



GOOFY'S HEALTH HITS

CLASSROOM EDITION DVD



Goofy Over Dental Health

10 minutes

Synopsis

This program combines live action with classic Disney animation to illustrate proper dental hygiene for young audiences. With the help of a magic toothbrush, young Kevin is transported to a dental office where Dr. Molars and Goofy team up to teach important lessons about healthy teeth. Kevin learns that he must brush, floss, eat healthy snacks, and visit a dentist regularly.

Subjects: Health, Safety & Guidance

Grade Levels: K-3

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Running Time:

Goofy Over Dental Health: 10 minutes;

How to Catch a Cold (New Edition): 13 minutes



Disney Educational Productions

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Objectives

The student will:

- learn steps for proper dental hygiene;
- develop techniques for proper teeth maintenance such as brushing regularly, flossing, using a fluoride toothpaste, and eating healthy snacks.

Preview Questions

1. How often do you brush your teeth? (*chapters 1 & 2*)
Why do you think it is important to take care of your teeth? What do teeth do to help you? (*chapter 4*)
2. What kinds of foods are good for your teeth?
Which foods cause cavities? (*chapter 3*)
3. Have you ever had a cavity? What did it feel like?
How can you prevent cavities? (*chapters 3-5*)
4. How often do you go to the dentist? What does the dentist do when you visit?

Suggested Activities

1. Invite a dentist or dental hygienist to visit your classroom to discuss oral hygiene and preventive techniques. Before the visit, have children compile lists of questions. (*chapters 3-5*)
2. Have each student create a poster titled "The Bill of Rights for your Teeth."
3. Instruct students to write scripts about a visit to the dentist's office, recalling what the dentist told them about their teeth. (*chapters 3-5*)
4. Have students use magazine clippings of smiling faces to create a "Healthy Teeth Make happy Smiles" collage.

Topics for More Information

Staying Healthy
Nutrition and Health



On the DVD

Scene Selection

This DVD is divided into 6 scenes. This allows the user to enter at different points in the story.

1. Kevin Finds Goofy's Magic Toothbrush
2. Baby Teeth and Permanent Teeth
3. Fighting Plaque by Eating Healthy Snacks
4. Brushing Your Teeth
5. Flossing Your Teeth
6. Kevin Decides to Take Good Care of His Teeth

Activities

These include short scenes that relate to the student activity.

1. Find a library book that tells about human teeth. Draw a diagram that shows a person's permanent teeth. Label the incisors, canine teeth, premolars, and molars.
2. Invent a tooth brushing rhyme to say silently to yourself as you brush. Make sure that your rhyme is long enough to help you brush your teeth thoroughly.
3. Create your own cartoon version of a "plaque attack."



How to Catch a Cold (New Edition)

13 minutes

Objectives

The student will:

- learn how to identify the symptoms of a cold;
- discover what a virus is and how a virus spreads;
- identify ways to avoid catching and spreading the cold virus and learn what to do when cold symptoms appear.

Synopsis

This program explores where colds come from, how they are caught and what each of us can do to avoid catching or spreading the virus that causes the common cold. Goofy and his friend Jeff also learn how the body's immune system fights infection and what happens to our body when the infection wins the fight.

Preview Questions

1. How do you feel when you have a cold? ([chapter 1](#))
2. How do you catch a cold? ([chapter 2](#))
3. What does your body do to fight off the virus that causes a cold? ([chapters 6](#))

Suggested Activities

1. Have students design a bulletin board that illustrates how to stay healthy in order to resist cold and other infections. ([chapter 6](#))
2. Divide the class into groups and let each group make up and perform a skit about how a cold affects different parts of the body (the lungs, the throat, the ears, the nose). ([chapter 1](#))
3. Have each student learn about a different kind of germ, then share with the class how various germs look and behave differently.
4. Have students use magazine clippings of smiling faces to create a "Healthy Teeth Make happy Smiles" collage.

Topics for More Information

The body's immune system

Viruses

Bacteria

The five senses

How the human body works

On the DVD

Scene Selection

This DVD is divided into 6 scenes. This allows the user to enter at different points in the story.

1. How Does it Feel When you Have a Cold?
2. How Do You Catch a Cold?
3. What are Germs?
4. How Do You Get a Virus?
5. How Does a Virus Spread?
6. How Does the Body Fight Off a Virus?

Activities

These include short scenes that relate to the student activity.

1. Make a chart that tells step-by-step how to wash your hands. Post for all to see.
2. Discuss how germs are spread. Make a list of everything you touch today.
3. Create a class book called, *How to Catch a Cold*.