



Let's talk about teeth!



Teeth are important so we need to make sure we look after them. You use them to cut and chew your food. They start the digestive process which gives us the energy for life. Teeth are also used to talk. Let us share some fun experiments, and find out how to look after your teeth.

The Egg Experiment

Are you ready to see what fizzy drinks and acidic liquids can do to your teeth? Let's do a fun experiment to find out what happens.



You will need:

- 4 Eggs
- Tap Water
- Fizzy drink
- Vinegar
- Diet Fizzy drink
- Clear cups

How to:

1. Ask a parent to boil the eggs for you, ready for the experiment. Make sure the eggs have cooled down before you start!
2. Place each boiled egg in a clear cup.
3. Add each different liquid to the cups individually and ensure the liquid covers the eggs.
4. Let the eggs sit for 2-3 days.
5. Remove the eggs and inspect them for changes! You will be amazed.

Talk about your results!

Now it's time to talk about your results! What did the different liquids do? Write down what happened to each egg and talk to your friends and family about what it did.

- What does the egg feel like?
- What colour is the egg?
- What does it look like?

How do teeth decay?

Teeth start to decay when you eat sugars frequently. The bacteria in your mouth eat your sugary foods and fizzy drinks and produce a sticky substance called **plaque**. This plaque on the tooth is acidic and dissolves your teeth. The more often you have these sugary foods and drinks the more often your teeth are bathed in acid which leads to holes known as **cavities**.



FOR DECAY YOU NEED 4 THINGS



Sugar



Teeth



Decay producing bacteria



Time - minimum three months



Rewards Project

rewardsproject.org
info@rewardsproject.org
#KickSugar

Make sure you brush your teeth **TWICE** a day for two minutes. Don't forget to floss too!



How much plaque is on my teeth? The disclosing experiment.

To find out how much plaque is on your teeth, you can chew a little tablet called a 'Disclosing tablet' for thirty seconds. These are vegetable dyes that stain the bacteria in your mouth. Your tongue will also change colour temporarily.

Once you've chewed the tablet, take a look in the mirror at your teeth. If there is plaque on your teeth, you will easily see the stain. Depending on the colour of the tablet it can be blue or purple.

The darker the colour, the longer the plaque has been stuck to your teeth! This is where you need to brush your teeth carefully to remove the plaque before it hardens. If it has hardened it will turn to calculus and you will need to see a dentist or hygienist to have it polished off.

Why not try chewing a tablet at home with a grown up to see what happens? We suggest doing this once a week to monitor how well you are cleaning your teeth.

How to prevent tooth decay

The best way is to cut down on how often you eat sweets and sugary drinks. Try and avoid fruit juices and smoothies and eat whole fruit instead. Juices not only have lots of sugar but are also acidic which can make your teeth sensitive.



Make sure you brush your teeth **TWICE** a day for two minutes. Don't forget to floss too! You can get your dentist or hygienist to show you how to floss your teeth to keep them clean and prevent bad breath.

Please visit a dentist at least once a year to check your teeth are healthy, get information and advice on how best to look after your smile.

At a check-up, the dentist and/or dental hygienist will:

- Examine your mouth for early signs of decay or other problems.
- Monitor tooth growth.
- Clean your teeth.

If necessary, strengthen the teeth with a fluoride treatment and sometime place sealants — clear plastic coatings over the chewing surfaces of back teeth, where decay most often occurs.

Teeth tips

- Brush teeth twice a day with a fluoride toothpaste morning and bedtime, for about 2 minutes each time using a pea sized amount of toothpaste.
- Spit, don't rinse, after toothbrushing
- Reduce the amount and frequency of sugary food and drinks
- Wear a mouthguard when playing sports
- See your dentist at least once a year

Produced by the charity Rewards Project on a mission to help schools and nurseries become sugar-free.

www.rewardsproject.org

Registered Charity Number 1184492

Check out our charity cookbook "Kick Sugar" on Amazon for delicious recipes on how to reawaken your taste buds and boost your health.