

How Does Saliva Help Digestion?



Bags	Contents	Results after iodine is added
Bag 1	<ul style="list-style-type: none"> • 2 teaspoons of water 	Iodine remains brown; no starch present. This bag is a control to show the color of iodine alone in water.
Bag 2	<ul style="list-style-type: none"> • 2 teaspoons of water • 1 teaspoon of "saliva" 	Iodine remains brown; no starch present. This bag is a control to show that "saliva" does not contain starch and does not turn iodine blue-black.
Bag 3	<ul style="list-style-type: none"> • $\frac{1}{2}$-inch piece of cracker • 2 teaspoons of water 	Iodine turns blue-black; starch present.
Bag 4	<ul style="list-style-type: none"> • $\frac{1}{2}$-inch piece of cracker • 2 teaspoons of water • 1 teaspoon of "saliva" 	After 15 to 30 minutes, iodine is brown showing that starch is no longer present. This bag shows that "saliva" turns starch into something else that does not react with iodine.