

Salt and your health

Key Stage 2 Exercises



Exercise 1: Where is Salt Hidden?

Have a discussion with the class about this task—was it hard to rank the products in order of saltiness? Does anything about the results surprise them e.g. cakes have salt in but they are a sweet product—the sugar masks the salt. Salt is added to most products to increase their shelf life, which is especially true for cakes and biscuits.

<p>Bread</p>  <p>6</p>	<p>Breakfast Cereals</p>  <p>7</p>	<p>Cakes</p>  <p>8</p>
<p>Biscuits</p>  <p>10</p>	<p>Sausages</p>  <p>2</p>	<p>Yogurt</p> <p>Naturally occurring</p>  <p>11</p>
<p>Milk</p> <p>Naturally occurring</p>  <p>12</p>	<p>Pasta sauce</p>  <p>4</p>	<p>Pizza</p>  <p>1</p>
<p>Soup</p>  <p>3</p>	<p>Ketchup</p>  <p>9</p>	<p>Cheese</p>  <p>5</p>

Exercise 2:

Salt Maths

Name _____

Understanding how quickly salt adds up in our diet will help us understand what foods to watch out for!

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

Breakfast	Portion Size	Salt per portion
Multigrain hoops with semi-skimmed milk	1 x 30g bowl + 125ml milk	0.5g
Snack		
Chocolate digestive biscuit	2 biscuits	0.5g
Lunch		
Homemade ham and cheddar cheese sandwich	140g	2.5g
Ready salted crisps	25g (multi-pack bag)	0.4g
Sliced apple	1 x medium	Trace
Snack		
Bread and peanut butter	1 slice wholemeal bread with 15g peanut butter	0.6g
Evening Meal		
Sausages	2 sausages	1.6g
Baked beans	Half a small tin (105g)	1.0g
Oven chips	100g	0.3g
Ice cream with sliced banana	1 scoop ice cream with half a medium banana	0.1g
Drinking chocolate	200mls semi-skimmed milk (1 mug) and 18g drinking chocolate (3 heaped spoonful's)	0.5g
	Total Salt	8g

Exercise 3:

Discussion

Name _____

For a child aged between 7 and 10 years the maximum recommended intake of salt is 5g per day.

In pairs discuss how you could reduce the salt content in the meal plan on the previous page.

For example: Have a homemade 'no added salt' pasta salad instead of sandwiches at lunch time.

- Choosing a breakfast cereal with less salt. Check nutrition labels and choose those with no added salt e.g. Weetabix or cereals with 0.3g of salt per portion or less (saving approximately 0.2g)
- Replace the chocolate biscuits with half a toasted tea cake and some fruit (saving 0.3g)
- Choosing a lower salt bread and sandwich filling e.g. fresh chicken or egg mayonnaise with lots of fresh salad (saving approximately 0.3g)
- Making a homemade 'no added salt' pasta salad as an alternative to sandwiches at lunch time
- Swapping crisps for fresh crunchy carrot and pepper sticks (saving approximately 0.4g)
- Replacing sausages with a lower salt alternative such as freshly cooked lean meat or fish, or a homemade burger (saving approximately 1.4g)
- Swapping baked beans for a lower salt variety, or food lightly cooked, frozen or fresh vegetables e.g. peas, broccoli, green beans or carrots (saving approximately 1g).

These small changes would make a huge difference, reducing the day's intake by approximately 3.5g bringing the total salt content down to 4.5g. This is below the maximum recommended intake of 5g per day for a child aged between 7 and 10 years.

Exercise 4:

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 ask them to reduce how much salt they add to your food.

Find our more on:
<http://www.actiononsalt.org.uk/>

For more resources see:
[http://www.actiononsalt.org.uk/
resources/education-
materials/](http://www.actiononsalt.org.uk/resources/education-materials/)

