

Lets Make Pop

Procedure 1: Introduce yourself as a Dental Hygienist. Explain that one role in your profession is to help teach people how to take better care of their teeth and mouths, including learning about how what they consume affects their oral health. Note: this lesson can also be facilitated by the classroom instructor. Divide the class into small groups of 2-4 students. Give each small group an empty can of soda pop. Ask them what you have given them, and lead a discussion about the different names for soda (soda, pop, soda pop, soft drink, cola, etc.).

Procedure 2: Direct students' attention to the nutritional information on the soda pop can in front of them. Explain that in regular soda (non sugar-free soda), sugar or sugary syrup is the next main ingredient after carbonated water. For example, Coke and Pepsi both have about 9 teaspoons of sugar in a 12-ounce serving. Mountain Dew has 11 teaspoons. Grape Minute Maid and Orange Slice have almost 12 teaspoons! Explain that, as a large group, you are going to invent your own 12-ounce soda pop and that you will need the help of volunteers.

Procedure 3: Explain briefly that real soda pop manufacturers begin by mixing a flavored syrup of their closely-guarded company recipe with purified water, and then carbonate it adding carbon dioxide gas under pressure. Explain that since none of the soda pop manufacturers like Pepsi or Coke would share their secret recipe, today you'll be using carbonated water and pretending the corn syrup is the special recipe.

Procedure 4: In front of the class, display a glass or see-through plastic container with a capacity of at least 20 ounces. As you lead a discussion about each of the ingredients listed on their cans of soda pop, ask for volunteers to add that same ingredient to the soda pop you are making. See the "Instructions for Making Pop" document in the Resource section for additional information for this part of the lesson.

Procedure 5: Lead a discussion about the other ingredients listed on their cans of soda, explaining that none of them have any nutritional value. Explain that diet or sugar-free soda, while it does not contain sugar, contains artificial sweeteners and sometimes additional artificial flavorings (which, again, have no nutritional value).

Procedure 6: Lead a discussion about beverages that might be better choices than soda, asking students to volunteer answers while you list them on a white board or flip chart.