

FANTASTIC FLOSS

Overview:

In this activity, kids will find out that a toothbrush alone cannot reach all of the places between teeth and that using dental floss is really important.

Parents, make sure to help kids with this activity!

Supplies:

- Jar of smooth peanut butter
- Rubber glove
- Spreader/butter knife

- Container of dental floss
- Toothbrush
- Toothpaste



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Key takeaway from this activity:

Dental floss can do a much better job of removing food from between your teeth than a toothbrush alone can do. It's important to brush your teeth two times a day for two minutes (and read for 20 minutes) and floss at least once per day to ensure that all food particles are removed from between your teeth.

Steps:

- 1. Put the rubber glove on one hand and hold your hand with the fingers extended but tightly together pointing upward (your hand should look like how a policeman holds his hand up to stop traffic).
- 2. Spread your fingers apart and have someone spread peanut butter between your fingers—make sure to get peanut butter deep between your fingers.
- 3. Tighten your fingers together again.
- 4. With your fingers together and hand held up, use the toothpaste and toothbrush to try to scrub the peanut butter away (keep fingers tightly together).
- 5. Now, have someone try to remove the peanut butter using the dental floss. It should become clear pretty quickly that you need both a toothbrush and dental floss to remove all food particles and bacteria from teeth and mouth.