# Key Stage 2: Attack the Plaque (30-45 mins)

This activity is included in the Key Stage 2 Oral Hygiene lesson plan. This activity highlights the importance of brushing your teeth twice a day. Students will learn what causes tooth decay and the simple steps they can take to prevent it.

## Before you begin you will need:

* Key Stage 2 Lesson Plan on Oral Hygiene available from the weblink [here](http://www.e-bug.eu/en-gb/ks2-oral-hygiene).
* Water
* Food colouring (make sure this is a different colour to the yoghurt pots)
* Cornflour
* Flour
* Toothbrush
* Paintbrush
* Yoghurt pot
* Bottle caps (optional)

## Use the following steps as a guide to implement this activity:

1. mix a small amount of water with cornflour, flour, and a drop of food colouring.

2. Paint this mixture onto the outside of small white yoghurt pots.

3. Wait for yogurt pots to dry.

4. Now ask the students to try brushing the cornflour mixture (representing plaque) off the yoghurt pots with a toothbrush.

5. Notice that when the cornflour mixture (representing plaque) dries, it is very difficult to brush off. If we don't brush our teeth twice a day, the plaque can harden and become more difficult to remove.

This experiment can be expanded to include scientific investigation of the effects of not brushing teeth regularly verses everyday:

Set up three yoghurt pots as below:

1. No cornflour = brush twice a day

2. Wet cornflour = brush once a day

3. Dry cornflour = no brushing

Ask the students to try brushing the cornflour mixture off the pots with a toothbrush. Which is easiest to remove the plaque from?

Students should recognise that brushing teeth everyday makes brushing easier, and that plaque can be hard to remove over time if left on teeth. Hardened plaque is called calculus.

**Optional:** You can also arrange bottle caps in a horseshoe to represent teeth in the mouth. Glue the bottle cap to the adjacent bottle cap and repeat the steps above. This highlights the importance of flossing and cleaning all around the tooth.

**Use the plenary or discussion questions to check participant’s understanding after the activity is completed.**