MOUTHSCIENCE: THE POWER OF pH

What happens in your mouth when you drink sugary beverages?

Learning Outcomes:

- Understand the relationship between sugar, acid and cavities.
- Determine which drinks are healthy choices for teeth and which drinks are not.
- Identify ways to avoid or reduce damage to teeth caused by sugary drinks.

MOUTH SCIENCE
DELTA DENTAL OF OKLAHOMA

Request a free MouthScience kit from Delta Dental of Oklahoma Foundation at DDOKFoundation.org/girlscouts

Your free MouthScience kit includes a program guide and all supplies needed for up to 30 kids to conduct a hands-on experiment. Each kit also contains toothbrushes to distribute to your troop!

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Get ready for the activity:

1. Request a free MouthScience kit from Delta Dental of Oklahoma Foundation at **DDOKFoundation.org/girlscouts**.
2. Review the complete program guide. You may also view the kit demonstration video and other visual aids at DDOKFoundation.org/mouthscience.
3. Use the Walmart gift card included with the kit to purchase the recommended drinks on the supply list.
4. Distribute materials to kids and aid them with the steps of the experiment.
5. Analyze and interpret the results:
   a. *What do the pH numbers mean?*
   b. *Which drinks contain the most sugar?*
   c. *Which drinks do the least amount of damage to teeth?*
6. Be sure everyone goes home with their toothbrush!

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