

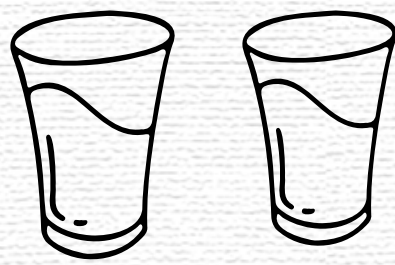


PLAQUE ATTACK

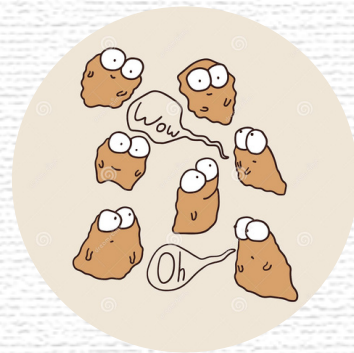
Materials



-2 PLASTIC CUPS



-PACKET OF YEAST



-SUGAR



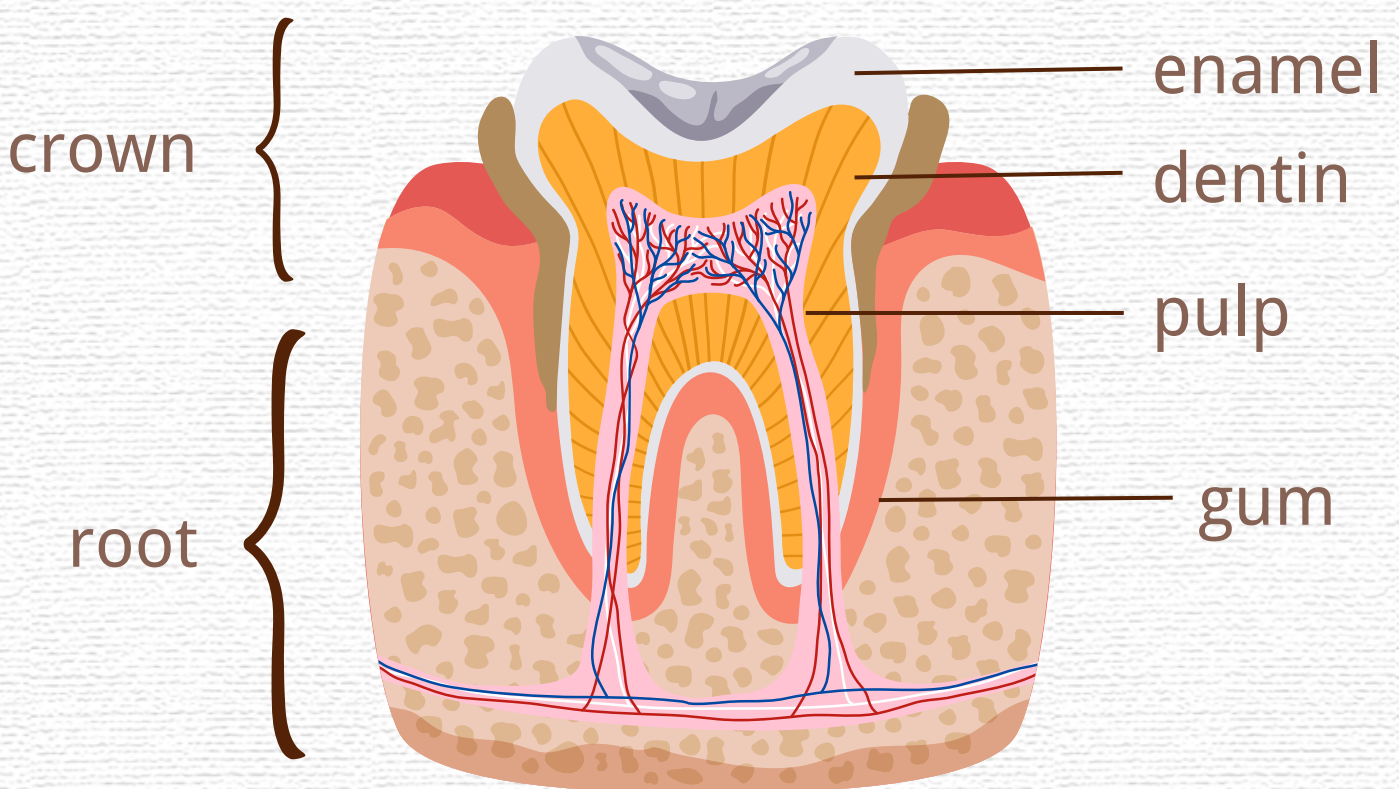
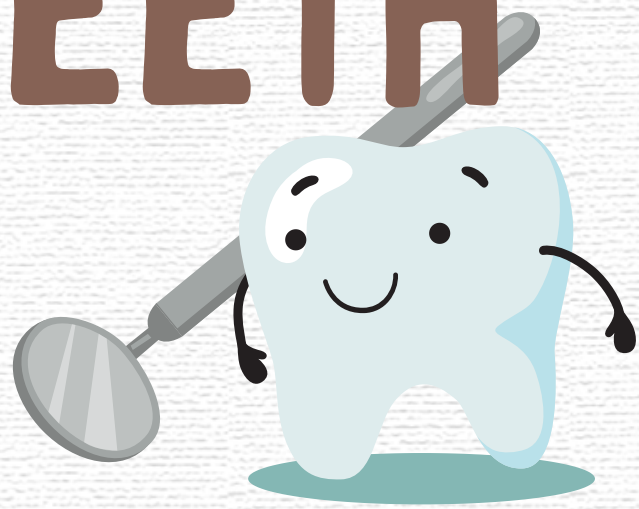
-WARM WATER



**SUITABLE FOR
EARLY PRIMARY**

The plaque attack experiment is a fun and educational activity for kids that helps them understand the importance of good oral hygiene and the consequences of neglecting it.

KNOW MORE ABOUT TEETH




Teeth are an essential part of our body that help us chew and digest food, speak clearly, and maintain the shape of our face. The structure of a tooth consists of several layers, including the enamel (the hard outer layer), the dentin (a softer layer beneath the enamel), the pulp (the innermost layer that contains nerves and blood vessels), and the root (the part of the tooth that is embedded in the jawbone).



WHAT IS PLAQUE?

Plaque is a sticky film that can build up on our teeth over time. It's made up of bacteria and food particles that combine to create a slimy layer on our teeth.

Plaque can be harmful because the bacteria in plaque produce acid that can eat away at our tooth enamel, causing cavities and gum disease.



So, think of plaque as a sticky, slimy film on your teeth that can harm your smile. But with good oral hygiene habits like brushing and flossing, we can keep your teeth healthy and free of plaque!

PLAQUE ATTACK



1

Introducing the concept of plaque to the children

Show the children the packet of yeast

2

3

Mix the packet of yeast with the tablespoon of sugar and a small amount of warm water

Ask the children to observe the mixture

4

5

Explain that this foaming action is similar to what happens in our mouths when we eat sugary foods.

Ask the children to try brushing the inside of the cup

6