**Exercise A**

**Read the article and answer the questions.**

What percentage of Americans eat too much salt?

How much sodium is recommended to eat per day?

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**Circle T for True and F for False**

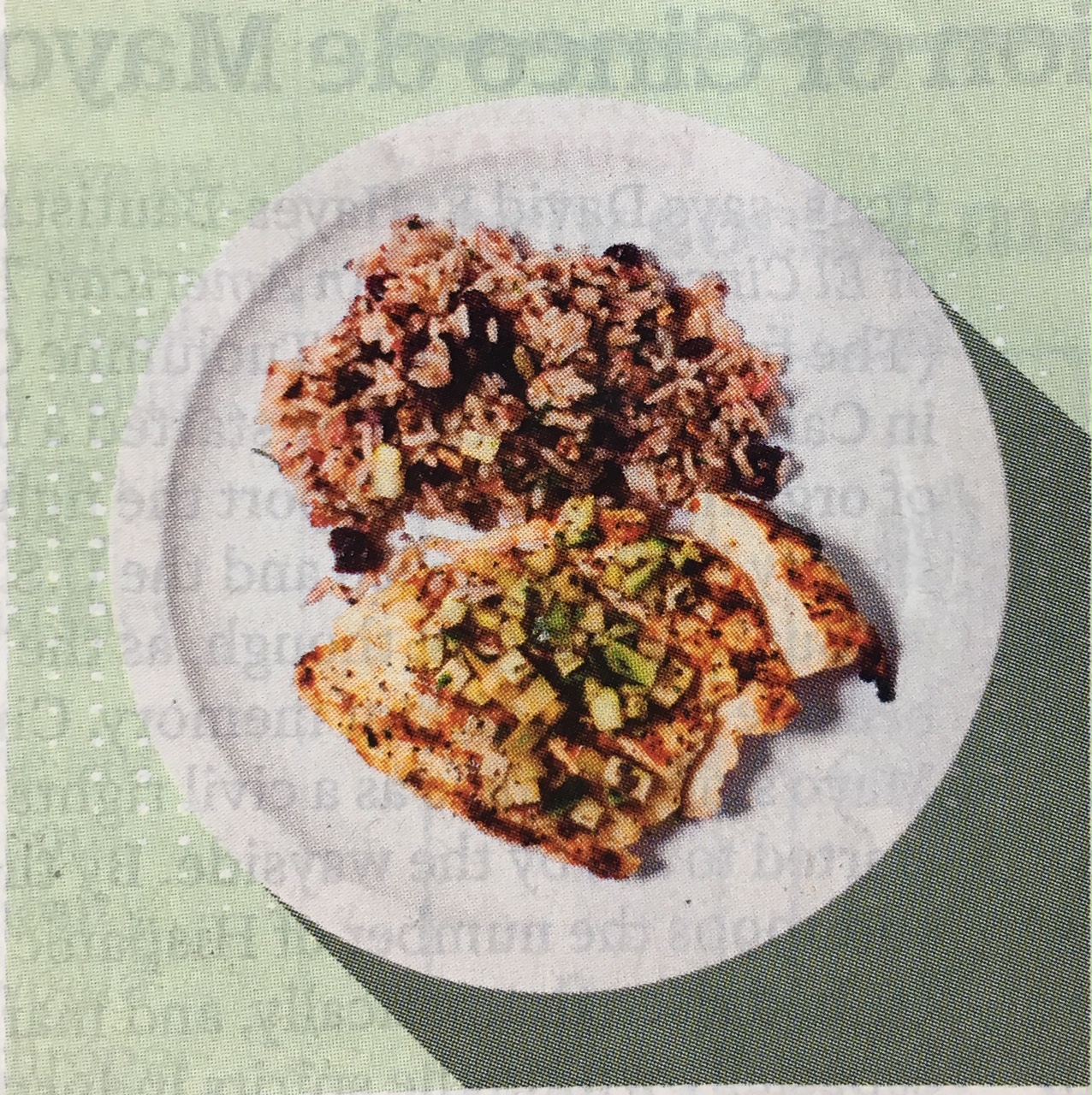
[1] Healthy people who ate more salt had higher blood pressure (T / F)

