Salt Quiz Sheet

Tick or circle the correct answer

1) What can happen if we eat too many salty foods?
   a) stroke
   b) heart attack
   c) both

2) Which is the healthy choice?
   a) Crisps with salt
   b) Crisps with no salt

3) Which is healthiest for you?
   a) salt
   b) herbs
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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</thead>
<tbody>
<tr>
<td>Q1</td>
<td>c) Too much salt can cause heart attack and stroke because the blood pressure gets high</td>
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<tr>
<td>Q2</td>
<td>b) crisps with no salt</td>
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<tr>
<td>Q3</td>
<td>b) Herbs: such as basil, oregano, coriander</td>
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