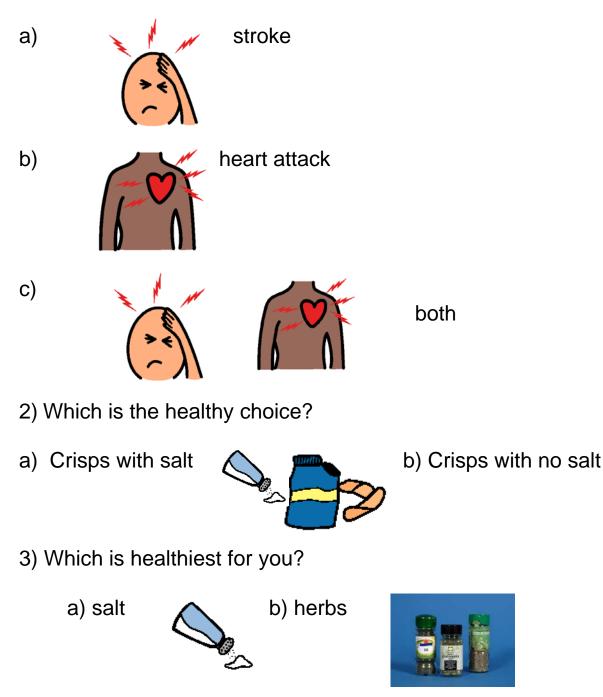
Salt Quiz Sheet

Tick or circle the correct answer

1) What can happen if we eat too many salty foods?



Question Answer

- Q1 c) Too much salt can cause heart attack and stroke because the blood pressure gets high
- Q2 b) crisps with no salt
- Q3 b) Herbs: such as basil, oregano, coriander