Grow Up Great

Keep Away Tooth Decay pncgrowupgreat.com/lessoncenter

## Dear Family,

In my class today we experimented with removing decay from an egg.

## **Did You Know?**

- Our teeth are an important part of our bodies. Our teeth bite and chew our food so it is small enough to swallow. Different teeth have different shapes for the different jobs they do. Some of our teeth are for biting, some are for tearing, and some are for grinding up the food. Everyone has the same types of teeth and they are found in the same spot in each person's mouth.
- Teeth have two parts. The crown of the tooth is the part that we see. The root of the tooth is the part that is below our gum line. The root keeps the tooth anchored in our mouths. The first set of teeth we have are called deciduous teeth. Children have 20 deciduous teeth, which are also known as baby teeth. Around age 6, our baby teeth start getting replaced by our second set of teeth. They start to fall out because they are getting pushed out by the second set of teeth, which are called permanent teeth. When all of our permanent teeth are finished growing, there are 32 permanent teeth.

## Ask Your Child:

- What did you use for your experiment?
- Describe what happened to the egg.
- Explain what you did to remove the stain from the egg.
- Tell me how brushing the stain from the egg is like brushing your teeth.

## Activities To Do With Your Child:

• In our experiment we soaked a hard-boiled egg in some cola overnight. The next day we took the egg out to examine what the cola did to the white surface of the eggshell. Then we brushed the eggshell with toothpaste on a toothbrush to remove the stain. We talked about how the eggshell is white like our teeth and the cola stained the eggshell like food can stain our teeth if we do not brush them. You can do the same experiment with your child at home by submerging a hard-boiled egg in cola and letting it sit overnight. The next day, remove the egg and discuss the importance of brushing to remove the stains.

Vocabulary To Use With Your Child: teeth, eggshell, mirror, stain, decay, crown