

Stay at Home Science

Egg Brushing

What You Need

Eggs	Water
Pan	Heat source
Soda, coffee, or lemonade	Cups or Bowls
Toothbrush	Toothpaste



What You Do

1. Using the pan, heat source, and water, hard boil your eggs.
2. Fill a cup or bowl with soda, coffee, lemonade, or a combination and place your eggs inside. Allow your eggs to sit overnight.
3. Observe your eggs. *What do they look like?*
4. Using a toothbrush and toothpaste, brush your egg. Fill a cup or bowl of water to rinse your toothbrush.

Questions to ask

- How does the egg that has been sitting overnight compare to a typical egg?
- Brushing helps keep our teeth healthy. What else can we do to help keep our teeth healthy?
- What might be harmful to your teeth?

What's The Science?

Egg shells are made of calcium carbonate, which is very similar to calcium phosphate, which is what makes up the enamel of our teeth. Both can be stained by a variety of foods that are dark colored or artificially colored. Poor dental hygiene can also lead to discolored teeth. The best way to keep teeth white and healthy is to brush them at least twice a day, floss at least once a day, and have regular dental checkups.

Try This

Use science vocabulary: Use related science words such as teeth, brushing, flossing, stain and dentist as you talk and play together. Children learn new vocabulary words when they hear grown-ups use them in context.

Extend the activity: Observe how different substances effect your teeth in different ways. Place egg shells in cups filled with different liquids and observe them over a week. Good substances to try include soda, orange juice, water, lemonade, energy drink, vinegar and carbonated water.

Keep In Mind

- Children are natural scientists; let them lead the way in their experimentation! Encourage them to ask questions and make suggestions only when they are stuck/discouraged.
- The order suggested is not the only right or perfect way. Make adjustments based on the age, ability, and interests of the children.

Additional Resources

Brush Your Teeth Please by Leslie McGuire

The Tooth Book: A Guide to Healthy Teeth and Gums by Edward Miller

Teeth by KidsHealth: <https://kidshealth.org/en/kids/teeth-movie.html?WT.ac=k-ra>

