



Stained “Egg-speriment”

Did you know that sports drinks can dye your teeth blue, green, or red? The acidity from these drinks can weaken your tooth enamel—that’s the hard outer part of your teeth—and make them more prone to staining. Yikes!

In this video, kids will learn what happens when an egg dyed with a blue sports drink and an egg dyed with coffee get scrubbed with fluoride toothpaste.

Before pressing play on the video, you can challenge kids to think about why sports drinks might stain their teeth. Have they ever had a brightly colored drink and discovered that their teeth and mouths are red sipping the drink? If so, why might that be?

You can give a more detailed explanation after the kids have had time to think through their answers. To start, the drinks we consume every day like sports drinks, coffee, and soda are often highly acidic. They also have artificial ingredients including food coloring and dyes. Not only do these ingredients give drinks their vibrant color, but they also break down tooth enamel and stain our teeth.

In fact, most fruit drinks, sodas, sports drinks, and energy drinks are dyed with either caramel color or another artificial food color in widely varying amounts. These drinks are often sweetened and carbonated, increasing their negative effects on tooth enamel. It’s no surprise then that kids tend to love these drinks.

After watching the video, you can talk about the best ways to keep your teeth clean and stain-free by following a few steps:

1. Place your toothbrush at a 45-degree angle against your gums.
2. Move the brush in a gentle scrubbing motion, using short circular and back-and-forth strokes, just like you see in this egg-speriment video. Pay attention to gently cleaning just under the gum line.
3. Brush the inner and outer tooth surfaces making sure you get all surfaces, between the teeth and just under the gums.
4. Brush your tongue to remove bacteria and freshen your breath.
5. Rinse your toothbrush with water and store upright after use.

Brush at least twice a day for two minutes — when you get up in the morning, preferably after breakfast; and before going to sleep for the night, after you have finished all eating and drinking for the day.