

Microbe Magic Experiments

<http://microbemagic.ucc.ie>

Explore your body – How spit helps your food taste good!

What you will need

A friend

A blindfold

Dry foods like bread, crackers, plain biscuit, sugar, salt, gravy granules.....

Water

Paper towels

Pencil

Paper

What to do:

- Put on the blindfold.
- Dry your tongue completely using a clean paper towel.
- Ask your friend to place a small sample of each of the foods you have chosen onto your dry tongue, one at a time.
 - It helps to keep your tongue dry if you keep it sticking out!
- Your friend should take note of what you think the food is.
- Rinse your mouth well with water and dry your tongue complete between each food you try.
- When you have tested all the foods, swap places with your friend.
- Can either of you figure out the order of the foods you tasted?

What's happening?

Food has taste but you cannot sense this taste without your saliva. Chemicals from the dry food need to be dissolved in saliva before they can be detected by your tastebuds. If you don't have enough saliva to do this, your sense of taste will be severely compromised!