

Making Toothpaste

On SCOPE's How Even More Things are Made episode, Bella mixed up some homemade toothpaste. Here's how you can try it at home!



What you need:

- Bicarb
- Glycerine (found in the medicine aisle at the supermarket)
- Salt
- Peppermint oil
- Bowl
- Spoon
- Container (to store the toothpaste)

What to do:

1. Add about 3 tablespoons of the bicarb to the bowl.
2. Add about the same amount of glycerine to the bowl.
3. Add a pinch of salt and a teaspoon of peppermint oil to the bowl (more if you like your toothpaste really minty).
4. Mix up the ingredients.
5. Transfer the mixture to the container.
6. Head to the bathroom to test out your homemade toothpaste!

What's happening:

Glycerine is a sweet, thick (viscous) substance used to create the paste-like toothpaste consistency. It is also added, along with the salt and the peppermint oil to give the toothpaste its flavour. Sodium bicarbonate, on the other hand, is used as the cleaning agent. It cleans your teeth in a number of ways. The powder makes the toothpaste quite 'gritty' and so when you brush it against your teeth, lots of dirt is rubbed away. The paste also acts like a detergent and creates foam in your mouth. That's because the weakly alkaline bicarb combines with water and the acidic dirt in your mouth to make carbon dioxide bubbles. The foam removes dirt and can be washed away down the sink.

