



Tooth Brushing Activity

Dental health is an important component to our overall well-being. According to the American Academy of Pediatrics (AAP), young children suffer from cavities more often than other common health ailments. Teaching students about the importance of dental hygiene and tooth brushing early on is important for establishing healthy habits. This Tooth Brushing Activity will make a once dreaded chore fun and interactive!

What Is the Tooth Brushing Activity?

A hard-boiled egg serves as the "tooth" canvas for this experiment. After soaking the egg in dark soda overnight, the once white, clean shell will take on a stained appearance. This staining is similar to the plaque that grows on our teeth each day and will continue to grow if we do not brush well. Using a toothbrush and toothpaste, have each child brush their stained egg in circular motions (mimicking the same motions they should be using to brush their own teeth) until the shell is clean. Notice how the stains are only removed from places you brush well. What happens to the areas you barely brush or don't brush at all?

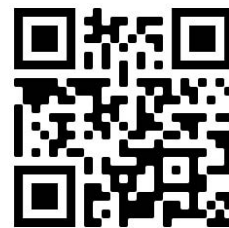
How Does This Help Teach Children About Dental Health?

By mimicking the actual act of brushing teeth on a large, visible surface (the egg), it becomes much easier to see and understand how tooth brushing works and what the results of brushing well are. Have students experiment using different brushing techniques to see which work the best. Afterwards, discuss how students can brush their teeth using similar techniques and tricks to ensure they brush effectively. Brushing teeth doesn't have to be a monotonous chore!

Required Materials:

- Hard-Boiled Eggs
- Dark Soda
- Toothbrushes (Item #4465-YL)
- Toothpaste
- Cup of Water

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1. Hard-Boil the Eggs and Soak Them in Dark Soda

The hard-boiled eggs should soak in the dark soda overnight in the refrigerator.

2. Remove Eggs and Brush!

Remove the eggs from the soda. Have students squeeze a small amount of toothpaste onto a toothbrush and brush the stained egg. Watch the egg transform back into its original, clean, white shell as you brush!

Include this tooth brushing activity into the classroom to teach students about the importance of dental hygiene. Early adoption of dental best practices will keep students healthy and happy for the long term.

