

# The Importance of Flossing Everyday

## You will need:

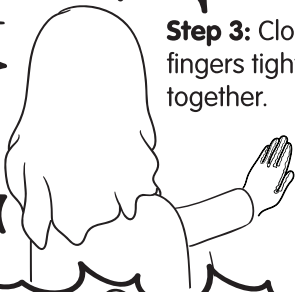
- A rubber glove
- 1 spoonful of peanut butter
- 1 toothbrush
- 12 inches of floss
- A glass of water
- A friend

**START**



**Step 1:** Put the rubber glove on and spread your fingers apart.

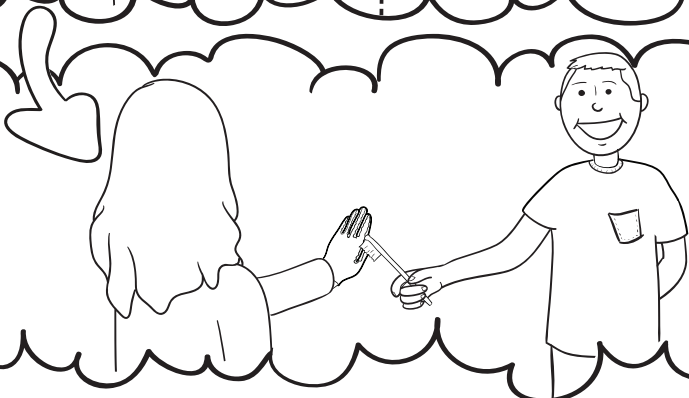
**Step 3:** Close your fingers tightly together.



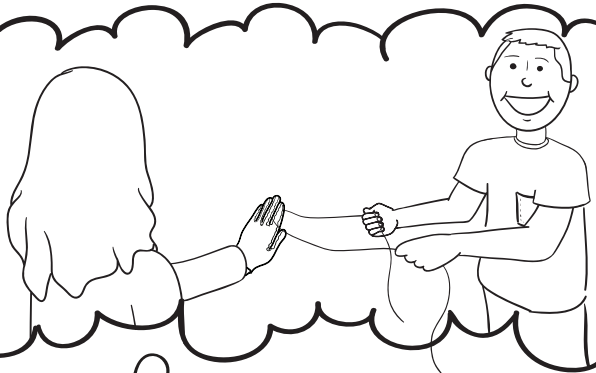
**Step 2:** Have a friend spread peanut butter in between and over your fingers.



**Step 4:** Have a friend take the toothbrush and try and brush off the peanut butter. Make sure to keep your fingers tightly closed while brushing. Use the cup of water to clean peanut butter off of the toothbrush as needed.... What happens?



**Step 5:** Now have your friend move the floss back and forth between each finger to remove the peanut butter, just like you would floss your teeth. Again, keep your fingers together while you do this.



## WHAT HAPPENED?

1. How well did the toothbrush remove the peanut butter from between your fingers?
2. What happened when you used the floss to remove the peanut butter?

**Conclusion:** Just like in this experiment, brushing your teeth alone doesn't remove all food from your teeth. Although your toothbrush removes food from the surface of your teeth, it is equally important to floss daily to make sure you remove food from **in between** your teeth! GREAT JOB!

