FABULOUS FLUORIDE



Overview:

This activity will demonstrate how fluoride helps to strengthen and protect teeth.

Parents, make sure to help kids with this activity!

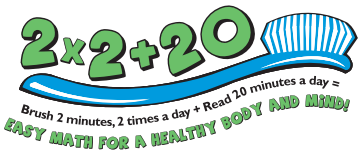
Supplies:

- Two hard-boiled eggs
- Fluoride gel or solution, 4 oz. to 6 oz. (available from your dentist, local dental supply co. and some pharmacies)
- Two clean plastic containers
- Several cans/bottles of dark soda pop

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Key takeaway from this activity:

As with the egg, fluoride helps to strengthen teeth and protect them. To protect your teeth and keep your smile bright, brush two times a day for two minutes with fluoridated toothpaste (and read for 20 minutes) and drink fluoridated water or milk in place of soda pop or sugary drinks.

Steps:

1. Place a hard-boiled egg in one of the plastic containers and cover it with the fluoride gel or solution. Let it soak for 24 hours.
2. Place the “treated” egg in one of the clean containers and the “untreated” egg in the other.
3. Cover both eggs with soda pop and let soak. Change the soda pop every twelve hours for two days.
4. Discuss observations each time the soda pop is changed. The untreated egg will begin to dissolve slightly, and the shell will become stained by the dark soda pop. The treated egg should not show a reaction until much later.

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