

## **Apple Decay Demonstration**

Purpose: Show how decay can spread through a hole in a tooth

Duration: 3 day prep, 15 minutes

Materials Needed: Apple, knife, paper bag

Instructions:

- Take an apple and make a hole one-inch deep in it. Put it in a paper bag and set aside for a few days.
- Cut through the place where the hole was made and have the children look at the effect of decay. This shows how decay spreads through a tooth.
- Explain while oral hygiene (brushing twice a day with fluoride toothpaste and flossing once a day) is important.