

What is Salt?

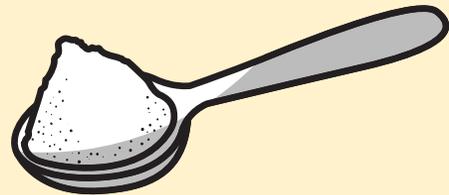


What is Salt?



Salt is a mineral which can be found in food. Salt is needed for our muscles to work properly

How much salt should I eat per day?



We should take only 1 teaspoon of salt a day but most Singaporeans take too much!

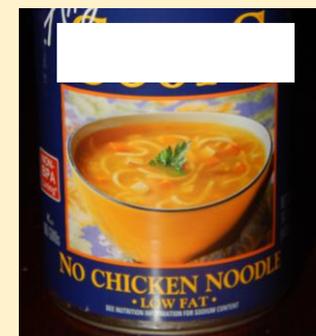
Foods High in Salt



**Chicken
Nuggets**



Ketchup



Canned Soup



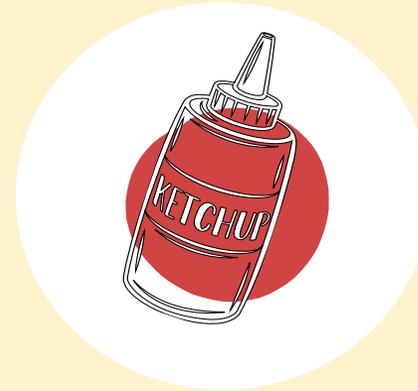
4 Ways to Reduce Salt



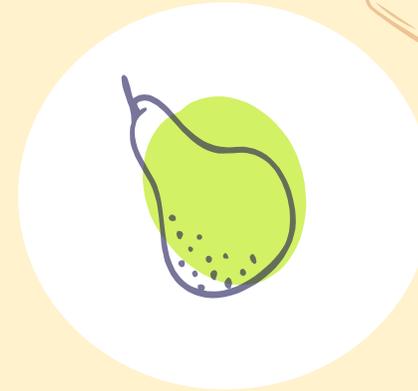
Eat less gravy



Look for the healthier choice symbol



Don't add extra sauces like ketchup, chilli sauce or salt to our food



Go for fresh ingredients like fruit and vegetables

Resources for students



Name: _____

Date: _____

Match the food alternative to the foods that are high in salt.

Salt Intake



Fresh Corn



Baked Potato



Steamed Chicken



Fresh Tomato

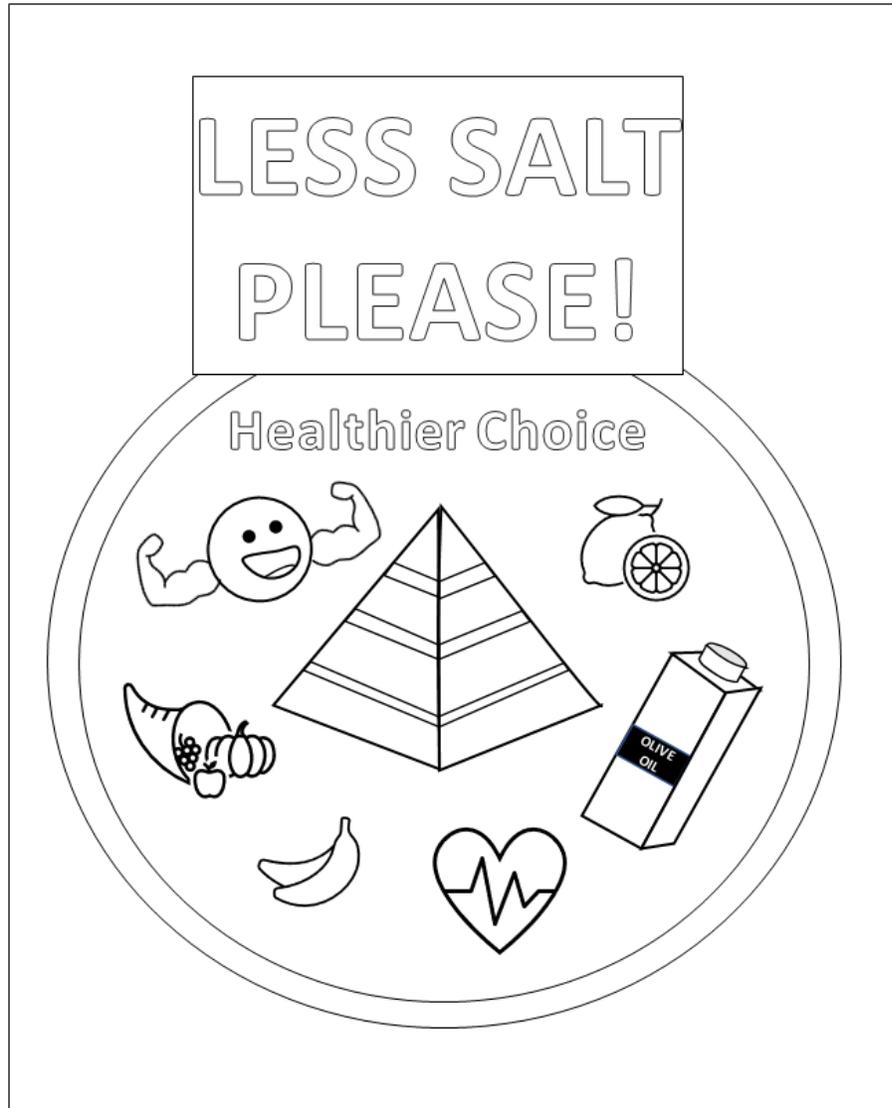
Match the Food (Preschool)



Name: _____

Date: _____

Colour the picture below.



Coloring Poster (Preschool)

