

# FANTASTIC FLOSS

## What is the best way to remove food particles from between the teeth?

In this activity, kids will find out that a toothbrush alone cannot reach all of the places between teeth and that using dental floss is really important.

## Adults, make sure to help kids with this activity!

### Supplies:

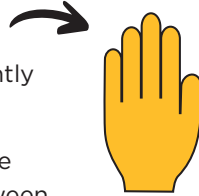
- Jar of smooth peanut butter or Play-Doh
- Spreader/butter knife
- Container of dental floss
- Toothbrush
- Toothpaste
- Rubber glove

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## Steps:

1. Put the rubber glove on one hand, and hold your hand with the fingers extended but tightly together pointing upward.
2. Spread your fingers apart, and have someone spread peanut butter or Play-Doh deep between your fingers.
3. Tighten your fingers together again. Make a hypothesis. Will the toothbrush or floss work better to remove the peanut butter/Play-Doh?
4. With your fingers tightened together, use the toothpaste and toothbrush to try to scrub the peanut butter or Play-Doh away.
5. Now, have someone try to remove the peanut butter or Play-Doh using the dental floss. It should quickly become clear that you need both a toothbrush and dental floss to remove all food particles and bacteria from teeth and mouth.



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### Key takeaway from this activity:

Dental floss can do a much better job of removing food from between your teeth than a toothbrush alone can do. It's important to brush your teeth two times a day for two minutes, and floss at least once per day to ensure that all food particles are removed from between your teeth.