

Salt: Good or Bad?, pp 4, 5

Jump, February 2023



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1. Sort out: *muscles, vegetables, nerves, sodium, bones, kidneys, heart, crackers, chips, blood, popcorn, fruit, calcium.*

Junk food	Healthy food	Body parts	Chemical elements

2. Listen and fill in the gaps.

We use salt in our food to make it taste better. Salt also preserves food _____ bacteria can't live in too much salt.

In chemistry, salt is sodium chloride (NaCl). There is about 40% _____ (Na) and 60% chloride (Cl). We need sodium for our _____ and _____ to work. Sodium also regulates water in our body. We need a minimum of 500mg of sodium every _____. The ideal intake of sodium is 2g (2,000mg) a day. That's about ___g of salt. But in fact, we eat much, much _____.

3. Fill in *much* or *less*.

- There's too _____ salt in commercially prepared foods.
- When there's too _____ sodium in your blood, your body keeps water.
- Over time, the extra work can cause _____ calcium in your bones.
- Eat homemade food with _____ salt, and lots of fruit and vegetables.

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SOLUTIONS

1. Sort out: *muscles, vegetables, nerves, sodium, bones, kidneys, heart, crackers, chips, blood, popcorn, fruit, calcium.*

Junk food	Healthy food	Body parts	Chemical elements
crackers	fruit	muscles	sodium
chips	vegetables	nerves	calcium
popcorn		kidneys	
		heart	
		blood	

2. Listen and fill in the gaps.

We use salt in our food to make it taste better. Salt also preserves food **because** bacteria can't live in too much salt.

In chemistry, salt is sodium chloride (NaCl). There is about 40% **sodium** (Na) and 60% chloride (Cl).

We need sodium for our **muscles** and **nerves** to work. Sodium also regulates water in our body. We need a minimum of 500mg of sodium every **day**.

The ideal intake of sodium is 2g (2,000mg) a day. That's about **5g** of salt. But in fact, we eat much, much **more**.

3. Fill in *much* or *less*.

- There's too **much** salt in commercially prepared foods.
- When there's too **much** sodium in your blood, your body keeps water.
- Over time, the extra work can cause **less** calcium in your bones.
- Eat homemade food with **less** salt, and lots of fruit and vegetables.