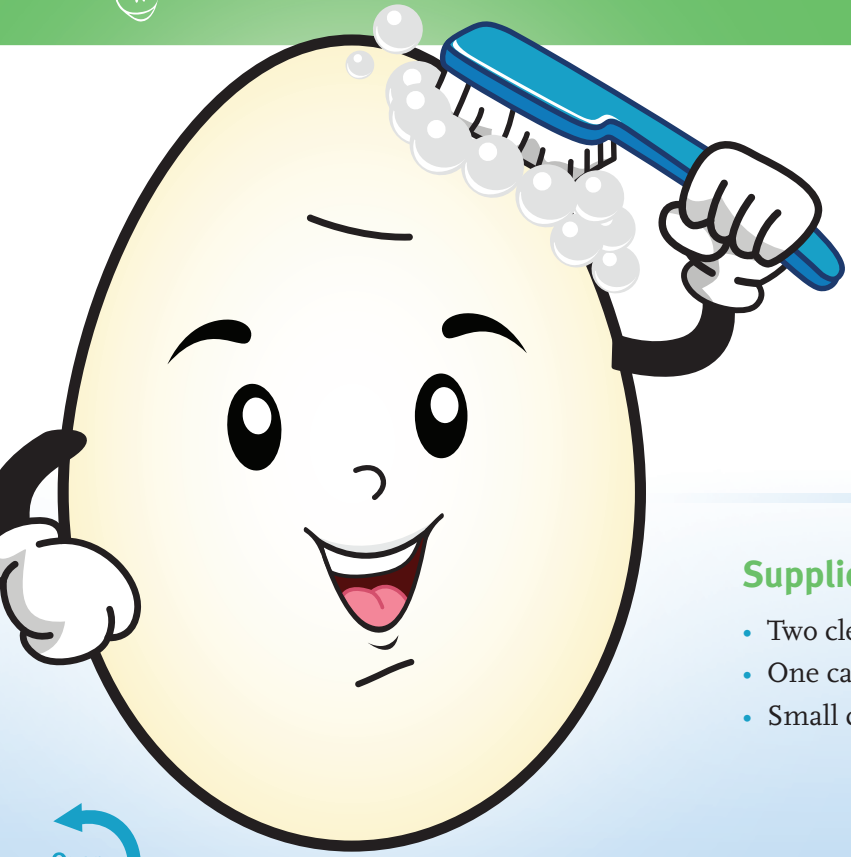
EGG-CITING EXPERIMENT



Overview:

In this experiment, kids will see how teeth can be stained by what they eat and drink, especially if they aren't brushing their teeth correctly and regularly!

Parents, make sure to help kids with this activity!

Supplies:

- Two clear disposable plastic cups
- One can of dark soda pop
- Small carton of milk or water
- Two hard-boiled eggs
- Toothpaste
- One toothbrush

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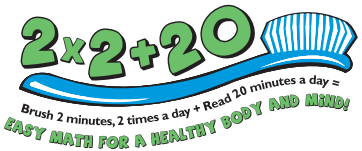

Key takeaway from this activity:

Notice how milk and water are the best drinks for our teeth. It is good to limit sugary drinks like pop and juices. Remember to brush twice a day, for two minutes each time (and read for 20 minutes), to remove things that may stain or hurt teeth!

Steps:

1. Have a parent hard-boil two eggs. Did you know the outside of the egg is made up much like the enamel of our teeth? The hard shell protects the soft egg on the inside, just like enamel protects teeth!
2. Fill one plastic cup with dark soda pop and one plastic cup with milk or water.
3. Now you will observe what happens when you place one egg in the cup of soda pop and one in the milk/water. Place one egg in each cup and let them sit overnight. What do you think will happen to the egg in the soda and the egg in the milk/water?
4. The next day, observe the eggs in the different liquids by gently holding up the eggs. You should notice that the egg in the soda is darker in color and the one in milk or water has not changed.
5. Brainstorm/consider why you think the color change of one egg, or lack of color change in the other egg, occurred.
6. Discuss together that soda pop is full of sugar and acid and is very bad for our teeth. If it were to stay on our teeth we could get cavities and discolored teeth, like the eggs in this experiment demonstrated!
7. Demonstrate proper brushing by using the toothbrush and toothpaste to brush the discolored egg in a circular motion to show stain removal.

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