



Dennis McNerney
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

January/February 2006

Experiment Corner

Soft Drinks Make Soft Teeth!

How many sodas do you drink a day? One? Two? Three? More? When people enjoy a soft drink, they do not realize that their teeth are being weakened by the sugars and acids in the soda. Not only does soda cause cavities but it also weakens the teeth when the acids dissolve and attack the calcium in the teeth. Here is a simple but effective experiment you can do with your students to show them the harmful effects of soda.

Materials: A dry chicken or turkey bone, a jar or glass and soda .

Instructions:

- Put the bone in a jar or glass of soda, then put it aside where it won't be disturbed for two days. Make sure the bone is soaked in the liquid. This represents what would happen to your bones if you replaced milk with soda and/or drank 3 to 4 sodas a day, everyday.
- Remove the bone from the soda and feel how soft and rubbery it now is. This is because the soda, which contains acid, has taken the calcium out of the bone.

CELEBRATE NATIONAL CHILDREN'S DENTAL HEALTH MONTH!

Remember that February is **National Children's Dental Health Month!** Some tips to share with your students are: remember to brush your teeth twice a day with fluoride toothpaste and floss once a day. Furthermore, visit your dentist every six months for a check up. Celebrate National Children's Dental Health Month in your classrooms with the following videos. Call the Resource Center for other suggested videos.

Geena's Tremendous Tooth Adventure

Geena, a cartoon giraffe, has just gotten her first permanent tooth. She learns good dental and dietary habits to help her permanent teeth last a lifetime. Appropriate for children in kindergarten and first grade. Dated 1997.

VHS, 8 minutes
Request: AVND8

The Haunted Mouth

B. Plaque narrates this ghostly tale of tooth decay and gum disease. Emphasizes the relationship between good dental hygiene and dental health. Intended for students in grades 3-6.

VHS, 12 minutes
Request: AVND7

FEBRUARY IS ALSO HEART HEALTH MONTH!

Taking care of your heart is just as important as taking care of your teeth. Obesity, high cholesterol, high blood pressure and little physical activity are risk factors for heart disease. Encouraging healthy eating and lifestyle behaviors can reduce a child's risk of heart disease. Call the Resource Center for other suggested videos.

Fit for a King: The Smart Kid's Guide to Food and Fun

The kids in story land learn to have a healthy lifestyle by eating a variety of low fat foods and by keeping active. Smart choices are emphasized. A curriculum guide is available with reproducible masters for nine classroom activities. Appropriate for students in grades 3-5. Dated 1997.

VHS, 9 minutes
Request : AV N32





Health Publications

January/February 2006

The brochures described below are **FREE** to residents of towns contracting with the Department of Health Services for health education. Please complete the form at the bottom of the page to receive a single copy. For information on multiple copies, call 201-634-2703.

Brush Up on Dental Health - A handout with tips on how to keep your teeth healthy. Useful for all ages.

Kick the Sweet Snack Habit - A coloring page illustrating how sugars and acids attack the teeth. Intended for kindergarten and first grade students.

Dental Word Search- Elementary school students will enjoy finding the different words pertaining to dental hygiene and their teeth.

Size It Up: A Guide to Portion Sizes - Learning to judge portion sizes can take a little practice. This flyer includes a chart of common, visual examples such as 2 tablespoons of peanut butter is approximately the size of a golf ball.

Healthy Snacks - A two-sided handout with nutritious and tasty snack ideas. Simple snack recipes are also included for kids to make for after-school snacks.

I am interested in receiving the following materials:

Handouts

- Brush Up on Dental Health**
- Kick the Sweet Snack Habit**
- Dental Word Search**
- Size It Up: A Guide to Portion Sizes**
- Healthy Snacks**

Videos

- Geena's Tremendous Tooth Adventure - AV ND8**
- The Haunted Mouth - AV ND7**
- Fit for a King: - AV N32**

Name: _____

School/Organization: _____

Street address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ Email: _____

Mail your completed form to:

Health Promotion Resource Center / Bergen County Department of Health Services
327 E. Ridgewood Avenue, Room 301 ■ Paramus, NJ 07652-4895

Forms may also be faxed to 201-986-1068, *ATTN: Resource Center*
For information on multiple copies, call 201-634-2703.

- Please check here if your mailing address label was incorrect.**

The Health Promotion Resource Center offers information and health promotion materials such as **videos for loan** and accompanying **handouts** on a wide range of health issues to residents of towns contracting with the Department of Health Services for health education. Residents are invited to call their health educator at 201-634-2600, or the Resource Center at **201-634-2703**.

Video Borrowing Policy

- Up to two videos may be borrowed at one time for a period of 10 business days.
- A \$50 personal or business check or voucher (school or other) is required as a deposit for each video that is borrowed.
- School personnel can call to inquire about courier delivery.