

VIBE ACTIVITIES

Healthy Body – Silly Seasoning page 24



HEALTHY VIBE

HEALTHY BODY

SILLY SEASONING

SALT, IT'S EVERYWHERE. WE SPRINKLE IT ON OUR FOOD, ADD IT TO OUR COOKING, AND CONSUME IT IN NUMEROUS OTHER WAYS – AND MOST US ARE EATING WAY MORE OF IT THAN WE SHOULD, OR NEED TO.

The technical name for salt is sodium chloride. It is a mineral made up of sodium and chlorine – two elements that are essential for life as they regulate water levels in the body and assist with electrical signalling in the nervous system. But while we need some salt, too much has been found to lead to a range of health problems including high blood pressure, cardiovascular disease, cataracts, obesity, kidney problems and kidney stones, oedema (fluid retention), stroke, gastric cancer and osteoporosis. It is definitely a food to use sparingly.

Salt is one of the oldest food seasonings known to man and salting is an important method of food preservation, but the amount of salt we shake onto our food is not usually our main source of salt intake. We get about 80 per cent of our salt as additives to the processed foods we eat.

The average Australian consumes around eight or nine times more sodium than they need. The National Health and Medical Research Centre's (NHMRC) suggested dietary target advises that Australian adults should aim to consume no more than 4g of salt a day (or 1600mg of sodium). Generally, infants and children need less than adults.

But doesn't the body need some salt? Yes, but the body gets sufficient salt by eating natural, unprocessed foods such as fruits and vegetables, nuts, seeds, beans and unprocessed whole grains.

REDUCING YOUR SALT INTAKE

So how do you reduce the salt in your diet, especially if most of it is added to foods during processing?

For a start, try simply not cooking with salt and not adding salt to your food.

Learn to read food labels when shopping. Look at the sodium levels of foods on labels and remember the daily recommended intake.

Some other suggestions for reducing the amount of salt in our diet include:

- * Choosing reduced salt bread and breakfast cereals – bread is a major source of sodium in the diet.
- * Avoiding high salt and sodium foods.
- * Cutting back on processed foods as well as takeaway and fast foods.
- * Buying fresh rather than canned vegetables.
- * Buying 'low salt' (contains less than 120mg/100g) or 'salt free' versions of commonly used foods, such as sauces.
- * Using herbs and spices such as garlic, oregano and lemon juice to add flavour to meals.

THE HIGH SALT FOOD LIST

These foods contain a lot of salt, so eat them sparingly.

Pizza, most snack foods, potato chips, processed meats (such as sausages, salami, hot dogs and luncheon meats), canned vegetables dehydrated or packet foods (such as instant pasta or soups pre-packaged sauces) and condiments, (such as tomato sauce and soy sauce), as well as white bread and bread rolls.

CUTTING SALT FROM YOUR COOKING

Throw away that salt shaker. You can reduce your salt intake by 20pc just by making one simple change – not adding salt when cooking or at the table.

Avoid high-salt sauces and stocks. Most stock cubes, gravy browning, soy sauces and prepared soups are high in salt. If you can, choose low-salt (or low-sodium) alternatives or make your own stock in advance.

There are other flavourings you can add to your foods to add flavour, without adding the salt. Why not try fresh, frozen or dried herbs, onions, garlic, shallots, chillies, ginger, cinnamon, lemon juice, pepper, vinegar, red or white wine, cider or beer, or spices (but check the label to make sure that they only contain low levels of salt or sodium).

BUT WHAT ABOUT THE TASTE?

Won't food taste too bland without salt? No. The taste for salt is acquired and is not a useful indicator of the requirement for salt. You will probably miss the salty taste at first, but once your taste buds have become acclimated, you will discover flavours in foods that you never realized existed before. Their true tastes will emerge without the salt, which only masks their natural flavours even more delicious!

did you know that?

