



### GRADES 1 - 2 ACTIVITY

#### Water Workshop

Drinking water instead of juice and soda is a great way to keep teeth clean and strong. In this creative activity, students will get to make their own drink recipes to make water more wonderful!

Start the activity with an experiment. Set out three hard-boiled white eggs, one in a cup of water, one in a cup of juice, and one in a cup of dark-colored soda to simulate how different beverages can impact our teeth. (This works best left overnight — like a night when you forget to brush!) Ask students to predict what they think will happen to the eggs and why. The next day, show students how the juice and soda have weakened the eggshells.

Using the experiment results as an example, discuss what these beverages can do to our teeth: provide sugar for bacteria to eat, weaken the tooth enamel, and could lead to cavities and toothaches.

Next, lead the class in brainstorming ways to drink more water and how to make water more fun, such as by adding teeth-friendly foods like watermelon, mint, or cucumber. Distribute the “Color Me Healthy” activity sheet and have students color and cut out items to add to water. Students can decide which items to include in their new drinks, glue them on the glass shapes, and give their unique water drinks original names on the menu. Students can take the activity sheet home to help prepare a family shopping list for yummy fruits to add to water.

# Color Me Healthy

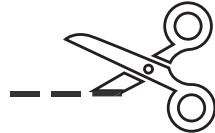
Water is the best drink for your teeth. Make your water even more fun. Add fruit, veggies, or mint to make a new drink. Name your new creations!



**1. Color** the watermelon, cucumbers, and mint.



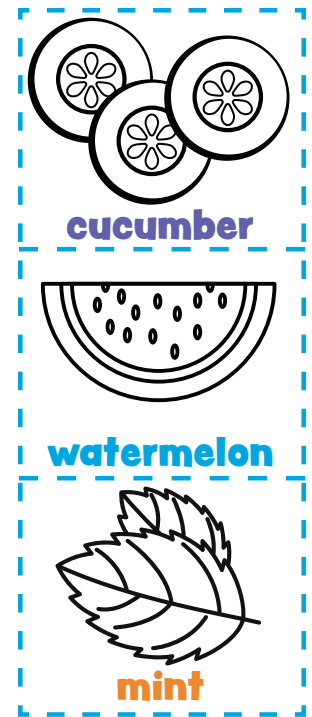
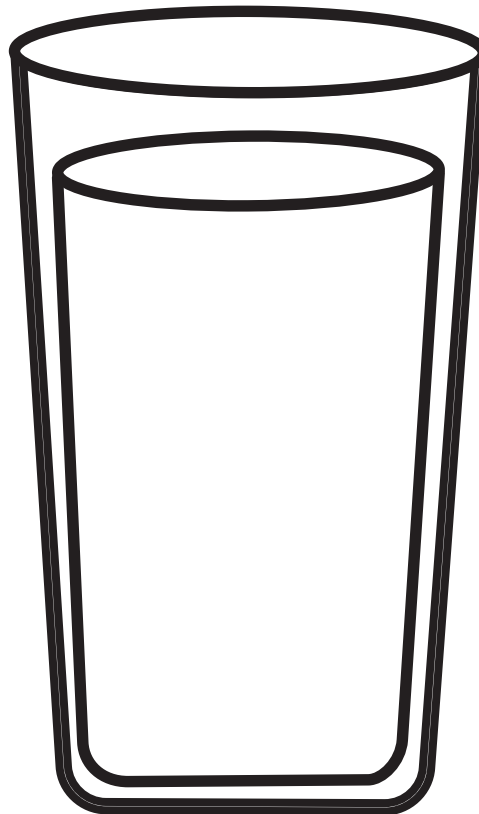
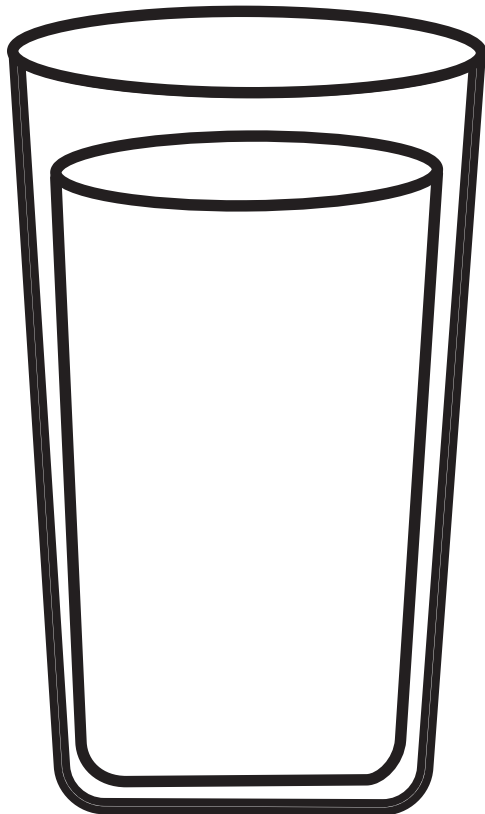
**2. Cut out** the pictures.



