Saliva is another name for spit.

Saliva is a clear liquid that is made in your mouth 24 hours a day, every day.

It's made up mostly of water, with a few other chemicals.

We need spit for lots of reasons.

Saliva wets food and makes it easier to swallow. Without saliva, a cheese sandwich would be dry and difficult to gulp down.

It also helps the tongue by allowing you to taste. A dry tongue can't tell how things taste — it needs saliva to keep it wet.

Spit helps begin the process of [digestion](http://kidshealth.org/en/kids/digestive-system.html) too.

Before food hits your stomach, saliva starts to break it down while the food's still in your mouth.

Saliva also cleans the inside of your mouth and rinses your teeth to help keep them clean.

It is important that I keep my saliva in my mouth for eating.

It is important that I keep my saliva in my mouth for talking

It is not okay to spit at other people.

If we spit at or in the direction of others it makes people sad.

If we spit at or in the direction of others it will spread germs which can make people sick.

If we spit at or in the direction of others it makes a mess.

If we spit at or in the direction of others it makes people cross.

I must try hard to keep my spit in my mouth.

If I keep my spit in my mouth then my friends, the adults and mum and dad will be happy.

If I am angry then I can…..

I must try not to spit to show people I am feeling….

If I have too much spit in my mouth I can ….