

Plaque Busters !!

Name

Date

- ◆ How to care for your teeth
- ◆ Carry out this investigation on your own to find out.

1. You will need: your own toothpaste and toothbrush, a dental disclosing tablet, a safety hand mirror and a timer with a second hand.
2. Look in the mirror and draw a simple diagram of your upper and lower teeth.
3. You will require nine copies of this diagram.
4. Label the nine copies of the teeth diagram 0, 15, 30, 45, 60, 75, 90, 105 and 120 seconds, respectively.
5. Chew a dental disclosing tablet to show where the plaque gathers. Areas of dental plaque are stained red.
6. Mark the position of these red-stained areas on the first diagram of the teeth labelled 0 seconds.
7. Now clean your teeth for 15 seconds using a good brushing technique.
8. Mark on the next teeth diagram the areas that are still stained red.
9. Repeat this activity another 7 times through to 120 seconds.

Remember: do not share toothbrushes – it is extremely unhygienic. You must only use your own toothbrush and toothpaste.

