

# WHY DO WE BRUSH OUR TEETH?



**SUPERNOVA**  
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## EXPLORE GOOD ORAL HYGIENE USING AN EGG & SODA!

### MATERIALS

# 6

- 1 white hard boiled egg
- 1 can of dark soda
- 1 glass jar
- 1 toothbrush
- Toothpaste
- 1 spoon

# 30 MINS

### PROCEDURE

Step 1

Fill a glass jar halfway with a can of soda, then carefully drop a white egg in and allow it to sit for 3 hours.

Step 2

The next day, carefully remove the egg from the jar with the spoon. The egg should be stained brown by the soda.

Step 3

Put a small amount of toothpaste onto the toothbrush and brush a small section of the egg. The brown stain should start to come off in the area you are brushing!

## CAN YOU BRUSH THE WHOLE EGG CLEAN?

### PURPOSE & SCIENCE OUTCOMES

- Egg shells contain calcium carbonate and calcium is a major component of what makes up our teeth.
- Dentists recommend that we brush our teeth at least twice a day for about 2 to 3 minutes each time!

ANY QUESTIONS? REACH OUT @SUPERNOVAATDAL