



Brush Your Teeth Experiment

Why do we emphasize brushing your teeth twice a day every day? This experiment will show you different foods and drinks can affect your teeth. Brushing your teeth with fluoride toothpaste will keep your teeth clean and strong.

What You'll Need:

- 4 hard boiled Eggs and a raw egg (inspect without crack)
- 5 containers
- Soda, Coffee, Grape juice, lemonade, and vinegar
- A toothbrush
- Fluoride toothpaste
- Pencil

What to do:

1. Label each hard boiled egg with a pencil as following: S for soda, C for coffee, G for Grape Juice, L for lemonade, and V for vinegar.
2. Pour enough soda, coffee, grape juice, lemonade, and vinegar into each of the 5 containers to cover the eggs. Be sure to place the raw egg into the vinegar container.
3. Let the eggs sit for 5 days.
4. Inspect each egg daily.
5. On the 5th day, brush the stains away with toothbrush and fluoride toothpaste

What will happen?

1. What colors are those eggs in soda, coffee, grape juice, lemonade, and vinegar?
2. Which drink created the worst stain?
3. Any texture change in the egg?
4. After brushing those eggs, which drink created the long lasting stain?
5. How long did it take to brush those stain off or not?