

Experiment:

# Fab floss

There's a great reason to floss every day. Floss removes food and a sticky film called plaque that get stuck between your teeth. It reaches places that you can't with a toothbrush. That's why brushing and flossing go together!

Try this experiment to see just how well floss removes food from your teeth. On a separate piece of paper, write down what you think will happen and the final results of your experiment.



## Here's what you need

- Rubber glove
- Jar of smooth peanut butter
- Spoon
- Old toothbrush
- Water
- Dental floss
- A grown-up to help

## Here's how to do the experiment

1

Put on a rubber glove and hold your fingers apart.

2

Have a grown-up spread peanut butter between your fingers.

3

Squeeze your fingers together tightly.

4

Wet an old toothbrush and try to brush the peanut butter away. (You won't need toothpaste for this experiment, but don't forget to use it when you brush your teeth!)

5

Have a grown-up try to remove the peanut butter with dental floss.