

Name: _____

Salt Shakeup

Directions: After reading “Salt at Fault” on page 16, fill in the blanks in the sentences.

1. Another name for salt is _____ .
2. Salt helps maintain the water levels in _____ .
3. Salt helps send signals between the brain, nerves, and _____ .
4. Eating too much salt can raise the body’s _____ .
5. Most young people should not eat more than 2,300 milligrams of salt a day, which is about _____ teaspoon(s).
6. Most Americans eat at least _____ times the recommended amount of sodium a day.
7. If you play sports, you may actually need more _____ .
8. Salt can help balance _____ levels in the blood, providing energy to body cells.
9. Salt helps prevent _____ during exercise.
10. Salt assists in keeping the nose from getting _____ .