hacer para reducir los residuos?*

Grin for Kids- Water Water Everywhere

1. What can happen if food sticks around in your teeth for too long?
2. If your mouth gets dry often, what could happen?
3. Can water cause cavities?

Agua en todas partes

1. *¿Qué puede pasar si la comida se pegue a los dientes durante demasiado tiempo?*
2. *Si la boca se seca a menudo, ¿qué podría suceder?*
3. *¿Puede el agua causar caries?*

Grin for Kids- The Road to Good Oral Health

1. Did you reach the toothbrush on your first try?
2. What kind of cavity causing snacks were in the way?
3. Were there any items that help keep your smile healthy?

Grin for Kids- Sugar Shock

1. Were you surprised by how much sugar each item had?
2. What should you do if you eat or drink something that contains sugar?
3. What other items might contain a lot of sugar?

Grin for Kids- Apple Slice Donuts

1. What did you think of the healthier version of donuts using apple slices?
2. What other toppings can you use?
3. What is your favorite apple?

Donas de Manzana

1. *¿Qué pensaste de la versión más saludable de donas hechas de rodajas de manzana?*
2. *¿Cuáles otras cubiertas se pueden usar?*
3. *¿Cuál es tu manzana favorita?*

Grin for Kids- Dash to the Dentist

1. Were you able to help John make it to his dental appointment?
2. Did you stop at any of the cavity causing distractions?
3. Why is it important to brush your teeth after eating sugary sweets?

¡Carrera al dentista!

1. *¿Pudiste ayudar a John a llegar a su cita dental?*
2. *¿Te detuviste en alguna de las distracciones que pueden causar caries?*
3. *¿Por qué es importante cepillarse los dientes después de comer dulces azucarados?*

Grin for Kids- Where's the sugar?

1. Were you surprised by the foods in the worksheet that could cause cavities?
2. What other foods could cause cavities?
3. What types of foods could you eat that would be good for your teeth?

For more dental health educational resources, go to www.healthysmilelearning.org. Healthy Smile Learning is an outreach effort of Arizona PBS on behalf of the Delta Dental Institute.

Grin for Kids- The Magic of Fluoride

1. What is fluoride?
2. Where does fluoride come from?
3. Where can you get fluoride?
4. Does the toothpaste you're using have fluoride in it?
5. Has your dentist ever put fluoride on your teeth?

La magia del fluoruro

1. *¿Qué es el fluoruro?*
2. *¿De dónde viene el fluoruro?*
3. *¿Dónde se puede conseguir fluoruro?*
4. *¿Tiene fluoruro la pasta de dientes que usas?*
5. *¿En alguna vez, tu dentista te ha aplicado fluoruro a los dientes?*

Cheese is Grate for Your Teeth

1. What percent of calcium is in our bodies, bones, and teeth?
2. How much calcium do you need everyday?
3. What are other good sources of calcium?

Qué bueno es el queso para los dientes

1. *¿Qué porcentaje de calcio se encuentra en nuestros cuerpos, huesos y dientes?*
2. *¿Cuánto calcio necesitas todos los días?*
3. *¿Cuáles son otras buenas fuentes de calcio?*

Grin for Kids- Healthy Foods, Healthy Smile!

1. How many mouth-friendly foods were you able to find in the picture?
2. Even if you eat healthy foods, should you still brush your teeth?
3. What are some of your favorite mouth-friendly foods?

Grin for Kids- Scooter Snacks

1. What other ingredients could you use to make this scooter snack?
2. What was your favorite part of this activity?

Grin for Kids- Butterfly snacks

1. What other mouth-friendly ingredients could you use to make this snack?
2. Can you use the butterfly clothes pin for other things?
3. Who will you be sharing your snack with?

Grin for Kids- Packing the Perfect Lunch

1. Why are apples and carrots called “detergent” foods?
2. What happens to potato chips when you eat them?
3. What types of foods have calcium that help strengthen your teeth?
4. What do sweet, chewy foods like caramel or gummies do to your teeth?

Preparando el lonche perfecto

1. *¿Por qué se dice que las manzanas y zanahorias son alimentos “detergentes”?*
2. *¿Qué sucede con las papas fritas cuando las comes?*
3. *¿Cuáles alimentos contienen calcio, lo que ayuda a fortalecer los dientes?*
4. *¿Cuál efecto tienen los alimentos dulces y masticables, como los caramelos o las gominolas en los dientes?*

Grin for Kids- Apple Snails

1. How many teeth do snails have?
2. What do apples and celery help get rid of?
3. What does plaque do to your teeth?

Caracoles de manzana

1. *¿Cuántos dientes tienen los caracoles?*
2. *¿De qué ayudan las manzanas y el apio a deshacerse?*
3. *¿Cuál efecto tiene la placa en los dientes?*

Grin for kids- Shop with a Robot

1. What types of food and veggies should you watch out for?
2. When drinking sugary drinks, what should you check?
3. Eggs can help keep our smiles healthy, why is that?

De compras con un robot

1. *¿Cuáles alimentos y verduras debes evitar?*
2. *Al tomar bebidas azucaradas, ¿qué debes comprobar?*
3. *Los huevos pueden ayudar a mantener la sonrisa sana, ¿por qué es así?*

Grin for Kids- Frozen Yogurt Buttons

1. Why is yogurt good for your teeth?
2. When eating something sweet, should you rinse your mouth out with water?
3. What are other snacks that you could make that are mouth-friendly?

Botones de yogur congelado

1. *¿Por qué es bueno el yogur para los dientes?*
2. *Cuando comes algo dulce, ¿debes enjuagarte la boca con agua?*
3. *¿Cuáles son otros bocadillos que podrías preparar que son saludables para la boca?*

Grin for Kids- A Rainbow of Foods Will Make You Smile

1. What types of food did Skylar have on his rainbow plate?
2. What happens when you eat these types of food?
3. What other foods could you add to your plate?

Un arco iris de alimentos te hará sonreír

1. *¿Qué tipos de comida tenía Skylar en su plato de arco iris?*
2. *¿Qué sucede cuando comes alimentos de este tipo?*
3. *¿Cuáles otros alimentos podrías añadir a tu plato?*

Grin for Kids- Skyler Singlehorn's Favorite Smoothie

1. Why is this smoothie so healthy for your mouth?
2. What other fruits and vegetables could you add to your smoothie?
3. What other foods have calcium that could help you have a healthy smile?

El batido favorito de Skyler Singlehorn

1. *¿Por qué es tan saludable este batido para la boca?*
2. *¿Qué otras frutas y verduras podrías añadir a tu batido?*
3. *¿Cuáles otros alimentos tienen calcio que podría ayudarte a tener una sonrisa sana?*

Grin for Kids- Scout's Trail mix

1. Why is plain dark chocolate a better choice than other chocolates?
2. What should you do if you get popcorn stuck in your teeth?
3. Which ingredient in the recipe can help clean your teeth?

Muesli de Scout

1. *¿Por qué es una mejor opción el chocolate oscuro que otros chocolates?*
2. *¿Qué debes hacer si se atascan las palomitas de maíz en los dientes?*

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3. *¿Cuál ingrediente de la receta puede ayudar a limpiar los dientes?*

Grin for Kids- Milk is Magical

1. What did you think of the experiment?
2. What did you think was going to happen?
3. What is milk full of?

La leche es mágica

1. *¿Qué pensaste del experimento?*
2. *¿Qué creías que iba a pasar?*
3. *¿De qué está llena la leche?*