

ACTIVITY 4B

THE pH OF COMMON FOODS

EVALUATION QUESTIONS – STUDENT WORKSHEET

1. Examine your data table to identify which foods or food ingredients are acidic. The lower the pH below 7, the more acidic the food. Record which substances are the most acidic.

2. If demineralization of teeth is caused by acid working on the teeth, which substances would promote this process the most?

3. Explain your results with test tube # 12.

4. Based on your results with test tube # 12, how does the addition of baking soda to toothpaste reduce demineralization?

5. If a person chose to eat acidic foods or food ingredients, how could their eating habits and oral hygiene habits reduce the process of demineralization?

6. Why does saliva production in the mouth decrease demineralization?
(*hint: the pH of saliva is slightly basic*)
