

# Acidic/Basic These foods are either acidic or basic. Other substances besides foods have these characteristics.

## **Acids and Bases**

- Things that are neither acids nor bases are neutral.
- pH (power of the Hydrogen ion): measures how acidic or basic a solution is by measuring the number of Hydrogen ions.



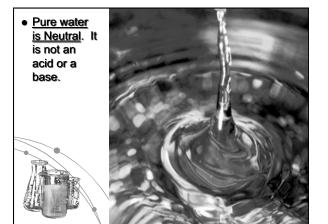
### What is an acid?

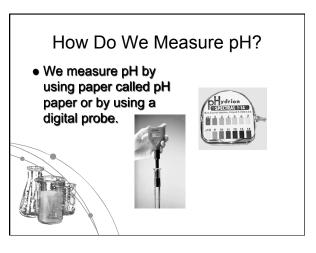
- A solution that has excess H+
- Often taste sour
- Strong acids can burn skin & eyes
- Strong acids can dissolve metals
- Examples:
  - Citric acid = Lemon juice
  - Acetic Acid = Vinegar
  - Car battery acid (dangerous!)
  - Ascorbic acid = Vitamin C

### What is a base?

- A solution that has an excess OH- (very few H+)
- Can taste bitter, sweetish, or salty
- Strong bases can burn skin & eyes
- Bases react more easily with protein than with metal; they are often used for cleaning
- Examples:
   Milk
   Baking soda

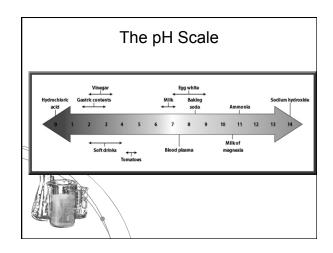
  - Soap
     Drain cleaner (dangerous!)





# The pH Scale

- pH scale ranges from 0 -14
- pH 7 is neutral; neither acid nor base
- pH 0-6.9 = acid
- pH 7.1-14 = base
- The closer to the ends of the scale, the stronger the solution is



# The pH Scale • Each pH unit is 10 times as large as the previous one • A change of 2 pH units means 100 times more basic or acidic pH Scale 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14

