

Salt and your health

Key Stage 2 Exercises



Name _____

Exercise 1: Where is Salt Hidden?

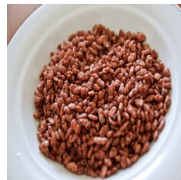
Too much salt can cause health problems. But do you know which foods contain salt?

First, circle all of the products which you think contain a lot of salt. Then, number the products from 1 to 12 in order of most salty to least salty.

Bread



Breakfast Cereals



Cakes



Biscuits



Sausages



Yogurt



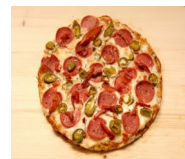
Milk



Pasta sauce



Pizza



Soup



Ketchup



Cheese



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	

Name _____

Exercise 3:

Discussion

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.

1.

2.

3.

4.

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/>



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