

**CHAPTER 02**

**ACIDS AND BASES**

If someone asks you, “what is your favorite food? What do you like most about your food?” You will say that you just love the taste of food. The taste of our favorite food makes us feel good.

**What makes the food tasty and get different tastes and flavors?**

Have you tasted lemon before? It tastes sour because lemon juice contains citric acid and ascorbic acid (vitamin C). Lemon, vinegar, yogurt and buttermilk are all acid foods.

**Does that mean it is safe to taste all the acids?**

**Definitely NOT!**

There are different acids. Foods contain natural acids like organic acids. Few are laboratory acids. Our stomach contains a strong acid called Hydrochloric acid helpful to digest the food.



The opposite of acid is one that is base.

Ex: Baking soda

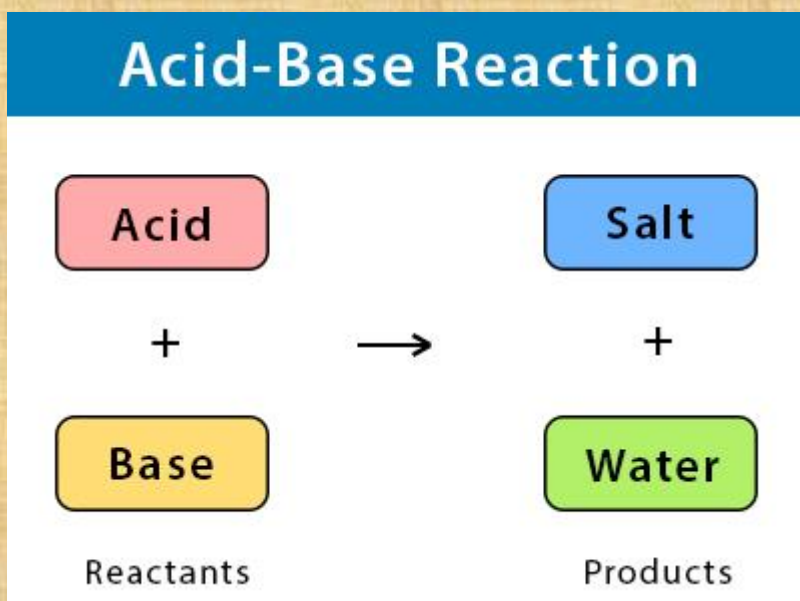
It causes your cake to rise beautifully in the oven.

Bases are bitter in taste and soapy to touch. When bases added to acids, they neutralize the effect of acids. The toothpastes we use are basic in nature. It helps to neutralize acid in our mouth and prevents tooth decay.

Acids and bases react to produce salt and water.

Ex: Common salt (sodium chloride) used in cooking food.

The substances neither acidic nor basic in nature called neutral substances.



An indicator is a dye used to check the acidic, basic, or neutral nature of a solution.