



Healthy Smile Learning Resource Guide

A guide for Virginia educators using the Healthy Smile Learning website:

www.healthysmilelearning.org.

Brought to you by:



Delta Dental of Virginia Foundation



Welcome!

The Delta Dental Institute, in partnership with PBS, recently launched a website of oral health learning resources targeted to parents and educators. To make using the resources easier, the Delta Dental of Virginia Foundation created this guide so educators can quickly reference 5-10 lessons per grade (K-5) that align with Virginia SOLs.



Kindergarten Standards of Learning

K.1 The student will identify and describe key health and safety concepts.

h. Describe the function of the teeth, how to take care of them, and the health professionals that help care for teeth (e.g., dentist, hygienist).

K.2 The student will identify healthy decisions.

h. Discuss the benefits of personal hygiene practices (e.g., tooth brushing, flossing, hand washing, grooming).

K.3 The student will describe and demonstrate behaviors that promote oral health and prevent injury and disease.

h. Demonstrate how to brush and floss teeth correctly.

Resources:

- [Going to the Dentist Video](#)
- [Your Buddy—Your Dentist Chart](#)
- [How to Brush Your Teeth Video](#)
- [Brushing and Flossing Directions](#)
- [Brushing & Flossing Chart](#)
- [Brushing Better Video](#)
- [Track Your Lost Teeth Chart](#)



1st grade Standards of Learning

1.2 The student will explain that good health is related to healthy decisions.

b. Identify “sometimes foods” (e.g., candy, cookies, chips, ice cream, soda) and recognize that not all food products that are advertised or sold as healthy, are actually healthy.

f. Explain the need for regular health checkups and screenings (e.g., medical, dental).

Resources:

- [Best Farmers Market Finds for Your Smile Video](#)
- [Nutrition and Your Smile Essay](#)
- [Road to Good Oral Health Worksheet](#)
- [Where’s the Sugar Chart](#)
- [Shop With A Robot Game](#)
- [Apple Snails Recipe](#)
- [Your Buddy, Your Dentist Chart](#)
- [Dental Exam Explanation](#)
- [Track Your Lost Teeth Chart](#)

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2nd grade Standards of Learning

2.2 The student will identify personal health decisions and health habits that influence health and wellness throughout life.

b. Describe why fruits and vegetables are essential components of a healthy lifestyle.

2.3 The student will describe the influences and factors that impact health and wellness.

b. Identify ways to incorporate fruits and vegetables into daily food choices (i.e., breakfast, lunch, dinner, snacks).

Resources:

- [Shop With A Robot Game](#)
- [Apple Monster Mouth Recipe](#)
- [A Rainbow of Foods Activity](#)
- [Mouth Healthy Recipes](#)



3rd grade Standards of Learning

3.1 The student will explain that health habits and practices impact personal growth and development.

b. Explain the importance of water and healthy food choices for digestion and body function.

Resources:

- [Test the Water Quiz](#)
- [Healthy Smile, Healthy Planet Sheet](#)
- [Water, Water, Everywhere Sheet](#)
- [It's Gross, It's Cool Worksheet](#)
- [Llama Language Worksheet](#)

4th grade Standards of Learning

4.3 The student will describe the importance of identifying and accessing health resources for personal and community health.

c. Design snack options that include protein, vegetables and fruit.

Resources:

- [Apple-Slice Doughnuts Recipe](#)
- [Cheese Is Grate for Your Teeth Sheet](#)
- [Packing the Perfect Lunch Sheet](#)
- [Frozen Yogurt Buttons Recipe](#)
- [Scout's Trail Mix Recipe](#)

5th grade Standards of Learning

5.2 The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle.

h. Explain the importance of dental care, hand washing and other personal hygiene habits that promote good health.

Resources:

- [Tooth Fact Sheet](#)
- [The Fact Is... Worksheet](#)
- [Keep Your Smile Healthy When You're Sick Video](#)
- [What Do You Know About Germs Quiz](#)
- [The Scoop on Cavities Sheet](#)

If you have questions about using the Smart Smiles resources, or for more information about the program or the Delta Dental of Virginia Foundation, contact Polly Raible at polly.raible@deltadentalva.com.