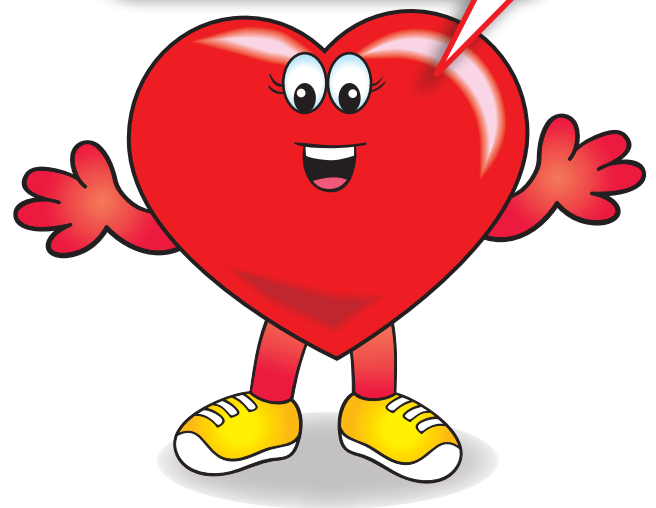


Too Much Salt?

Read.

Some people put salt on food, but is salt good for you? It is good for your body to have some salt each day. Too much salt is not good, though. Too much salt makes your body hold in water. That makes your heart work harder. Some food has a lot of salt. Pizza has a lot of salt. Some bread does, too. Canned soup has a lot of salt. The labels on foods tell how much salt is in the food. It is a good idea to eat food that does not have a lot of salt. It is a good way to take care of your heart!

Salt is in a shaker.
It is in foods too.
Less salt is better
For a healthy you!



Circle True or False.

- | | | |
|--|------|-------|
| 1. Your body needs a little salt each day to stay healthy. | True | False |
| 2. Pizza has salt in it. | True | False |
| 3. Food with a lot of salt is good for you. | True | False |
| 4. Eating a lot of salt is bad for your heart. | True | False |
| 5. It is a good idea to read labels on foods. | True | False |

(RI.1.1)

Answer Key

“Too Much Salt?”

1. True
2. True
3. False
4. True
5. True