

WHAT YOU NEED

Food:

250ml water

250ml milk

250ml of a fizzy drink e.g. coke

250ml orange juice or squash

250ml vinegar

5 eggs

Equipment:

5 jam jars or glasses

What drinks are good for my teeth?

WHAT TO DO

- 1 Half fill each jam jar or glass with a different drink.
- 2 Add an egg to each jar. Make sure the eggs are fully submerged in the liquid.
- 3 Leave the eggs in the liquid for 7 days. Come back each day to see what has happened to the shell of the eggs.



WHAT IS HAPPENING

The shell of an egg is similar to the enamel of our teeth. This experiment shows the effects that acidic and high sugar drinks have on our teeth.

After 7 days, the water and milk shouldn't have much effect on the shell of the egg. However, the acid and sugars in blackcurrant cordial, cocoa-cola and orange juice will change the colour and break down the surface of the egg's shell.

DISCUSSION POINTS

- * What has happened to the colour and surface of each egg?
- * Which drinks do you think are best for our teeth?
- * What do you think other drinks will do to our teeth?