

Teeth Experiment – To Brush or Not To Brush...

Materials: Activity worksheet, marker, hard boiled eggs, dark colored soda, cup, toothbrush, toothpaste, and paper towel

Directions: Read the worksheet, complete the activity, and discuss with group. *Note: This activity will take two back-to-back days to complete.*

DISCUSSION QUESTIONS

Have you ever seen anyone with stained teeth?

What do you think when you see discolored teeth?

Is brushing your teeth high on your priority list? Well, for some people it is and others it is not. For those of us who do not find it important, we must learn how to make it a higher priority or unfortunately, there will be consequences. Some of the consequences might be tooth decay, cavities, gum disease, and discolored teeth.

But, by brushing your teeth each day we can prevent some of these consequences and have a bright, white smile to share with the world! Did you know that food and drinks have direct impact on the whiteness of our teeth? We are going to complete an activity that will show us this in action!

The idea for this activity comes from <https://howtoadult.com/hygiene-activities-teens-13762.html>

ACTIVITY INSTRUCTIONS (DAY 1)

1. Team Leaders – Tell the group that we are going to do an activity that shows why it is important to brush our teeth.
2. Make sure each group member has a cup, a hard boiled egg, and a paper towel.
3. Have the group member put their name on the side of the cup, then have them put the cup on top of the paper towel. Once completed, they can put their hard boiled egg in the cup.
4. Next, hand the group member a can of a dark colored soda and have them pour it in the cup until it has covered the egg. Let the cup sit overnight.

ACTIVITY INSTRUCTIONS (DAY 2)

*24 Hours Later

1. Have the group members take their egg out of the cup and place it on a paper towel.
2. Then give each group member a toothbrush and a small amount of toothpaste.
3. Have the group gently brush half of the egg.
4. Let's Share! What did the egg look like after you took it out of the soda? How does that relate to not brushing your teeth? Then, how did the egg look after you brushed it?

