

experiments

Floss is the Boss

What you'll need:

a rubber glove, a jar of peanut butter and something to spread it with, a container of dental floss, a toothbrush and some toothpaste.

What to do:

put the glove on one hand and hold your hand with the fingers extended but tightly together, pointing upward (your hand with the glove should look like you're going to give your friend a "high five", or how a policeman holds his hand up to stop traffic).

Spread your fingers apart and have someone spread peanut butter between your fingers - make sure to get the peanut butter deep between your finger joints. Tighten your fingers together again.

In this experiment, your fingers represent your teeth, and the peanut butter between them is food that gets trapped between your teeth when you eat.

With your fingers still tightly together and held upward, use the toothbrush and toothpaste to try and scrub the peanut butter away (remember not to move your fingers apart!).

Have someone else try to remove the peanut butter using the dental floss between your fingers. Which does a better job - the toothbrush and paste or the floss?

What will happen:

a toothbrush simply can't reach all the places between your teeth. Dental floss can do a much better job of removing food between your teeth. If it's not removed, it can cause gum disease and cavities.

Note: with any science experiment, it is recommended you have an adult present for supervision.