

THE POWER OF PH

Drink: _____

0 1 2 3 4 5 6 7 8 9 10 11 12 13

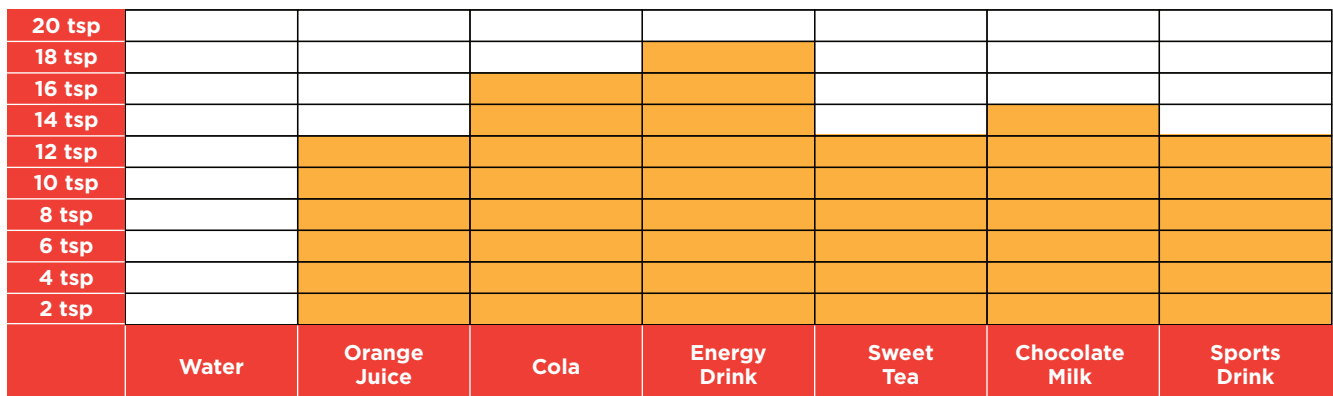


Acidic ← Neutral → Alkaline

Complete the table with the drink, its pH, and whether it's an acid, neutral, or base.

Drink	pH	Acid Neutral Base
Water		
Orange Juice		
Cola		
Energy Drink		
Sweet Tea		
Chocolate Milk		
Sports Drink		

Bar graph comparing amount of sugar in a 20 oz. serving of each drink.



THE POWER OF PH

List the drinks in order from the MOST amount of sugar to the LEAST amount of sugar:

MOST Sugar: _____



LEAST Sugar: _____

MOST Acid: _____



LEAST Acid: _____

Conclusion:

Which drink had the most sugar? _____

Which drink had the least sugar? _____

Which drink was most acidic? _____

Which drink was the least acidic? _____

Of the drinks tested, which do you think will do the most damage to your teeth? Explain why.

Which drink do you think will do the least damage to your teeth? Explain why.

List at least three ways you can reduce the damage done to your teeth by the sugar and acid in drinks:
