

Time	Audio	Visual
0:00-0:12	We are going to explore why brushing our teeth twice a day is so important. We will do this by mixing a paste to represent plaque build-up	“Key Stage Two: Oral Hygiene – Attack the Plaque”
0:12-0:25	The resources required are flour, water and food colouring for the paste, yoghurt pots to represent teeth, a paintbrush to apply the paste to the pots, and a toothbrush to attempt to brush the plaque away	The ingredients for the experiment are laid out on the table: a toothpaste, two yoghurt pots, a bottle of food colouring, a bowl of flour, a bowl of water, a toothbrush, and a spoon
0:26-0:30	Please take a moment to look at the e-Bug lesson plan for information on health and safety	“Please look at the e-Bug lesson plan for information on health and safety”
0:31-0:40	For this experiment, mix two tablespoons of water, two tablespoons of flour, and three drops of food colouring together to form a paste	The appropriate measurements of flour, water and food colouring are mixed together in a bowl with a spoon, forming a yellow paste
0:40-0:45	Paint the paste onto the teeth. The paste can take around 4 hours to dry.	The yellow paste is spread onto the yoghurt pot using the spoon
0:46-1:10	You may want to make some yoghurt pots in advance so they are already dry before the lesson. The first yoghurt pot has no paste on it and represents clean teeth. The second yoghurt pot has wet paste on it, representing teeth with some build up of bacteria that, when hardens, forms plaque. The third yoghurt pot has dry paste on it, representing teeth with hardened plaque formed	Three yoghurt pots are placed next to each other: one clean, one painted with dry yellow paste, and one painted with wet yellow paste
1:10-1:17	In groups students can have a go at using a toothbrush to remove the paste from the different yoghurt pots	A yoghurt pot with paste on is scrubbed with the toothbrush and some toothpaste
1:17-1:39	Discuss with your class. Which teeth are left clean? How difficult was it to brush hardened plaque off the teeth? This experiment shows why it is important to brush teeth twice a day to ensure that bacteria does not build up and harden. When bacteria does harden to create plaque and is not brushed away, there is a risk of tooth decay	The three yoghurt pots are laid out next to each other on a sheet of paper after having been brushed with the toothbrush
1:40-1:46	Go to www.e-Bug.eu for more ideas on how to teach about oral hygiene	“For the full lesson plan, extension activities, work sheets, answers, and much more visit the e-Bug website: www.e-Bug.eu ”