## The Saliva Solution

The teeth physically break food into smaller pieces. At the same time, your saliva chemically breaks it down as well. How does this happen? Saliva contains special chemicals called enzymes to break down large starch molecules.

1. What happened when you held a saltine cracker in your mouth? Did you notice any change in the cracker? What do you think is happening to the starch in the cracker?



2. How does saliva help us digest our food?

Name: Answer Key

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1. What happened when you held a saltine cracker in your mouth? Did you notice any change in the cracker? What do you think is happening to the starch in the cracker?



The cracker started to taste sweeter. The starch is turning to sugar so the cracker starts to taste sweet.

2. How does saliva help us digest our food?

Saliva helps us digest our food by making it wet and easier to swallow and by changing start to sugar.