

Disclosing Invisible Plaque

Purpose: Teach children that plaque can hide in their mouths, and show them where this commonly occurs.

Duration: 20 minutes

Materials Needed: Food color, water, magnifying mirror, toothbrush/toothpaste

Instructions:

- Mix three or four drops of red food color with a few tablespoons of water in a paper cup.
- Ask a volunteer to swish the colored water around in his/her mouth for ten seconds and carefully spit it out into a second cup or nearby sink.
- Have the volunteer look in a magnifying mirror and identify the red areas indicating plaque.
- Ask the volunteer to brush their teeth with toothpaste and a new toothbrush.
- Repeat the disclosing procedure, and see how much of the plaque is gone.
- Discuss areas where plaque hides.