

EXPERIMENT:

# the acid test

Flossie says eating lemons makes her a sourpuss. Ha! Ha! Lemons are not only sour but they're full of acid. Just like sugar, acid can harm your smile. Acid wears away the hard part of your teeth — known as enamel. You know what that could mean? You could get one of those nasty cavities.

This experiment helps you discover which foods have a lot of acid. It's fun, safe and easy to do.



## Here's what you need

- A grown-up to help

- Water



- Red cabbage



- Strainer or coffee filter



- Large bowl



- 3 small bowls



- Blender



- Lime, orange and melon (feel free to try other foods)



## Here's how to do the experiment

1

Blend two cabbage leaves and two cups of water for 30 seconds.

2

Pour the mixture through the strainer or coffee filter into the large bowl.

3

Pour the mixture from the large bowl into three small bowls.

4

Put a different small piece of fruit, or juice from the fruit, in each of the bowls.

5

If the food is acidic, the liquid will turn pink or red.

6

Write down your results. Feel free to test other foods or liquids.