

Does Tea Stain your Teeth?

Research Information

Teeth are structures in the mouth that are individually squares or cubical-shaped with grooves intended for use in breaking down food for consumption. Teeth are naturally white or off-white in colour, but build-up from foods and drinks such as coffee and tea over time can stain the white colour and turn teeth yellowish and discoloured. In this experiment, we'll use egg shells in order to explore how teeth are stained by drinking coffee, tea, and cola.

Materials

- Eggs, hollowed out following instructions.
- Coffee
- Tea
- Cola
- Three large plastic containers – can use cups.

Method

- Fill three separate large containers with coffee, tea, and cola.
- Put at least one hollowed-out eggshell into each container.
- Every day, fish them out and observe the progress of discoloration.
- Take some photos of gradual changes. On the day when you really start to notice discoloration, note that day.
- Record your results and compare the effects of the three liquids.



How to hollow out an egg.

- Step 1: Pierce the Egg with the Scissors - Using the points of sharp manicure scissors, pierce the small end of the egg. Insert the scissors into the hole and snip a hole in the desired size and shape. Shake the contents into a bowl. **Get an adult to help with this.**
- Step 2: Wash the Inside of the Shell - Wash out the inside of the egg with warm soapy water.