

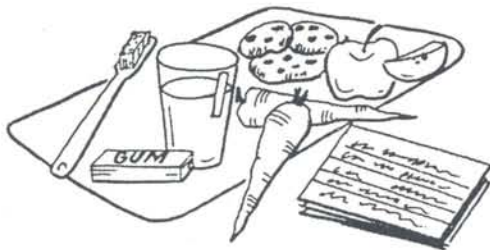
Supplies Needed

Each Learner Team:

- Optional: small tray
- Handout: "The Cookie Experiment"
- Index cards labeled with tooth-cleaning methods
- Bite-sized dark-colored cookies, e.g., chocolate or spice
- Small table-top mirror
- Regular or coloring pencils or pens
- Small paper cups
- 1-2 slices raw apples and carrots
- Drinking water
- 1-2 pieces sugarless chewing gum
- Learners' personal toothbrushes
- Paper towels or facial tissues

Handout: "The Cookie Experiment"

Time Allotment: 20-25 minutes



Session 5

Purpose

Learners will discover ways to clean teeth if no toothbrush is available.

Vocabulary

contact

consistency

Leader Do Ahead

Prepare index cards stating one of five actions for learner teams to complete in the session eating activity: 1) do nothing, 2) eat carrots or apples, 3) swish with water for a minute, 4) chew sugarless gum, 5) brush teeth for 2 minutes. Actions may be repeated or omitted if there are more or less than five learners on a team. Compile a set of cards for each team.

Make sure learners are not allergic to any foods that will be used in the eating activity.

Tips for Leader

For each team, prepare a tray of foods, gum, water, toothbrushes and paper supplies for the activity.

If too few team members are available to complete all five actions, omit the "control" ("do nothing") person. If still not enough members, have person who water-swishes also chew gum or eat apple/carrot. The group should view this person's teeth after water-swishing but before chewing gum or eating apple/carrot.

If there are more than five persons per team, repeat cleaning methods.

What learners will discover

There are ways to clean teeth even when no toothbrush is available.

Pre-session Assessment

If you were to teach others how to brush their teeth, what would you show or tell them? What do you do when you have dirty teeth and you want to clean them but have no toothbrush?

Leader Dialog

Introduce the topic of keeping teeth clean whenever possible.

Notes:



- Effective toothbrushing and flossing are two very important actions that protect against tooth and gum disease.

- Even if you don't have a toothbrush, you can still remove food and cavity-causing bacteria from teeth to prevent harmful acid from staying in the mouth.

Activity



To show how to clean teeth without a toothbrush

There are ways to clean teeth if no toothbrush is available. They are: eating juicy-crunchy foods like carrots or apples, swishing with water or chewing sugarless gum. These methods will not clean teeth as well as toothbrushing and flossing, but they can help remove bacteria and their acids.

1. Distribute handout, "The Cookie Experiment." Review steps of experiment. Form learners into teams. Each learner takes an index card from the team's set to find what he/she is to do after eating the cookie. Distribute experiment supplies.
2. Begin experiment: have team members eat cookies. Direct them to view their mouths with mirrors. **How well does the cookie stick in tooth crevices?** Have learners shade with pencil or pen the corresponding areas on the handout's tooth chart.
3. Each team member now completes the action indicated on his/her index card.
4. Have team members re-view their own and each other's mouths to compare how well each treatment cleaned debris from tooth surfaces. The "control" person's teeth or the handout tooth chart shows how much food can stick if no effort is made to clean teeth after eating.
5. Discuss results: **Which options for teeth cleaning are better?** Briefly discuss "contact" and "consistency" of foods, and the usefulness of saliva to clean food debris off teeth.
6. Have all participants brush their teeth to remove remaining food debris.



Summary and Post-session Assessment

1. Have learners summarize the key points: There's no real substitute for adequate brushing and flossing. However, when you have dirty teeth and you want to clean them, you can:

- swish with water
- chew sugarless gum
- eat juicy-crunchy foods such as raw carrots or apples

2. What foods can you include in a meal or snack that are easy to remove from teeth with water-swishing? Possible choices include:

- raw vegetables
- milk or juice
- juicy or crunchy fresh fruit
- popcorn

THE COOKIE EXPERIMENT



BACKGROUND

Sometimes you can't brush! You are at school and you don't have your toothbrush or you are snacking in the car and you don't even have a sink! But leaving bits and pieces of food in your mouth can cause cavities and halitosis (yes, bad breath).

SUPPLIES

- Cookies
- Apple Slices
- Carrots
- Water
- Sugar free gum
- Mirrors

THE EXPERIMENT

1. Form teams of 4 as directed by your leader.
2. Get supplies
3. Each team member eats a cookie. Chew and swallow as you normally do.
4. After swallowing each team member will examine their own mouth.
 - a) Are there still cookie particles in your mouth?
 - b) Where are the cookie particles stuck?
5. Each team member does one of the following: 1) eat an apple slice 2) eat a carrot 3) chew a piece of sugar free gum 4) swish with water and swallow.
6. Now, look in your mouth again...
7. Look in each other's mouths...

CONCLUSION

If you don't have a toothbrush you are not stuck (and neither is the food)... you can munch on a crunchy or juicy fruit or veggie, chew some sugar free gum or even swish with water. **REMEMBER!** It isn't just what you eat (cookies aren't so bad) it is also how long that food sits on your teeth.