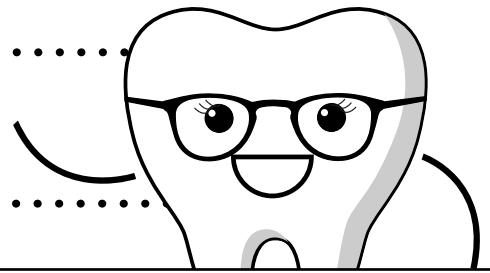


ACID ATTACK!



PURPOSE

This exercise will demonstrate the importance of keeping up with a daily oral health care routine and visiting the dentist for regular check-ups.

DISCUSSION

Go over the proper daily oral health care routine with students.

- **Brush:** Twice a day for two minutes - every surface of the teeth and don't forget your tongue. Use a pea sized amount of fluoride toothpaste and move your brush in a circular motion over your teeth.
- **Floss:** At least once per day. Flossing cleans between your teeth where the toothbrush does not reach. Between your teeth is the most common place for children to get cavities.
- **Eat Healthy:** Sugar has a negative effect on teeth. It is important to keep a low sugar diet and drink lots of milk and water.
- **Visit your Dentist:** Twice a year for preventive care.

SUPPLIES

- Paper towels
- Washable marker
- Water

ACTIVITY

- **Step 1:** Give each student, or group of students, a paper towel with the shape of a tooth already drawn on it in permanent marker or crayon.
- **Step 2:** Let students choose an area of their tooth to they think is likely to have a cavity.
- **Step 3:** Using a washable marker, make a heavy dot on the tooth to represent a cavity.
- **Step 4:** Add a drop of water to the "cavity" to represent another acid attack.
- **Step 5:** After a few minutes look at the tooth and see how the "cavity" has spread.
- **Step 6:** Discuss the importance of following the steps taught earlier and the consequences of not doing so. Remind students that a dental visit is the only way to repair a cavity, otherwise it will continue to grow like this activity shows.