

MAKE YOUR OWN TOOTHPASTE!

Miss Roe and Miss Thornton have a science experiment for you to try...



Hello there! I'm Mr Bucket, from Charlie and the Chocolate Factory. Do you recognise me?

Too much sugary food can damage your teeth...
Can you help me to make a new toothpaste to protect your teeth and gums?

Ingredients:

- 1/4 cup baking soda (bicarbonate of soda)
- Water
- 1-2 drops peppermint, spearmint, anise or cinnamon essential oils (optional)

Method:

1. Add the baking soda to a sterilized glass jar or container and slowly add water until you get a thin paste.
2. Add one to two drops of essential oils if you prefer a flavoured toothpaste.
3. Apply the mixture to your chosen toothbrush.
4. Then brush your teeth! Your teeth will never feel cleaner!

It may take you a few brushes to get used to the slightly salty taste of the baking soda/bicarbonate of soda. However, when you use 'regular' toothpaste you may find that it is overwhelmingly sweeter and we all know it's important to protect our teeth against sugar!

Challenge!

Now, let's get creative... You could design packaging for your toothpaste - think about its name, the type of packaging, the slogan and its price. If you are feeling extra creative you could even design a matching toothbrush.

We wonder if you can link it to what you learnt during our 'Eco Explorers' theme, and design environmentally friendly toothpaste and brushes?

