

Does Mint Really Make Your Mouth Cold?

Grades 4-8

A mint candy or mint toothpaste makes your mouth feel cool and refreshed, but does it actually make your mouth temperature cooler? Try this experiment to find the answer!



Materials

- 2 cups filled halfway with water
- 1 mint candy
- Thermometer
- Timer
- Paper to collect data
- Pencil



Procedure

1. Write your hypothesis (what you think will happen)—does mint make the water cooler?
2. Fill 2 cups halfway with water
3. Add the mint candy to one of the cups with water
4. Record the temperature in each cup every 30 seconds for 4 minutes.
5. Compare the temperature of the regular water to the water with the mint.

Questions

1. Did the temperature change?
2. Was your hypothesis correct? Explain why or why not.
3. Research mint and find out why it makes your mouth feel cooler.



Inspiration from <https://supersassandscienceclass.com/does-mint-really-make-your-mouth-cold/>



<http://www.facebook.com/theforsythinsitute/>



<https://www.instagram.com/forsythinsitute/>



<https://twitter.com/ForsythResearch>