

# Salt and your health

## Key Stage 2 Exercise Answers



# Exercise 1:

## Where is Salt Hidden?

Name \_\_\_\_\_

Too much salt can cause health problems. But do you know which foods contain salt?

**Circle all of the products which you think contain a lot of salt.**

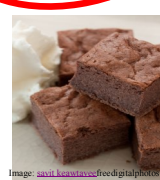
*Bread*



*Breakfast Cereals*



*Cakes*



*Biscuits*



*Sausages*



*Yogurt*



*Milk*



*Pasta sauce*



*Pizza*



*Honey*



*Ketchup*



*Cheese*



# Exercise 2:

## Salt Maths

Name \_\_\_\_\_

Being able to understand food labels is a good step to knowing how much salt you are eating in a day.

**Try the sums below to help you get used to working out how much salt you eat!**

Bread



0.5g salt  
per slice

Cheese



0.6g salt  
per slice

Crisps



0.5g salt  
per packet

Soup



0.8g sodium  
per half tin

1. If you have two slices of toast for breakfast, how much salt would you have?  $0.5 + 0.5 = 1.0\text{g}$

2. John has a cheese sandwich for lunch with a packet of crisps. How much salt does he have? *Assume he uses 2 slices of bread and 1 slice of cheese.*  $0.5 + 0.5 + 0.6 + 0.5 = 2.1\text{g}$

3. Half a tin of soup contains 0.8g of sodium per portion. How much salt is this?  $0.8 \times 2.5 = 2.0\text{g}$

4. Gill and Mary both had cereal for breakfast. A bowl of Gill's cereal contained 0.1g of salt while a bowl of Mary's cereal contained 0.8g. How much more salt did Mary eat?  $0.8 - 0.1 = 0.7\text{g}$

**Remember: To get from sodium to salt  
you must multiply by 2.5**

# Exercise 3:

## Making a Difference

Name \_\_\_\_\_

Many people want the food companies who make our food to lower the amount of salt that they add.

Let the food companies know that you think lowering salt is important and ask them to do more.

### Class discussion:

As a class discuss what high salt foods you enjoy to eat. Take a vote on what is your favourite.

### Action

Individually, or as a class, write to the company who makes your favourite food, letting them know why salt is bad and asking them to reduce how much salt they add to your food.

For a letter template visit  
<http://www.actiononsalt.org.uk/less/less/less/index.html>

