

The Egg Experiment - Primary 6, Lesson Plan 1

This will show the effect of sugary/fizzy drinks on teeth. The egg shells represent tooth enamel, which is the hard protective covering of the tooth.

Activity

Experiment to be set up by teacher with assistance from pupils.

1. Place egg shell into clear containers containing the following:
 - a. Cola
 - b. Irn Bru
 - c. Blackcurrant hi-juice
 - d. Milk
 - e. Water
2. View the egg shells every few days over the course of a week. Record any changes.
3. It may be necessary to change the milk if it shows signs of curdling.

On viewing the egg shells a few days later, those placed in the sugary/fizzy drinks may have become brittle. The egg shells in the milk and water will not have changed.

Brittle teeth break and rot more easily; therefore, sugary/fizzy drinks can damage our teeth. The safest drinks for our teeth are milk and water.

On the day of the event the class can explain the experiment and show their findings.

Resources

1 x large plastic oblong container and lid, 5 x plastic round containers,
1 x metal tweezers, egg shells, 'irn bru', cola, milk, blackcurrant hi-juice.

Supportive Materials:

Teeth TLC Posters & Postcards: '7 Steps to a Great Smile,' 'Keep Your Smile Healthy With Healthier Snacks' and 'Stamp Out Fizzy Drinks For A Great Smile.'