How to Make Toothpaste (Part 1)

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.
   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.
4. Place a lid on your jar/container!

This activity continues on the next page!
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!

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.