



## Dental Floss Experiment

Do you ever wonder why we tell you to floss as well as brush? This experiment will show you why we want you to use dental floss to get in between those hard-to-reach places, and not just your toothbrush.

### What you will need:

A rubber glove

Peanut butter and something to spread it with

Dental floss

Toothbrush and toothpaste

A partner

### What to do:

Put on the rubber glove and have your partner spread the peanut butter between your fingers, making sure that the peanut butter gets deep between your finger joints. Tightly close your fingers together (like you are going to give someone a “high five”) Pretend that your fingers are your teeth, and that the peanut butter is any food you may eat that gets trapped between your teeth.

While your fingers are still closed tightly together, have your partner use the toothbrush and toothpaste to brush away the peanut butter. Remember – don’t move your fingers. Keep them tightly closed!

Next, have your partner use the dental floss to go between your fingers and remove the peanut butter. Which of these does a better job removing the peanut butter between your fingers – the toothbrush and toothpaste, or the floss?

As you can see, it is very difficult to remove all of the peanut butter with just a toothbrush - no matter how carefully you brush. Dental floss reaches those tough areas between your teeth, and when used in combination with regular brushing, will keep your gums healthy and disease free.