



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 

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