

EGG-CITING EXPERIMENT

Which liquid—soda, milk, or water—will stain teeth the most?

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!

Adults, 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



Steps:

1. Have an adult hard-boil two eggs.
2. Fill one plastic cup with dark soda pop and one plastic cup with milk or water.
3. Place one egg in each cup and let them sit overnight. Make a hypothesis. 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. 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 why you think the color change of one egg, or lack of color change in the other egg, occurred.
6. Discuss the fact that soda pop is full of sugar and acid and is bad for our teeth. If it were to stay on our teeth, our teeth could get cavities or discolored like the eggs in the experiment.
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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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 to remove things that may stain or hurt teeth!