

# Suzy's World

## Bacteria - What happens when you don't brush your teeth?

### Fact

- Tiny bacteria live in your mouth and can stick to your teeth to make plaque. Plaque is colourless and sticky and if it hardens it becomes tartar.
- The bacteria use the sugar in the food that you eat.
- They release waste products including acid, which destroys the enamel on your teeth.
- You get toothache when the enamel on your teeth has holes in it and the acid gets in to the tooth nerves inside your tooth.
- Brushing your teeth scrubs away the food and sugar so the bacteria has no sugar to make into acid.



### Do you know

- The tough outer covering of your teeth is enamel.
- Most foods contain sugar – fizzy drink, muesli bars, breakfast cereals, even crackers and bread.
- Bad breath is a result of waste products from the bacteria using food left over on your teeth.

### Experiments you can do

(Do this experiment over a sink bench or in a plastic bag as it can make a real mess.)

#### What you need:

1 teaspoon of baking soda

½ a cup of vinegar

#### What you do:

Add the baking soda to the vinegar and watch what happens.



Vinegar is an acid, which reacts with other substances to change them. The vinegar certainly changes the baking soda – it dissolves it and it releases the gas carbon dioxide!

### Other Investigations

#### What you need:

1 egg

1 small plastic container with a lid

Vinegar

#### What you do:

Place the egg into the container and pour in enough vinegar to cover it. Put the lid on the container and leave it for three days.

The acid in the vinegar will dissolve the calcium carbonate in the eggshell the same way the acid made by the bacteria breaks down the enamel in your teeth.

### Jokes

What time is your dentist appointment? Two thirty (tooth hurty!)