

(Peanut) Butter Fingers

Grade Level 1-3



Most kids know they need to brush their teeth twice a day but are they cleaning between their teeth as well? This flossing demonstration shows how much can be left behind by brushing alone.

You Will Need:

- A rubber glove
- A jar of peanut butter (Note: If peanut allergies are an issue, you can use another sticky food product like nut-free sunflower butter, marshmallow fluff or jelly.)
- A toothbrush
- Toothpaste
- Dental floss
- A partner

Instructions:

- Place the glove on your hand and spread the peanut butter between your fingers. Put your fingers together. Your fingers represent your teeth and the peanut butter is the food and bacteria that will get trapped between them throughout the day.
- Hold your hand up in front of you like you are about to high five, with all of your fingers held tightly and pointing upwards.
- Using the toothbrush and toothpaste have your partner try to clean away the peanut butter from between your fingers while keeping your fingers tightly pressed together.
- When you've finished, spread your fingers apart to show how much peanut butter is still stuck between your fingers.
- Pressing your fingers back together, have your partner use the floss to clean the peanut butter from between your fingers.

Floss Once a Day

Inspiration from: <https://www.mouthhealthy.org/en/resources/lesson-plans/demonstrations/apple>



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