

# FAMILY HEALTH HANDOUT: DENTAL THE COOKIE EXPERIMENT

Don't have a toothbrush with you? You can still remove food and cavity-causing bacteria. How? Do the cookie experiment! Let your family decide which no-brush methods work best.

1. Get these supplies together: your family's favorite cookies, cups of water, sugar-free gum, raw apple slices, and carrot sticks.
2. Gather family members.
3. Have everyone eat a cookie – yum!
4. Look in a mirror. See where the cookie stayed on the teeth.
5. Next, each family member tries a different no-brush method:
  - Swish mouth with water
  - Eat juicy, crunchy food – apple slices or carrot sticks
  - Chew sugar-free gum (or gum with xylitol)
6. Check your mouths again in the mirror. Compare how each method cleans the teeth.
7. Talk about these questions:
  - Which no-brush methods do you think clean teeth the best?
  - Which areas of the teeth seem to clean most easily?
  - Where do cookie pieces like to hide? Do these areas already have dental fillings?
  - What are some juicy, crunchy foods your family likes?

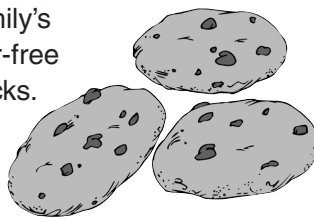
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- What flavors of sugar-free gum does your family like?

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## HEALTH CHALLENGE

Use no-brush methods when you can't brush.



**STICK IT UP!  
PUT THIS  
NEAR WHERE  
YOU STUDY TO  
REMIND YOURSELF  
TO USE NO-BRUSH  
METHODS WHEN  
YOU CAN'T BRUSH.**