



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Plaque Attack

**Component:** STEM

**Time:** 15 minutes



### Materials:

- 2 plastic clear cups
- 2 tsp yeast
- 3 cups warm water
- 1 tbsp sugar
- Spoons
- Plaque attack worksheet

### Procedure:

1. As you discuss the experiment with the class, talk about how sugar in our mouths creates plaque too. Remind them to brush 2 times a day and floss too.
2. Put 2 tsp of yeast in each cup
3. Put 1 cup of warm water in each cup
4. Add 1 tbsp of sugar into 1 cup
5. Stir to mix with separate spoons for each cup
6. Observe the plaque attack and complete the plaque attack worksheet