



**Don't have white vinegar and fluoride mouth rinse?**  
No problem! Try the **Method 2** on page 2.

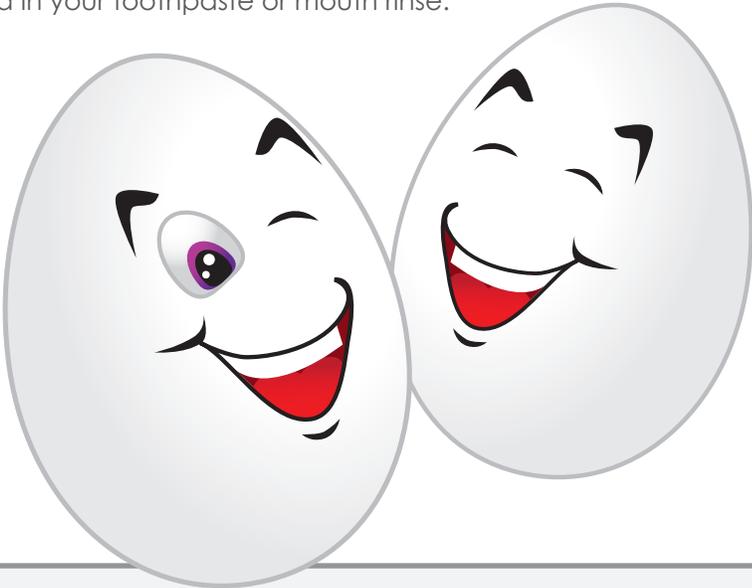
## 2 "Egg-cellent" Ways to Learn About Teeth

### Method 1

#### What you will need:

- 2 fresh eggs (*make sure there aren't any cracks!*)
- 1 can of cola or soda pop
- Fluoride mouth rinse (*you can find it in the dental aisle*)
- White vinegar
- 4 small, clear plastic containers (*big enough to hold an egg*)

**Sugary drinks** like soda may be tempting, but they can be harsh on the hard outer shell of your teeth (enamel). This demonstration shows what sugary and acidic drinks can do to your teeth, as well as the protective abilities of the fluoride found in your toothpaste or mouth rinse.



### Instructions:

- Place the eggs in two of your plastic containers. Fill one container with cola and the other with fluoride mouth rinse. Let the eggs sit in the liquids overnight.
- Remove the eggs from the liquids and place them in the remaining containers. Fill both containers with white vinegar and observe their reactions. The cola egg should become covered in small bubbles, while there should be no reaction on the fluoride egg.

**Lesson learned:** The acids in the cola have weakened the eggshell, making it more vulnerable to the acid in the vinegar. The bubbles on the shell are caused by air escaping the egg through the thinner, weaker shell.

The vinegar's acid doesn't have any effect on the egg that was soaked in fluoride mouth rinse because the fluoride strengthened the shell in the same way it strengthens teeth. That's why it's so important that kids (and parents!) brush their teeth twice a day with fluoride toothpaste and drink water with fluoride from the tap.



Brushing 2X a day with fluoride toothpaste protects and keeps teeth strong.

## 2 “Egg-cellent” Ways to Learn About Teeth

### Method 2

#### What you will need:

- 1 clean hardboiled egg
- 1 small, clear plastic container (big enough to hold an egg)
- 1 can of cola or soda pop
- 1 toothbrush

#### Instructions:

- Place a clean hardboiled egg into a plastic container and fill it with some cola or soda pop overnight.
- In the morning, notice how the egg has changed color!
- Take the egg out of the container and with a toothbrush, try brushing the egg.

#### What do you notice when you brush the egg?

Is the soda hard to brush off?

Now add tooth paste to the brush and brush the egg again.

Notice how much easier it is to remove the dark color?



Drinking water after meals can help rinse away food particles in between your teeth.

**Lesson learned:** You can see how soda darkens the eggshell. Soda and sugary drinks can weaken your teeth enamel too! Can you think of drinks that help keep teeth healthy and strong?

Can you see how brushing with fluoride toothpaste made the eggshell brighter? Brushing your teeth twice a day with fluoride toothpaste helps keep your teeth healthy and strong too!