- * A jam sandwich has only 30 per cent less salt than a vegemite sandwich because most of the salt comes from the bread.
- * Sea salt, onion, celery or garlic salts are not low sodium substitutes.
- * A bowl of cornflakes has about the same amount of salt as a small packet of plain chips.
- * Some sweet biscuits contain as much or more salt than savoury biscuits.
- * Ricotta, cottage, mozzarella and Swiss cheeses are lower in salt than most other cheeses.

READ *Silly Seasoning* on page 24

ACTIVITY 1

BUILDING READING SKILLS



- skimming and scanning for information
- reading headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world

There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge, what you already know or feel.

1 The text box at the bottom right corner of the page tells us that:

- a jam sandwich has much more salt than a Vegemite sandwich.
- sea salt, onion salt and celery salt are low-salt alternatives.
- a bowl of corn flakes has twice as much salt as a small pack of chips.
- some sweet biscuits contain more salt than savoury biscuits.



(inferred)

2 Which of these is **not** true?

- The chemical name for salt is sodium chloride (NaCl).
- We need a lot of salt to keep healthy.
- Too much salt can lead to heart problems.
- Salt is one of the oldest seasonings known to humans.

(inferred)

ACTIVITY 2

LANGUAGE CONVENTIONS - SPELLING

- 1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

Salt is a type of seesoning.

Too much salt can lead to high blud pressure.

We get a lot of salt from prosedded foods.



- 2** Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

We consume around ate times more salt than we need.

Dietary targets suggest we cut down on our salt intake.

The body gets sufishent salt from natural foods.

ACTIVITY 3

LANGUAGE CONVENTIONS - GRAMMAR

- 1** Which word correctly completes the sentence?

Some foods contain a lot of salt, so consume _____ sparingly.

- they
- it
- them
- those



2 Where should the brackets () go in this sentence?

- Choose (low-salt) or low-sodium alternatives.
- Choose low-salt (or low-sodium) alternatives.
- Choose (low-salt or low-sodium) alternatives.
- Choose low-salt or low-sodium (alternatives).



ACTIVITY 4

HOW MUCH SALT DO YOU EAT EVERY DAY?

The recommended daily upper levels for 4-8 year olds = 3.5g salt per day.

Look at the amounts of salt that you might eat in your meals each day.

Check the low-salt alternatives.

Develop a menu that includes your favourite low-salt foods.

SALT score! Comparison of example children's meal summaries

Amount of salt a child might eat in a day		Amount using lower salt options	
Breakfast	Salt grams per serve	Breakfast	Salt grams per serve
Rice Breakfast cereal 30g	0.54	Sanitarium Weet-Bix Kids 30g	0.08
Toast 1 Slice white	0.52	Bowen Island Bakery Irish Soda Bread 1 slice	0.03
Dairy spread 5g	0.07	Home Brand Canola Light Margarine 5g	0.04
Yeast spread 5g	0.4	St. Dalfour Red Raspberry 100% Spreadable Fruit 5g	negligible
Orange juice 200 ml	negligible	Orange juice 200 ml	negligible
Snack		Snack	
Packet of corn chips 46g	0.63	You'll Love Coles No Added Salt - Corn Chips 46g	0.01
Packed Lunch		Packed Lunch	
White bread 2 slices	1.04	You'll Love Coles Sliced White Bread - Invisible Fibre 2 slices	0.74
Cheddar cheese 21g	0.74	Mainland Light Cheddar Cheese 25g	0.32
Tuna Chunks in Brine	0.8	Safcol Tuna With Fresh Tomato And Basil In Springwater 70g	0.4
Dairy Spread 5g	0.07	Home Brand Canola Light Margarine 5g	0.04
Apple 1	negligible	Apple 1	negligible
Snack		Snack	
Original Muesli Bar 20g	0.2	Cannons Tropical Muesli Bar 45g	0.06
Dinner			
Pasta with Cheese Sauce 52g	1.65	Birds Eye Vegetables with Pasta and Cheese Sauce 125g	0.42
Mixed Frozen Vegetables 100g	0.04		
Total dietary sodium intake	6.7g Salt	Total dietary sodium intake	2.1g Salt

Recommended Daily Upper Levels for 4-8 years old = 3.5g Salt



For more information go to www.awash.org.au