

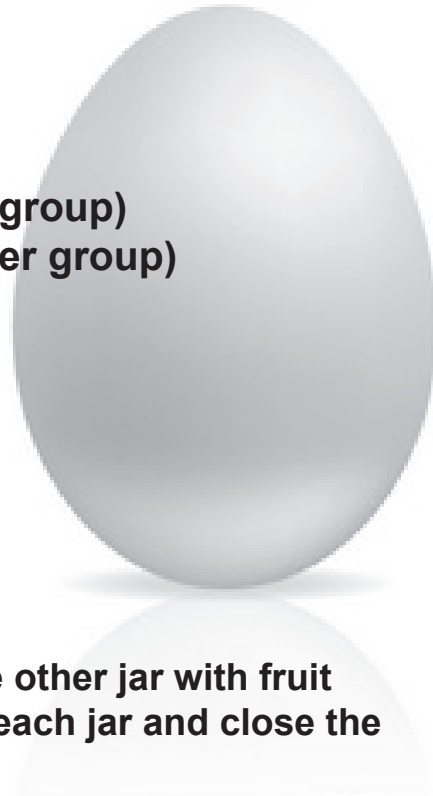
HANDS-ON SCIENCE PROJECT

The Effects of Sugary Drinks on Your Teeth

Break your classroom into groups for this project.

YOU WILL NEED:

- Eggs hardboiled (2 per group)
- Glass jars with lids (2 per group)
- Cola or dark beverage
- Red fruit punch
- Toothbrushes
- Toothpaste



DIRECTIONS:

Fill one glass jar with cola and the other jar with fruit punch. Place a hardboiled egg in each jar and close the jars. Allow the eggs to soak.

After a few days, remove the eggs and show the class the effects of the drinks on the egg shell. The shells should be discolored. The drinks have the same effect on the egg shell as they do on the enamel of our teeth.

Use a toothbrush and toothpaste to demonstrate to the class how the toothpaste cleans the discoloration from the egg. Allow each team to brush the discoloration from their eggs.