

incredible!

American Egg Board

Grades K-5

Egg Brushup

What can an egg show you about taking care of your teeth? More than you probably think, as this fun experiment demonstrates!

What You Need

- 3 clear plastic cups
- 3 hard-boiled eggs (with white shells), cooled
- regular cola
- diet cola
- water
- toothbrush
- toothpaste



Make sure there are no cracks in your hard-boiled eggs, as that will change the results of this activity.

What You Do

1. Fill one cup with regular cola, one with diet cola, and one with water.
2. Gently put one egg in each cup. Then set the cups aside overnight.



Step 2

3. The next day observe the changes you see in the eggs. If needed, carefully pour the liquid from each cup so you can see the eggs more clearly. What do you notice? What might this mean in terms of taking care of your teeth?



Step 3

What You Do (Cont'd.)

- To see if you can get all the eggs back to being pearly white, try brushing the two eggs that soaked in soda with the toothpaste and toothbrush. It may take a while, but you should be able to notice some of the stains coming off. Do the stains come off with just a few quick brushes, or do you have to work a little longer to get the eggshells cleaner? How does this relate to brushing your teeth?



Step 4

Why It Happened

Eggshells and tooth enamel have some similarities, so this is a great experiment to demonstrate the importance of tooth brushing, as well as limiting the amount of soda you drink. The two eggs that soaked in cola overnight were stained because sodas contain citric and phosphoric acid, which can potentially erode tooth enamel. The fact that a quick swipe with the toothpaste and toothbrush don't eliminate the stains caused by the cola shows that good dental hygiene includes thorough brushing twice a day. What does this experiment show about making water your beverage of choice? It's clear that water is a safer choice for good dental health!

Repeat this experiment using other beverages such as orange juice, coffee, tea, or fruit punch. Compare the results.

Challenge students to brush up their writing skills with "The Eggstraordinary Egg!" worksheet.

