

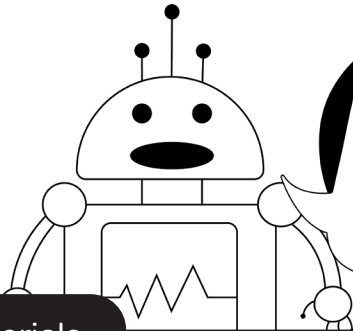
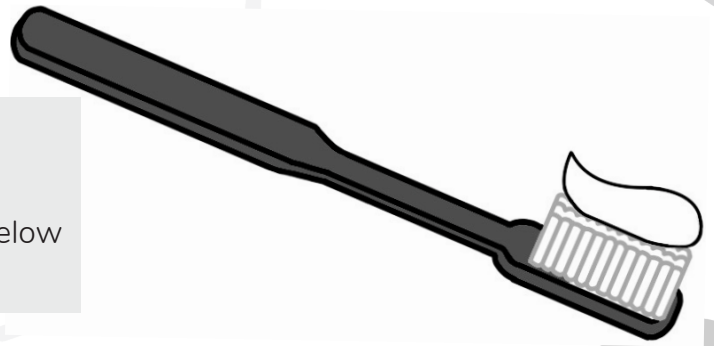
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## How to Make Toothpaste (Part 1)

This activity was created by Brandi.

Making your own toothpaste is easier than you think. There are 2 ways to make it and it only requires 3 ingredients! Follow the instructions below and on page 13 to make two different kinds!



To me, the following instructions look like **algorithms** that I read all the time! An **algorithm** is a set of guidelines or steps that computers follow to complete tasks. Can you follow these **algorithms** properly?

### Materials

**2 tbsp. Baking Soda:** gentle abrasive which can help remove plaque and surface stains.

**2 tbsp. Coconut Oil:** for centuries, many have claimed that coconut oil can help remove plaque from your teeth and bacteria from your mouth.

**Drops of Peppermint Extract/Essential Oil:** peppermint or spearmint extracts/oils, can help freshen your breath! NOTE: peppermint essential oil provides stronger flavour than the extract, giving it a more classic toothpaste taste.

**Drops of Water**

**Empty glass jar or plastic container**

### Baking Soda + Water Toothpaste

- 1 Add 2 tbsp. baking soda into an empty glass jar or plastic container.
- 2 Add a few drops of peppermint extract or essential oil (add more for a stronger mint flavour).
- 3 Add water a few drops at a time.
- 4 Mix all the ingredients until smooth and the consistency of a paste. *If the mixture appears clumpy, add more water. If the mixture is liquidy, add more baking soda.*
- 5 Place a lid on your jar/container!

## How to Make Toothpaste (Part 2)

### Baking Soda + Coconut Oil Toothpaste

- 1 Add 2 tbsp. baking soda into an empty glass jar or plastic container.
- 2 Add 2 tbsp. of coconut oil.
- 3 Add a few drops of peppermint extract or essential oil.
- 4 Mix all the ingredients until smooth.
- 5 Place the lid on your jar/container!



Here's what your toothpaste could look like when you're done!



### Now you've made toothpaste!

But is it a solid or a liquid?

It's actually neither! It's a **colloid** which is a mixture of two substances in different states, in this case a liquid and a solid, where the solid particles are evenly spread out through the liquid.

**Side note:** this is a DIY recipe and does not contain fluoride which is a recommended ingredient for toothpaste by dentists.