

Activity Sheet 3a: Toothpaste Recipe A



Ingredients	Equipment
<ul style="list-style-type: none">3 teaspoons of baking soda1/2 teaspoon of salt3 teaspoons of glycerine1-2 teaspoons of peppermint flavouring1/2 teaspoon of food colouring (optional)2-3 teaspoons of water	<ul style="list-style-type: none">TeaspoonYogurt pot, or 250 ml beaker

Method

1. Mix together the baking soda and salt in the container.
2. Add the glycerine, peppermint flavouring and colouring (if using) and mix to form a thick paste.
3. Add a few drops of water at a time until it is at the correct thickness.

What the ingredients do:

Ingredient	Job
Baking soda	Cleans
Salt	Makes it abrasive or scratchy
Peppermint	Freshens
Glycerine	Thickens
Water	Loosens the toothpaste

Activity Sheet 3b: Toothpaste Recipe B



Ingredients	Equipment
<ul style="list-style-type: none">3 teaspoons of mixed gelatine3-5 teaspoons of baking soda1-2 teaspoons of peppermint flavouringOil of liquorice, fennel or anise (optional)1/2 teaspoon of food colouring (optional)	<ul style="list-style-type: none">TeaspoonYogurt pot, or 250 ml beaker

Method

- Put the gelatine in the container and add the baking soda a spoonful at a time until the mixture is pasty.
- Mix in the remaining ingredients.

What the ingredients do:

Ingredient	Job
Baking soda	Cleans and makes it abrasive or scratchy
Peppermint	Freshens
Liquorice, fennel/anise	Hides the flavour of the baking soda
Gelatine	Thickens