



Choose to be, cavity free!

[www.kidsdental.ca](http://www.kidsdental.ca)

## Kids Dental CLASS-ROOM FUN!

### Experiment: Flossing and brushing; how flossing gets between the teeth.

Want to make your child or class room of students better guardians of their oral health? This easy experiment is fun and educational.

This fun experiment shows why flossing is important and how a toothbrush alone cannot clean in between your teeth.

This can be done at home or in the classroom. It should be supervised by an adult.

### You will need:

A rubber glove, a jar of peanut butter and something to spread it with, a container of dental floss, a toothbrush and some toothpaste. **Because of peanut allergies we recommend substituting the peanut butter for Cheese-Wiz or prepackaged icing for thickness and consistency. With the icing you could add food colouring to make it a fun colour and easier to visualize during the experiment.**

### What to do:

Put the glove on one hand and hold your hand with the fingers extended but tightly together, pointing upward (your hand with the glove should look like you're going to give your friend a "high five", or how a policeman holds his hand up to stop traffic).

Spread your fingers apart and have someone spread peanut butter between your fingers - make sure to get the peanut butter deep between your finger joints. Tighten your fingers together again.

In this experiment, your fingers represent your teeth, and the peanut butter between them is food that gets trapped between your teeth when you eat.

With your fingers still tightly together and held upward, use the toothbrush and toothpaste to try and scrub the peanut butter away (remember not to move your fingers apart!).

Have someone else try to remove the peanut butter using the dental floss between your fingers. Which does a better job - the toothbrush and paste or the floss?

### What will happen:

A toothbrush simply can't reach all the places between your teeth. Dental floss can do a much better job of removing food between your teeth. If it's not removed, it can cause gum disease and cavities.

Note: With any science experiment, it is recommended you have an adult present for supervision.

**Send us your experiment results and even some classroom photo's if you wish, and we'll be glad to post them on our web site so the kids can be proud of their accomplishments. We'll also be happy to reward your classroom participants with ToothPatrol tattoo's, posters and stickers.**

Good luck and have fun!

## The Tooth Patrol

Check out or other fun websites:

[www.toothpatrol.com](http://www.toothpatrol.com)

[www.scugs.ca](http://www.scugs.ca)

