






# DIY Toothpaste

3rd - 5th  
Grade

## Materials

-  2 tbsp coconut oil
-  1 tbsp baking soda
-  15-20 drops essential oils (peppermint or spearmint)
-  small sealable container
-  Stirring stick



Students will learn how to make their own toothpaste from natural ingredients.

## Directions

Combine coconut oil and baking soda in small container. Add drops of essential oils for flavor/scent. Stir well.

## Tips

If the paste is too soft, place in the freezer for 10 minutes. If the paste is too hard, close container and run under warm water for 10 minutes.

## To Note

This toothpaste will not foam like normal toothpaste does. This toothpaste will also be slightly more salty than what you're used to.



Smile along, click below, and see how its done!

