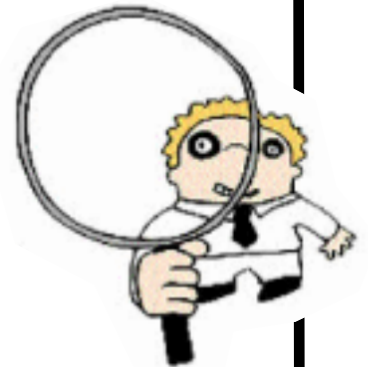


# Why do we need to eat some salt?

We like the taste of salt because it contains sodium, which in small amounts is essential for our health. Salt also has other valuable uses. Put a cross on the boxes that you think are NOT true:



- A** A little sodium is essential for us to control our blood pressure
- B** We lose salt when we sweat, so it's important to eat more salty foods when it's hot
- C** Sodium helps regulate our blood pressure
- D** Without sodium our nervous system would be unable to transmit messages
- E** Sodium is an important component of our blood and it helps carry nutrients into our body's cells
- F** If food has 'gone off' you can add salt to kill the bacteria and make it safe again
- G** If you don't get enough sodium your head could explode
- H** Salt can help preserve food by killing bacteria that might cause food poisoning

Answers: (A) True. (B) Although it is true that we lose salt when we sweat - but our bodies can cope perfectly well with that. When it's hot you need to drink more, but you DO NOT need more salt. Only people in really hot countries need to eat extra salt. (C, D and E) All true. Sodium plays an important part in helping our blood, nervous and nutrient systems work. (F) Although salt can help preserve food, it CANNOT make food that has already 'gone off' safe to eat. (G) Don't panic! A lack of sodium will not cause your head to explode. (H) Salt can help to preserve food. Most bacteria hate to live in salty places.