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## Kids Dental CLASS-ROOM FUN!

### Experiment: Finding hidden sugar in foods.

Want to make your child or class room of students better guardians of their oral health? This easy experiment is fun and educational.

This experiment identifies the sugar content in food. Sugar is a major factor in the growth of plaque and tooth decay. **Note: an adult must supervise this experiment.**

### You will need:

- 1 bottle of Benedict's solution (ask the school Science department)
- Assorted small pieces of food (cookies, crackers, bread, fruit)
- Several glass test tubes
- 1 heat source (burner, gas or electric)
- Tongs

### What to do:

Place a piece of food in each test tube and then pour 30 - 40 ml of Benedict's solution over the food. Heat the test tubes one at a time over the burner, using the tongs to hold the test tubes.

### What will happen:

Benedict's solution is blue. The presence of sugar will turn the solution to orange. Are there some foods you thought were sugar-free that have sugar?

Send us your experiment results and even some classroom photo's if you wish, and we'll be glad to post them on our web site so the kids can be proud of their accomplishments. We'll also be happy to reward your classroom participants with ToothPatrol tattoo's, posters and stickers.

Good luck and have fun!

The Tooth Patrol

Check out or other fun websites:

[www.toothpatrol.com](http://www.toothpatrol.com)

[www.scugs.ca](http://www.scugs.ca)

