

CREATING PLAQUE

Grade Levels: 3-5

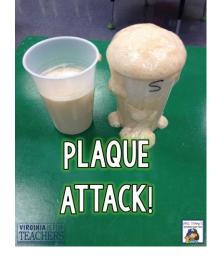
Plaque is a sticky film that forms on our teeth every day. It is that slippery/fuzzy coating you feel when you first wake up. Scientists call plaque "biofilm".

Sugars from the foods we eat create plaque. Brushing and flossing your teeth will remove plaque

Materials

- 2 clear plastic cups
- Packet of yeast
- 1 tablespoon of sugar

Warm water



Procedure

- 1. Label one cup with an "S"...for sugar
- 2. Place 2 teaspoons of yeast in each cup
- 3. Add 1 cup of warm (not hot) water to each cup
- 4. Add 1 tablespoon of sugar to cup labeled with an S
- 5. Observe the two cups



Questions

- 1. What happened to the cup with the added sugar?
- 2. What foods do we eat that have sugar?
- 3. What should we do to eliminate plaque attacks in our mouths?

BRUSH TWO TIMES A DAY and FLOSS

Insiration from:https://www.virginiaisforteachers.com/2016/02/plaque-attack-experiment-for-dental.html?m=1



