

Healthy Teeth

Grade Levels: **Pre-K - 2**

Objectives

- Students will practice their observation skills.
- Students will learn about dental health.

Materials

- Tea
- Coffee
- Cola
- Water
- Paper
- Pencils

For each student group provide the following:

- 4 raw eggs
- 4 clear cups

Optional:

- Toothpaste
- Toothbrushes
- Other liquids, such as vinegar or milk

Procedures

1. Break students into groups of four and distribute the eggs and the cups.
2. Ask students to place each egg in a different cup, and cover it with one of the above liquids.
3. At the beginning of the day, for four days in a row, ask students to observe the eggs and write down any changes they see in them.
4. After a few days, remove the eggs and encourage students to describe what happened to them and why.
5. Ask students:
 - How are teeth like eggs?
 - What will happen to your teeth if you drink cola, tea and coffee all the time?
6. Explain to students that the enamel on teeth is stained by certain liquids, but brushing them can remove stains and help prevent decay.
7. As extension activities, do the following:
 - Have students gently brush the egg with toothpaste and a toothbrush to see what happens.
 - Soak the eggs in other liquids and let students predict what will happen.
 - Invite a dentist to talk to the class about dental health and why it is important to brush frequently.
 - Make a list of foods that are not good for your teeth.
 - Ask the students to look in the mirror and count the number of teeth in their mouths.

