

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>



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