CALIFORNIA STATE SCIENCE FAIR
2003 PROJECT SUMMARY

Name(s)
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Project Number
S1004

Project Title
The Effect of Food on Saliva's pH

Abstract

Objectives/Goals
The object of my experiment was to determine whether or not the foods we eat effect the pH of our saliva. I believe that acidic foods will cause the pH to decrease, and that alkalinic foods will cause the pH to increase.

Methods/Materials
Materials: bottle of water, strips of blue and red litmus paper, and strips of pH paper.
Methods: After having each of the test subjects rinse out their mouths with water (to get the saliva to its normal pH) they would eat a few bites of one specific specific food, and after swallowing, gather some saliva in their mouths and press the papers onto their tongues, allowing them to react with the saliva.

Results
In every trial performed, the foods caused the pH of the saliva to change, by either increasing or decreasing, proving that salive does react with the foods we eat.

Conclusions/Discussion
My conclusion is that the levels of acidity and/or alkalinity in our foods do effect our saliva's pH, and cause it to change as the foods are being broken down before being swallowed.

Summary Statement
My project was meant to determine whether or not different foods react with saliva and cause its pH of 7.4 to change, by either increasing or decreasing.

Help Received
Mrs. Taliaferro helped revise report, and Chloe Smith, Tim Lamphier, Jamie Lofton, Lisa Wells, and all members of my immediate family served as my test subjets.