

Salt

Name: _____

Salt Facts

- Salt is also called sodium chloride.
- Salt regulates the water content of our body.
- About 1000 years ago, salt was so expensive it was sometimes referred to as “white gold”.
- The human body needs salt. However, too much salt is not good for you. Many foods naturally contain salt so adding more salt is not necessary. For example, processed foods such as cheese and bacon usually have a very high salt content.
- About 75% of the salt most people eat comes in processed foods.
- Sea turtles sometimes appear to be “crying” but they are actually getting rid of excess salt from special glands next to their eyes.

Do you know any more interesting facts about salt?

Extension Research

Most food labels say how much salt is in your food but it is usually called “sodium”.



Look at the nutrition information on food labels for a range of processed foods and compare the amount of salt (or sodium) in each.

Which food did you find had high levels of salt (sodium)?

Experiment

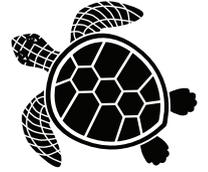
Put water into 2 bowls. Add salt to one and stir until the salt stops dissolving.

If you place an egg in each bowl, do you think it will float or sink?

Will there be a difference in what happens to the egg in the salt water and the fresh water?

Verbs

Verbs are words that describe actions.



Underline the verbs in each sentence.

You should not eat too much salt.

Tim dissolved the salt in a glass of water.

Chloe poured the salt into the container.

We put salt in our swimming pool.

I can taste salt in my sandwich.

Jack placed the salt on the table.

Eating salty food makes me thirsty.

Number Crunchers

Jim was able to dissolve 38 grams of salt in 100 grams of water.

1. If 100 grams of water equals 100 milliliters, how much salt can be dissolved in 1 liter of water?
2. How much salt could Jim dissolve in 10 liters of water?
3. What is the least amount of water Jim would need to dissolve 19 grams of salt?

Brain Teaser

Jim dissolved some salt in a glass of water.

Jim then wanted to separate the dissolved salt from the water.

Is it possible?
If so, how can it be done?

