Sweet Talk
Our bodies are complicated them factories, as this simple experiment shows

**What to do:** Chew the soda cracker slowly a few minutes.

**What happens:** The cracker tastes sweet.

**Why:** Your saliva has a substance in it called an enzyme. The enzyme styalin breaks down starch or other carbohydrate molecules to a simple sugar called maltose. When you chew the cracker, the starch in it is changed to sugar, so it tastes sweet.