**3. Glue** one or more pictures on each water glass.



**4. Name** your drinks!



## Wonderful Water Menu

1. \_\_\_\_\_

2. \_\_\_\_\_



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**Families:** Your children are learning how to have **Bright Smiles Ahead**. Drinking water instead of juice, soda, and other sugary drinks helps teeth stay strong and prevents cavities. Adding fruit, veggies, or mint to the water can make water more fun. And drinking water throughout the day isn't only good for teeth, it's good for the whole body!

# Agua alegre

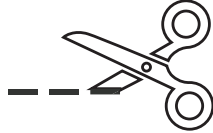
El agua es la mejor bebida para tus dientes, y puede ser divertida. Añade frutas, verduras o menta para preparar una deliciosa bebida. ¡Pon nombre a tus creaciones!



**1. Colorea** la sandía, los pepinos, y la menta.



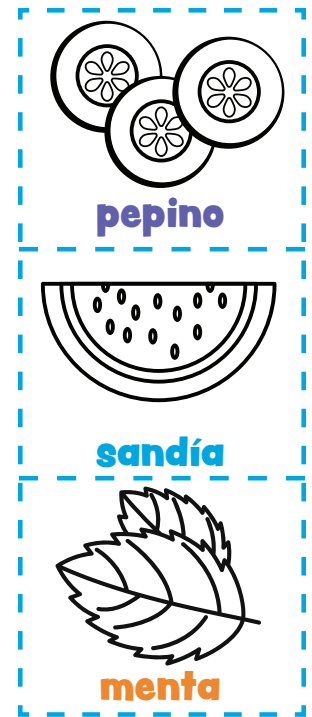
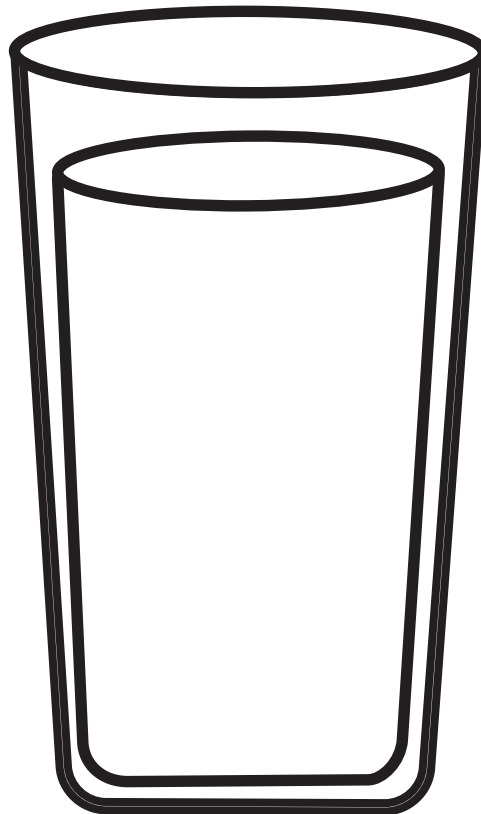
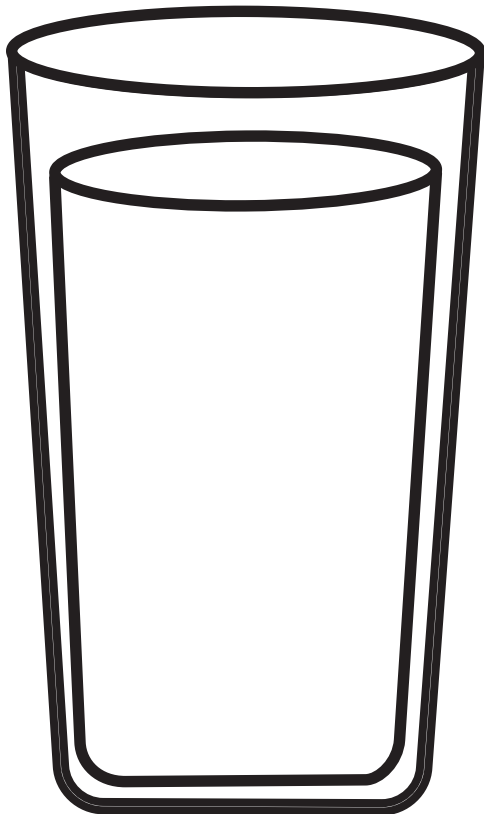
**2. Recorta** las imágenes.



**3. Pega** una o más imágenes en cada vaso de agua.



**4. ¡Pon nombre** a tus bebidas!



## Menú maravilloso de aguas alegres

1. \_\_\_\_\_

2. \_\_\_\_\_



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**Familias:** Su hijo está aprendiendo cómo mantener una sonrisa brillante de ahora en adelante. Beber agua en lugar de jugos, refrescos y otras bebidas azucaradas fortalece los dientes y protege contra las caries. Agregar frutas, verduras o menta al agua puede hacer que sea más divertida beberla. Beber agua durante el día no solo es bueno para los dientes, ¡es bueno para todo el cuerpo!