



Healthy Kids MONTH

Egg Brushing Experiment

Taking care of your teeth is very important! It can help prevent yucky things like cavities and sore gums. It also keeps your breath smelling fresh and your teeth looking clean and white! Dentists recommend brushing your teeth at least twice a day for 2-3 minutes each time. Today, we'll try an experiment to help us see why brushing our teeth is so important, using eggs!

1



Gather materials:

- 3-4 Eggs (hardboiled)
- Toothbrush
- Toothpaste
- Coca-Cola / Pepsi (you can also use any other colored soda, fruit juice, or coffee)
- Water
- 2-3 Cups / Bowls

2



Hard boil 3-4 eggs. Then add one egg to each cup or bowl and set one egg aside.

NOTE:

You can have more or less depending on how many different liquids you would like to test on your eggs.

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3



Pour the brown soda into a cup or bowl that will cover most of the egg. Pretend the eggshells are like teeth. What do you think will happen when you leave your egg in the soda?

4



If you have another liquid to test, like orange juice, lemonade, or coffee, pour it into another cup or bowl that will cover most of the egg. For example, we used orange juice. What do you think will happen to the egg in the different liquid?

5



Pour enough water into another cup or bowl that will cover most of the egg. How do you think water will affect the egg?

6



Leave your eggs to soak overnight.



7



The next day, remove each egg from the liquid. What happened to them? How did they change? Compare each egg to the one you set aside in Step 2. Use your senses of touch, sight, and even smell to see how your eggs have changed.

8



Now take your toothbrush and add a little bit of toothpaste on it.

9



First, scrub the soda-stained egg. How long does it take to clean? Was it easy or hard?

10



Rinse your brush and add a little more toothpaste. Scrub the other stained egg. How long does it take to clean? Was it easy or hard?



11



Rinse your brush and add a little more toothpaste. Scrub the egg that was in the water. What changed when you brushed this egg?

WHAT DOES IT MEAN?

Brushing our teeth with toothpaste is extremely helpful when trying to clean our teeth. It's also important to think about which drinks are probably better for your teeth. Drinking lots of soda, coffee, or tea could cause your teeth to stain, and drinking sugary juices could cause cavities. That's why it's so important that kids (and parents!) brush their teeth a minimum of twice a day with toothpaste!

WHAT HAPPENED?

The Coca-Cola-stained egg was very brown in the morning. It was difficult to brush and it took quite a while. Even after all that brushing, we still had a very light brown stain. Most of the stain came off, but not everything!

The orange juice-stained egg was slightly orange and covered in pulp. It was much easier to clean, and after brushing, we were left with an egg that looked good as new!

The water-soaked egg seemed completely the same. After brushing it, it looked the same, but smelled minty fresh!