

## Floss is the Boss

### Materials Needed

- Rubber glove
- Jar of peanut butter
- Spreader (plastic butter knife)
- Container of dental floss
- Toothbrush
- Toothpaste

### Process

Put the glove on one hand and hold your hand with the fingers extended but tightly together, pointing upward (your hand with the glove should look like a policeman holding his hand up to stop traffic). Spread your fingers apart and have someone spread peanut butter between your fingers - make sure to get the peanut butter deep between your finger joints. Tighten your fingers together again.

With your fingers still tightly together and held upward, use the toothbrush and toothpaste to try and scrub the peanut butter away (remember not to move your fingers apart!). Have someone else try to remove the peanut butter using the dental floss between your fingers. Which does a better job - the toothbrush and paste or the floss?

### Conclusion

In this experiment, your fingers represent your teeth, and the peanut butter between them is food that gets trapped between your teeth when you eat. A toothbrush simply can't reach all the places between your teeth. Dental floss can do a much better job of removing food between your teeth. If it's not removed, it can cause gum disease and cavities.

Note: with any science experiment, it is recommended that an adult be present for supervision.

