



Salt Secrets.doc

<http://www.sciencenewsforkids.org/articles/20081105/Feature1.asp>



Question sheet: Salt secrets

SCIENCE

Before reading:

- 1. What is salt and where does it come from?**
- 2. List at least three uses for salt.**
- 3. Many foods contain salt. Some are even described as low-salt foods. Is the salt in our diets a good thing, a bad thing or neither?**

During reading:

- 1. What type of salt “concerns scientists most?”**
- 2. What are the ingredients in salt?**
- 3. In our bodies, what is sodium good for?**
- 4. Name three health problems that too much sodium (or salt) can pose?**
- 5. What is hypertension?**
- 6. Can kids get high blood pressure?**

After reading:

- 1. Identify five ways you and your family might reduce your intake of salt in foods.**
- 2. What foods have the most sodium?**
- 3. One major concern about sodium in our foods is its potential contribution to high blood pressure. Why do you think high blood pressure is dangerous? (Hint: What is the pressure acting upon?)**

Attachments

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