



## Do You Need Saliva to Help You Taste Your Food?

**Gather your equipment:**

- Some Kitchen roll • A scarf or blindfold • A glass of water
- 4 samples of dry foods, for example:



Crackers



Breakfast  
cereal



Biscuits



Crisps

- An adult helper

1. Put on the blindfold and then gently dab your tongue and the inside of your mouth with kitchen roll to dry up any saliva.

2. Ask your helper to pass you a food sample to taste.

**Is it easy or difficult to chew and eat without saliva?**

**What does the food taste like? Can you guess what it is?**

3. Taste the other food samples with a dry mouth.

**Did you correctly guess what they were?**

4. Ask your helper to pass you a drink of water. Now try tasting each food sample again with saliva in your mouth.

**Did you guess what foods you were eating once your mouth was wet?**

**What do your results tell you? Do you need saliva to help you taste your food?**

Your mouth produces up to 2 litres of saliva, or spit, every day.

