

# What do sugary drinks do to your teeth?

Easy and fun dental health experiment showing the dangers of sugar and tooth decay.

## You've heard that sugar is bad for your teeth. Do you know why?

Plaque is a layer of bacteria that grows on your teeth. When you eat or drink foods containing sugar, the bacteria produces acids that attack the hard, outer layer of your teeth, called tooth enamel. This causes tooth decay and cavities to form over time.



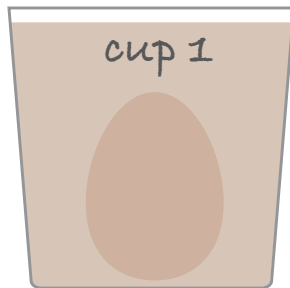
Eggshells are a lot like tooth enamel. In the following experiment, we will test and observe the effects sugary drinks have on your teeth!

### Materials Needed:

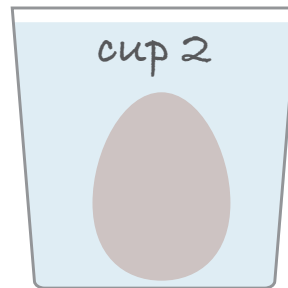
- 2 eggs— raw or hard-boiled
- 2 Clear plastic cups
- Water
- Dark soda

### Instructions:

Put an egg in each of your two cups.



Fill one with dark soda and label it "Cup 1"



Fill your other cup with water and label it "Cup 2"

Observe your cups over the next few days, making notes of the changes happening to your eggs on the other side of this sheet.

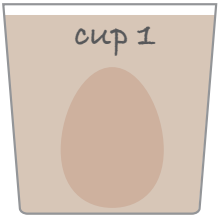

### Predictions:

What do you think will happen to each egg?

cup 1

cup 2

### Observations:

| What changes do you see?  | Day 1 | Day 2 | Day 3 |
|---|-------|-------|-------|
| <p>soda</p>  <p>cup 1</p>  |       |       |       |
| <p>water</p>  <p>cup 2</p> |       |       |       |

### Conclusions:

Describe what happened to each egg on the lines below.

Draw your egg (Cup 1 - Soda)

Draw your egg (Cup 2 - Water)

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