



## Acid Mouth

**Ages:** 3 yrs. to 1<sup>st</sup> grade

### Lesson Materials Needed

- Toothfairy Island® Magnetic Board, Magnets



### Key Points

- Soft drinks or sodas not only have a lot of sugar, but they have a lot of acid that can hurt our teeth.
- Many fruit juices such as orange, lemon, lime and grapefruit also have a lot of acid.
- When we sip on soft drinks and juices, acid coats our teeth.
- For a snack it is best to have a cut up piece of real fruit rather than drink fruit juices.
- Juices and or soft drinks are best to have with meals so our saliva can help clean our mouth by washing them off our teeth.
- If we are thirsty, water is the best thing to drink.

**Note:** Before starting the lesson, take a piece of tape and roll it in a circle and apply to the back of the orange as the orange is not magnetic.

## Lesson

*Prerequisite:* Children should be taught the Toothfriendly Snacks lesson first. There needs to be a solid understanding about which foods stick to the teeth and why before teaching this lesson.

**Who likes soft drinks or cola? Why do you like it?**

Allow children to respond. You may receive answers including “it is sweet”, “I like the bubbles!” etc.

*Note:* Children may not know the term soft drinks or cola. If this is the case, use actual names of popular drinks in your area.

Show the students the tooth side of the magnetic board and put the cola magnet on the board.



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## Acid Mouth

We learned in our Toothfriendly Snack Lesson that some foods stick to our teeth. Can anyone tell me what we learned about soda? Was it friendly to our teeth?

Take one or two answers.

We learned that cola or soft drinks are not healthy for our teeth because they have lots and lots of what? Touch your nose if you know the answer. Call on two children.

They have lots and lots of sugar, and the sugar sticks to our teeth.

When the sugar in the cola sticks to our teeth what happens? Touch your ear if you know.

Call on two children

Bacteria that is in our mouth eats the sugar on our teeth.



Place a plaqueman and 2 bacteria near the cola.



The bacteria love to eat the same sweet foods we like to eat, but as they eat, they produce

what? Do you remember the name of our orange spikey magnet?



Take an answer.

His name is Acid and when the bacteria eat the sugar on our teeth they make acid.



Place acid on the board.



Acid sitting on our tooth eats holes in the teeth, and if it is not removed by brushing and

flossing the acid can cause cavities.



Place Mr. Decay on the board.



## Acid Mouth

We are talking about cola or soft drinks today because there is something else you should know about soft drinks that makes them really dangerous for our teeth. They not only have lots and lots of sugar, but they also have lots of acid already in the drinks.



Clear the board except for the acid and the cola.

Soft drinks and cola are made with lots of acid because this is what gives them the flavors we like. Some soft drinks use orange, lemon or lime flavors, and these drinks have even more acid.

**We need to be careful to only drink these drinks when we eat food at meals. Do you know why?**

Take two answers. Praise the children for answering even if the answer is wrong. "That is great thinking but I was looking for another answer:"

We should try to have these drinks with meals because we have this wonderful, watery, colorless, juicy, stuff in our mouth called SALIVA. Sometimes when we just smell food, saliva builds up in our mouth to get ready for the good food you are going to eat. When we eat meals, we have lots of saliva in our mouth, and it helps wash and clean our teeth and mouth.

We still need to brush and floss our teeth, but we can help control the acid by only drinking soft drinks and cola when we have meals.

**There are a couple of more drinks we should talk about and only have with meals. These drinks are juices.**

What kind of juice do you think could be a problem for our teeth? Take two answers

We said earlier that soft drinks that have orange, lemon, or lime flavors have more acid. Just like the soft drinks, orange, lemon, lime and grapefruit juices also have a lot of acid.



Clear the board except for the acid and the orange.

Having juice in a cup and sipping it while you play can really hurt your teeth. Every time you sip, acid is entering your mouth and coating your teeth. You already know that the acid causes the holes in your teeth. These holes are called cavities. Cavities can become very painful if they are not treated by a dentist.

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If you really like to have orange juice when you play, ask your mom to cut up an orange for you instead.

Did you know it takes 4 oranges to make a cup of juice?

That is a lot of oranges and most of us would find 4 oranges way too many to eat for a snack.

But eating a real orange gets that watery saliva working to help clean your teeth after you eat. Eating an orange is better for your body than just drinking the juice.

Remember, if you are really thirsty, water is the best thing to drink for your teeth and for your body.

Drink juice only at meals.



Place the cola and orange on the board with the acid in-between.

**Let's review what we learned:**

**We learned that:**

1. Cola or soft drinks not only have a lot of sugar but they have a lot of acid that can hurt our teeth.
2. Orange, lemon, lime, and grapefruit juices also have a lot of acid.
3. When we sip on soft drinks and juices, acid coats our teeth. Acid can lead to cavities.
4. For a snack, it is best to have a cut up piece of real fruit rather than fruit juices.
5. Juices and or soft drinks are best to have with meals so our saliva can help clean our teeth and mouth.
6. If we are thirsty, water is the best thing to drink.

**Lastly, how do we take care of our teeth every day?**

**We brush and floss our teeth every day!**

## **Exhibit and Handout Information**

There are no exhibits or handouts for this lesson.