

The Lady and the Chewing Gum

By Josephine A. Ann Aparte

Lady the Beagle was restless. She kept on pacing from one end of the garage to the other. She looked worried.

“Hey, Lady,” called out Samantha the Dalmatian. “What’s wrong?”

“I just can’t believe these humans,” Lady said softly, panting.

“Humans? Who?” asked Samantha.

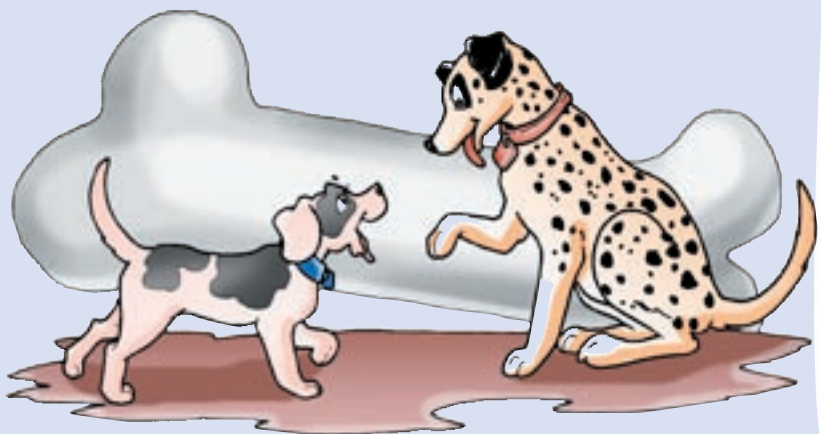
“My family,” replied Lady. She stopped pacing, sat on the ground, and licked her paw a bit. “Can you see this? My paw still hurts from the chewing gum I stepped on last night!”

Samantha scratched her head. “What has chewing gum got to do with your family?”

“The kids in my family love chewing gum,” Lady moaned. “But they spit out their gum just about anywhere. And I always step on discarded gum. Oh, how I hate chewing gum...”

Samantha felt sad for Lady. To cheer her friend up, she thought of telling Lady a story. “You know what? Chewing gum may not be so bad after all,” Samantha said.

Lady’s eyes widened. She wiggled her tail, the



way she usually did when she got excited.

“I heard my human dad telling my human mom that chewing gum is good for the health,” Samantha said. “For human health, I mean.”

“How could something bad for me be good for others?” asked Lady.

“Well,” said Samantha, “chewing gum after eating fights cavities. Gums stimulate the production of saliva. Saliva helps wash away bacteria that damage the teeth of our human friends. And for extra cavity-fighting power, chewing gum has an ingredient called xylitol. But of course, the gum should be sugar-free.”

“Hmmm . . . that sounds interesting already. What else can chewing gum do?”

Samantha sat beside Lady and licked her paw before she continued. “I heard my Mom tell my Dad about this American nutritionist named Gil Leveille who said that chewing gum might also be good for the human brain. There are studies that show that people do better on memory tests while they are chewing gum. And some scientists already created a gum that could help humans stay awake!”

“Whoa! Snaps for chewing gum!” said Lady.



Fun Facts

- The word “gumfitti” refers to an instance when a place is littered with used chewing gums.
- In Singapore, chewing gum in public places is illegal.
- Too much chewing can damage the jaw joint.

Sources

Bubble Gum Science. <<www.stevespanglerscience.com/experiment/00000133>>

Kruszelnicki, Karl S. Chewing Gum. <<www.abc.net.au/science/k2/moments/s1366318.htm>>

Sohn, Emily. Chew for Health. <<www.sciencenewsforkids.org/articles/20070404/Feature1.asp>>

Bubble Gum

Below is a bubble gum dispenser. This dispenser contains lots of yummy bubble gums. But each bubble gum is wrapped in a sheet of paper that contains a question. You have to answer that question first before you can enjoy the bubble gum. Pick the bubble gum you want to have first, and answer the corresponding question below.



QUESTIONS

- Name of American nutritionist who said that chewing gum might also be good for the human brain
○○○ ○○○ ●○○○○○
- An ingredient in chewing gum that gives it extra cavity-fighting power
○○○○○ ●○○
- Chewing gums fight _____.
○○○○○ ●○○○○
- _____ stimulate the production of saliva.
○○○○○○○○ ○○○○
- It helps wash away bacteria that damage the teeth.
○○○ ●○○○
- The word which means that a place is littered with used chewing gums.
○○○ ●○○○○○
- Too much chewing can damage the _____.
○○○ ○○○○○ ●

When you are done answering the questions, pick the letters in the colored bubble gums. Arrange those letters to form the sentence below.

SENTENCE:

○ ○○○ V ○ ○ Y ○○○ E ○○○

Healthy Teeth

Lady wants her human friends to have healthy teeth. Help Lady choose the right things that will keep her friends' teeth healthy. Color only the objects that are good for the teeth.



Answer Key

Bubble Gum

1. Gil Leveille
2. xylitol
3. Cavities
4. Chewing gum
5. Saliva
6. gumfitti
7. Jaw joint

Sentence:
(I Love My Teeth)

Healthy Teeth

Objects with color
toothbrush, toothpaste, milk,
fruits, and vegetables