

SECTION 5 - BASICS OF NUTRITION

Activity Sheet 2—Salt and sodium

Salt is made up of two elements, sodium and chloride. A single gram (g) of salt contains 0.4 grams (0.4g) of sodium and 0.6 grams (0.6g) of chloride. Most of us need to reduce the amount of sodium we eat, and the best way is to cut back on salt.

However, some food labels list the sodium content; some list the sodium and salt content; and some list nothing at all. So it's not always easy to tell what you're eating.

Have a look at these questions and see if you can tell your sodium from your salt. For each question, tick the box that you think is correct. Hint: To work out the salt content, multiply the sodium number by 2.5. To work out the sodium content, divide the salt number by 2.5.

One gram (1g) of salt contains 0.4g of sodium. In 2g of salt, how much sodium is there?			
0.6g	0.8g	1.0g	1.2g

Health experts recommend we reduce the amount of salt we eat to less than 6g of salt each day. How much sodium is that?			
2.0g	2.2g	2.4g	2.6g

Some crisps contain 06g of sodium in every 100g (a high level). How much salt is this per 100g?			
1.0g	1.25g	1.5g	2.0g

Cheddar cheese contains about 0.7g of sodium in every 100g. How much salt does Cheddar cheese contain in every 100g?			
1.0g	1.25g	1.75g	2.0g

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ANSWERS—Activity Sheet 2

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One gram (1g) of salt contains 0.4g of sodium. In 2g of salt, how much sodium is there?			
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Some crisps contain 0.6g of sodium in every 100g (a high level). How much salt is this per 100g?			
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Cheddar cheese contains about 0.7g of sodium in every 100g. How much salt does Cheddar cheese contain in every 100g?			
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