

## Second OH education lesson

### A. Title: Healthy food vs. food cariogenic

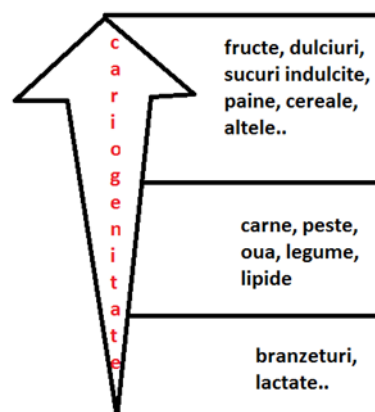
**Objective:** To conclude, the participants will identify and carioprotective and cariogenic foods.

**Time:** 20 min

**Method:** brainstorming, sorting cards

#### Process:

- Draw the food pyramid as illustrated in Tips & Tricks
- Communicate group that is to be split into 3 teams.
- Divide the group into three teams and cards.
- Ask to think about what category the pyramid falling.
- On each card sticking to discuss food pyramid.
- Conclude the importance of diet in health food balance in the selection of food and the risk of caries.



|                 |                     |                   |
|-----------------|---------------------|-------------------|
| PASTRY          | BREAD               | PASTA             |
| POTATOES        | CEREALS             | INTEGRAL FLAKES   |
| CORN            | COCKTAIL            | WATER             |
| COCA COLA       | FRESH               | SWEET CHEWING GUM |
| CARAMEL         | CANDIES             | CAKES             |
| BLACK CHOCOLATE | MENTHOL CHEWING GUM | BISCUITS          |
| HONEY           | CHEESE              | PRESSED CHEESE    |
| MILK            | BUTTER              | ORANGES           |
| CITRUS          | BANANAS             | QUINCE            |
| BERRIES         | CAROTS              | CELERY            |
| APPLE           | POPCORN             | NUTS              |
| PEANUTS         | ALMONDS             | PEANUTS           |
| PISTACHIO       | PORK MEAT           | BEEF              |
| FISH            | NESQUIK             | FRUIT YOGURT      |
| FAST FOOD       | CHIPS               | TEA               |
| ENERGIZE DRINK  | MINERAL WATER       |                   |