

THE COOKIE EXPERIMENT



BACKGROUND

Sometimes you can't brush! You are at school and you don't have your toothbrush or you are snacking in the car and you don't even have a sink! But leaving bits and pieces of food in your mouth can cause cavities and bad breath!

SUPPLIES

- Cookies*
- Apple Slices
- Carrots
- Water
- Sugar free gum
- Mirrors

THE EXPERIMENT

1. Form teams of 4 as directed by your leader.
2. Gather supplies.
3. Each team member eats a cookie. Chew and swallow as you normally do.
4. After swallowing, each team member will examine their own mouth.
 - a) Are there still cookie particles in your mouth?
 - b) Where are the cookie particles stuck?
5. Each team member does one of the following:
 - 1) eat an apple slice
 - 2) eat a carrot
 - 3) chew a piece of sugar free gum
 - 4) swish with water and swallow
6. Now, look in your mouth again...
7. Look in each other's mouths....

CONCLUSION

Even if you don't have a toothbrush, you (and your food) is not stuck. Munch on a crunchy or juicy fruit or veggie, chew some sugar free gum or even swish with water.

REMEMBER! It isn't just what you eat (cookies aren't so bad), it is also how long the food sits in your teeth.

* Use dark colored cookies or chips. For example: Cheez-Its™, Chocolate Teddy Grahams™, Oreos™, Cheetos™, or Nacho Cheese Doritos™.