

Name: \_\_\_\_\_

# Test Your Salt Smarts

**Directions:** Read the article “Salt at Fault” (page 23). Then answer the questions in Parts 1, 2, and 3.

## Part 1

1. Salt helps maintain the water levels in \_\_\_\_\_.
2. Salt helps send signals between the brain, nerves, and \_\_\_\_\_.
3. Eating too much salt can raise the body’s \_\_\_\_\_.
4. If you play sports, you may actually need more \_\_\_\_\_.
5. Salt can help balance \_\_\_\_\_ levels in the blood, providing energy to body cells.
6. Salt assists in keeping the nose from getting \_\_\_\_\_.

## Part 2

Guess which of the food choices below has more salt. Circle your answer.

- |                                      |    |                                 |
|--------------------------------------|----|---------------------------------|
| a. One small, unseasoned steak       | OR | one slice wheat bread           |
| b. One doughnut                      | OR | one bottle of cola              |
| c. One piece of apple pie            | OR | one hot dog                     |
| d. One bowl of fruit-flavored cereal | OR | one piece of chocolate cake     |
| e. Three chocolate chip cookies      | OR | 10 pretzels                     |
| f. One salad with low-fat dressing   | OR | one hamburger with French fries |

## Part 3

After reading the article, how might you change your eating habits so that you don’t consume too much sodium?

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