FANTASTIC FLOSS



Overview:

In this activity, kids will find out that a toothbrush alone cannot reach all of the places between teeth and that using dental floss is really important.

Parents, make sure to help kids with this activity!

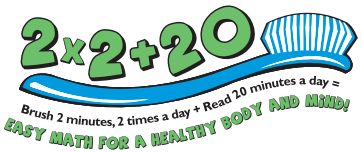
Supplies:

- Jar of smooth peanut butter
- Rubber glove
- Spreader/butter knife
- Container of dental floss
- Toothbrush
- Toothpaste

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Key takeaway from this activity:

Dental floss can do a much better job of removing food from between your teeth than a toothbrush alone can do. It's important to brush your teeth two times a day for two minutes (and read for 20 minutes) and floss at least once per day to ensure that all food particles are removed from between your teeth.

Steps:

1. Put the rubber glove on one hand and hold your hand with the fingers extended but tightly together pointing upward (your hand should look like how a policeman holds his hand up to stop traffic).
2. Spread your fingers apart and have someone spread peanut butter between your fingers—make sure to get peanut butter deep between your fingers.
3. Tighten your fingers together again.
4. With your fingers together and hand held up, use the toothpaste and toothbrush to try to scrub the peanut butter away (keep fingers tightly together).
5. Now, have someone try to remove the peanut butter using the dental floss. It should become clear pretty quickly that you need both a toothbrush and dental floss to remove all food particles and bacteria from teeth and mouth.

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