Egg brushing activity

Learning objective
To address the ‘Drink well’ message through providing children with the opportunity to view the effects which a variety of beverages have on their teeth via a simulated activity. This activity will generate conversation for the education session run by Banyule Community Health on the day of the dental screening.

Length of time
- Session one: 10-15 minutes
- Session two (1-2 days later) 30 minutes

List of materials
- 4x hard boiled eggs
- Various drinks – water, milk, orange juice and green cordial
- A container or jar for each of the liquids
- Toothbrushes

Note: Soft drinks do not work for this activity as the preservatives protect the egg shell

Description of the experience
Children should be encouraged to participate in each of these steps.

Session one:
1. Show pre-prepared hard-boiled eggs to the children. Encourage the children to observe and feel the texture of the shell. Discuss how the shell represents the tough outer surface of our teeth.
2. Pour a quantity of each drink into each jar.
3. Place an egg into each jar of drink and leave undisturbed overnight.
4. Ask the children to predict what they think will happen to each egg overnight. This information can be recorded for the children to re-visit the next day.

Session two:
1. Remove the eggs from the drinks and encourage the children to observe the texture of the shell.
2. Discuss what the liquids have done to the eggs and relate this to what these drinks could do to our teeth!
   The eggs soaked in milk and water will be unchanged showing that these drinks are better for teeth.
3. Ask the children to take it in turns to brush the eggs with a toothbrush to see if they could get them clean.
   The children will find they are unable to return the eggs that had soaked in the ‘sometimes drinks’ overnight to their original state. This will help them recognise the link between the sweet drinks and the effect on their teeth.

This activity was sourced from Dental Health Services Victoria.