

# How much saliva does our mouth have?

LO: Which foods create more saliva in our mouths?

This task is to find out if we produce different amounts of saliva from eating different types of foods.

You will need:

- 3 types of food (small amount only) I have a biscuit, an almond and 1 segment of a satsuma.
- Some kitchen roll, toilet roll or tissue paper (cut into squares approximately 100mm x 50mm)
- A teaspoon
- Paper and pen to record your results



REMINDER: Think about what makes a fair test?

Step 1: Swallow to make your mouth less moist

Step 2: Eat one of your foods

Step 3: Once finished eating, place your teaspoon in your mouth roll your tongue over / around the spoon

Step 4: Dry your spoon onto one piece of tissue paper, this will show how much saliva has been produced

Step 5: Note how wet your tissue is, if you can, take a photo to note the extent of dampness.

NOW: Dry off your teaspoon with a fresh piece of tissue, then repeat this process for each food type you have.

Record your results using your photos into a table:

<u>Food</u>	<u>Results</u>
Biscuit	Small amount of saliva
Almond nut	More saliva than biscuit
Orange (1) Segment	Lots of saliva, more than biscuit and Almond added together

**CONCLUSION:** Write a few sentences to explain your findings / results.

**NOTE:** You could repeat to this process to increase the reliability of your findings.