



Tuesday

Healthy Body, Happy Me 2026

Toothtastic Tuesday



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Activity Toothtastic Tuesday

Today's simple investigation encourages observation, prediction and early scientific thinking while linking to health, hygiene and self-care routines.



Resources

- Toothbrush
- Toothpaste
- Hard boiled eggs
- Three containers filled with water, orange juice and cola.

Activity outline

- Invite the children to look closely at the smooth, light-coloured shells of hard-boiled eggs. Explain that the eggs will help them to find out what happens to their teeth when they drink different things - the eggshell is like the enamel that protects their teeth
- Prepare three clear containers: one with water, one with orange juice and one with cola. Discuss the drinks — their colours, smells, bubbles, which ones they like. Encourage the children to guess what might happen to the eggs if they go in each drink. Record their ideas to revisit later. Carefully place one egg into each container and leave overnight
- The following day, invite the children to observe any changes. The egg from the water should look the same, while the juice and cola eggs should appear stained or dull
- Ask open-ended questions to support children's thinking such as: "Which drink would be kind to our teeth?" and "Why do you think that happened?"
- Demonstrate brushing one of the stained eggs with a toothbrush and toothpaste to show how cleaning helps remove marks. Sing, "This is the way we brush our teeth, brush our teeth, brush our teeth. This is the way we brush our teeth, we do it in the morning." (tune: Here we go round the mulberry bush)
- Conclude with a discussion about how to keep teeth healthy - choosing water, limiting sugary drinks and brushing twice a day.



Cheese!



Further resources, links and stories:

Oral Health in Nurseries -
NDNA tips and activities

ndna.org.uk/OralHealth



National Day Nurseries Association

At NDNA, we don't just provide nursery membership, lobby government and offer training, we are dedicated to making a difference. We are a charity that believes in quality and sustainability so we put our members' businesses at the very heart of ours. We enhance, support, nurture, cherish and challenge.

Every year we run an annual Healthy Body, Happy Me campaign to encourage better health and happiness by giving nurseries FREE resources for play, learning and fun.

Get involved with our 2026 campaign and help keep your children happy and healthy.

Important: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.



National Day Nurseries Association

National Day Nurseries Association

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