

**Objective:** To account for calories in diets and replace “empty calories” with foods full of vitamins and nutrients.

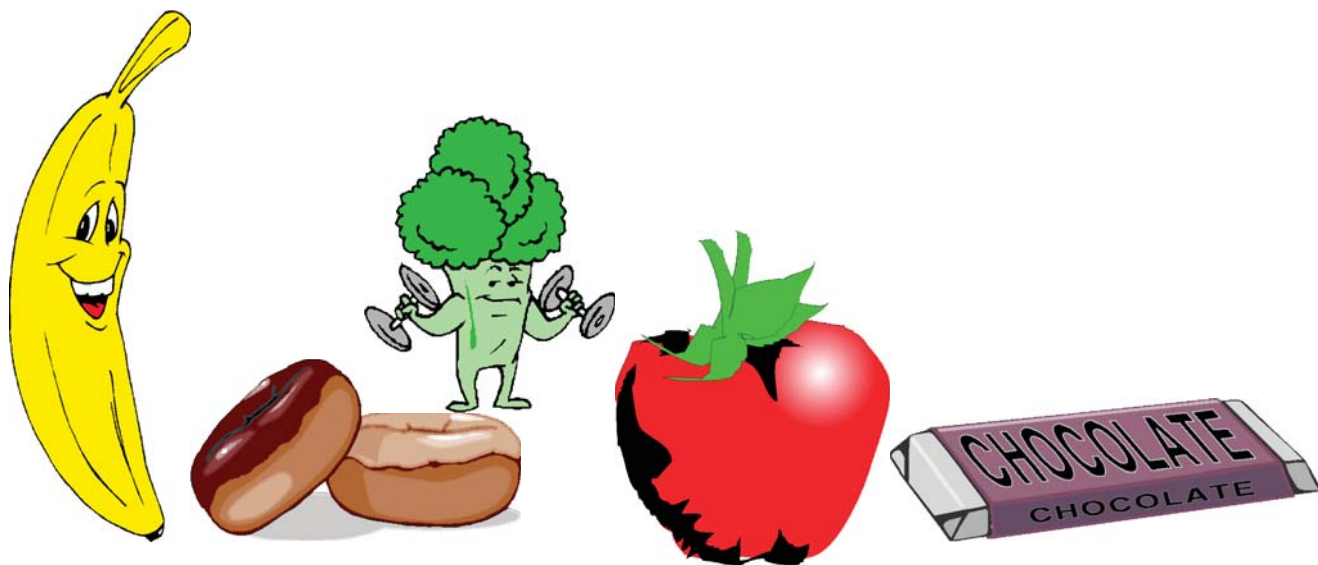
**You Will Need:**

- Printout: [Sample Diet](#)

**Procedure:**

- 1) Have students analyze the sample diet (write on board or display on overhead projector).
- 2) Discuss how this person could improve his/her diet to avoid getting cavities, yet still provide the body with the energy and nutrients needed to stay healthy.
- 3) Ask students to choose one of the meals and draw a picture of a healthy alternative to the sample diet.

Explain: Like the rest of the body, the teeth need protein, vitamins, and minerals (calcium phosphorus and fluoride) to be strong and to resist decay.



# SAMPLE DIET

## **Breakfast**

Sugared corn cereal with whole milk

## **Lunch**

Peanut butter and jelly sandwich on one slice of white bread

Potato chips

Iced chocolate cupcakes

Whole milk

## **After-school Snack**

Sugar cookies

Soda pop

## **Dinner**

Fried chicken

Mashed potatoes

Green beans

Fruit drink

## **Evening Snack**

Apple

**Directions:** Would you make any changes based on what is healthy for your teeth and your overall health? List what you would eat instead for each meal and snack.

Breakfast:

Lunch:

After-school Snack:

Dinner:

Evening Snack: