

## **ACTIVITY 4B**

### **THE pH OF COMMON FOODS ANSWERSTO EVALUATION QUESTIONS**

1. All substances with a pH below 7 are acidic. Food substances with the lowest pH values are the most acidic.
2. The substances with the lowest pH: vinegar, lemon juice, cranberry-apple juice.
3. The acid and base neutralize each other.
4. Baking soda neutralizes acid in the mouth.
5. Eat foods that are abrasive last when eating a meal. Avoid drinking an acid drink throughout the day. Try to brush and floss after meals. Avoid eating trigger foods slowly throughout the day. Trigger foods include foods containing sugar or acid, such as candy, raisins, sweetened sodas, and lemons and limes.
6. Saliva contains minerals and helps with remineralization. Saliva bathes the teeth in a slightly basic solution.