

Objective: To show how to take care of teeth properly and observe the effects if not.

Eating Habits that lead to Tooth Decay:

- 1) Snacking often on sugary or starchy foods
- 2) Keeping foods in your mouth for a long time (such as candy)
- 3) Eating foods and drinking drinks with lots of sugar (glucose, fructose, corn syrup)

You Will Need (for each group of children):

- Hardboiled egg
- Toothbrush
- Cup of dark soda/pop
- Cup of another flavor of dark soda/pop
- Tube of fluoride toothpaste (travel size)
- Pencils
- Printout: [Observing Decay](#)
- Printout: [How to Brush](#)
- Printout: [Oral Calendar](#)

1st Day of Activity

Procedure:

- 1) Talk about things that are “good” and things that “bad” for the teeth.
- 2) Divide students into partners.
- 3) Hand out a hardboiled egg to each group.
- 4) Explain to students that the hardboiled egg represents their teeth right now. Tell them that the soda pop does the same thing to teeth that it does to the egg.
- 5) Hand out hardboiled eggs to the groups.
- 6) Give a cup of soda pop to each group.
- 7) Instruct each group of two to drop their eggs or “teeth” into the soda pop.
- 8) Ask them what they think will happen to the egg overnight.
- 9) Tell them to record (separately) their guesses on their printouts.
- 10) Tear off pieces of masking tape, write both of the partners names on a piece of masking tape (in permanent marker) for each group, and stick to the side of the appropriate groups’ cups.

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2nd Day of Activity

Procedure:

- 1) Tell students to take out their "Observing Decay" printouts and look at the guesses that they made the previous day.
- 2) Divide students back up in the same groups of two as the previous day.
- 3) Instruct students to look at the eggs and record changes on their printouts (separately, but may discuss with partner).
- 4) Review the "How to Brush" guide.
- 5) Hand out the eggs to each of the groups as labeled.
- 6) Give each of the groups a toothbrush and a tube of toothpaste. Tell each group to take the toothbrush and put toothpaste on it (the size of a pea) and tell them to brush the egg (their "teeth") gently.
- 7) Have them record their findings on their printouts (separately).
- 8) Remind students to put a happy face on their "Oral Care Calendars" each time they brush.



OBSERVING DECAY

My Guess:

Day 1

What will happen if you leave your egg in soda/pop overnight?

Day 2

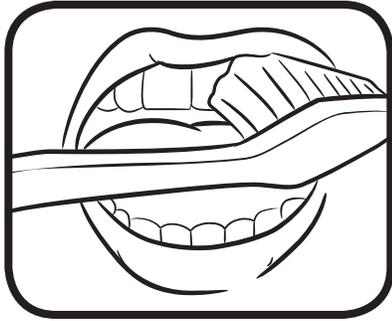
What happened to the egg overnight?

Why?

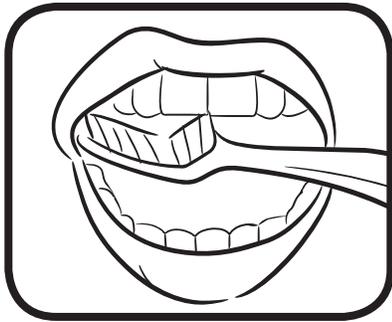
What happened when you brushed the egg with toothpaste?

Why?

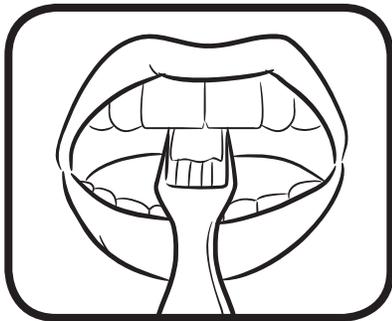
How to Brush



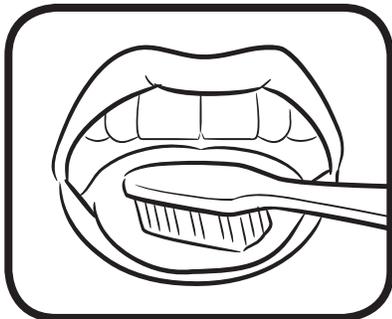
- Place the toothbrush at a 45-degree angle to the gums.



- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.



- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



- Brush your tongue to remove bacteria and keep your breath fresh.



For Each Day:

- 1) Put a *happy face* on days when you brush your teeth.
- 2) Put a *star* on days when you floss your teeth.
- 3) Put the date in the white box.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Remember: 1) Brush your teeth two times a day 2) Use a "pea size" amount of toothpaste 3) Brush teeth for two full minutes (sing the toothbrush song)
 4) Floss your teeth once a day 5) Replace toothbrushes(soft bristles) about every 3 months 6) Go to the dentist twice a year

NOTE TO PARENTS: Assist your child with brushing until about six years old and supervise them until about eight ensuring they do not swallow toothpaste.