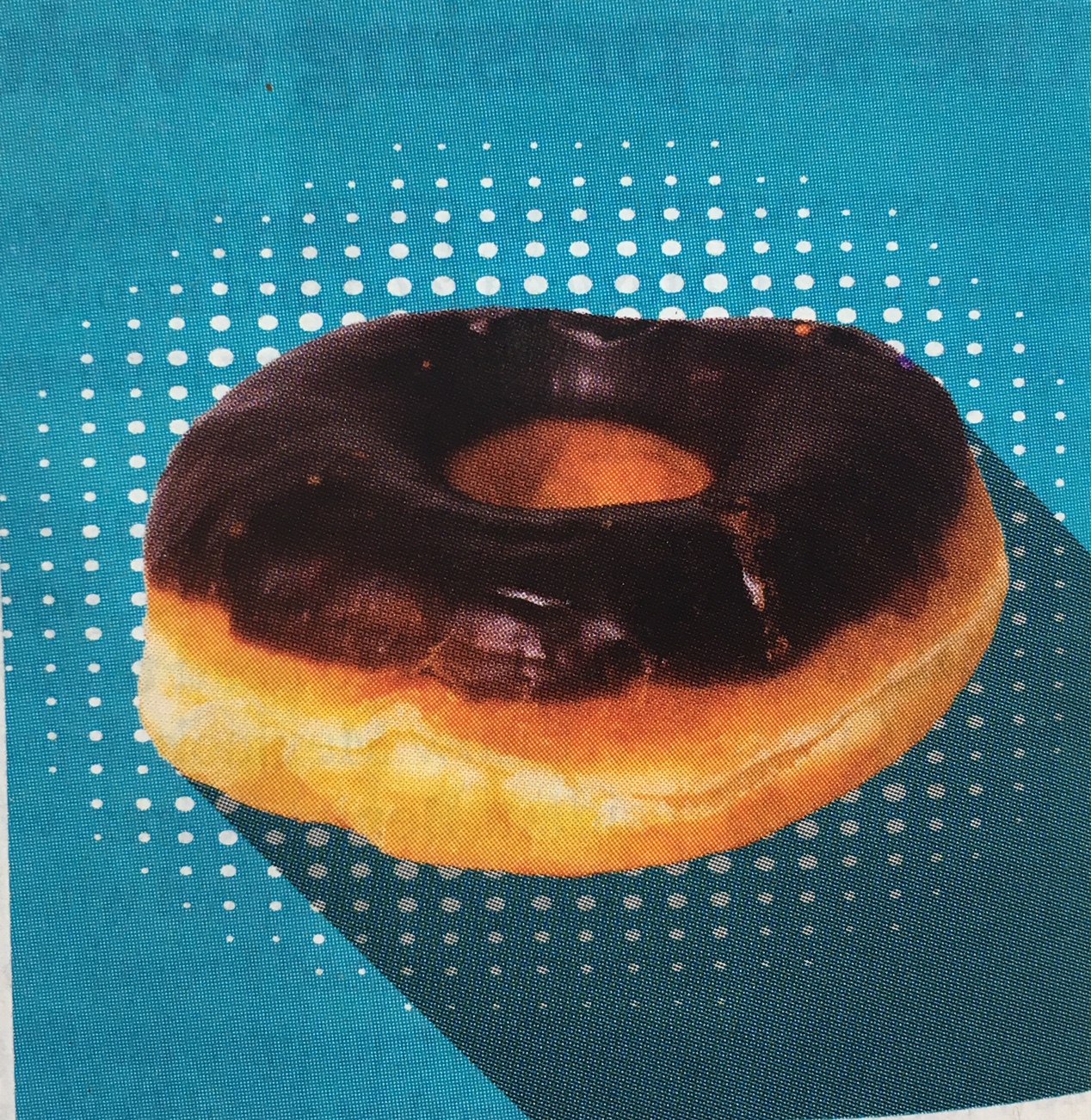
[2] Sodium is used as a preservative (T / F)

[3] Foods that don’t taste salty have no salt [T / F)

**Write down how much sodium a food in the picture has.**

 [\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_mg]

 [\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_mg]

[\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_mg]

**Exercise B**

**Answer the questions based on the article**

Who would be happy to hear this news?

Considering the amount of sodium that cedar-grilled lemon chicken has,

What can you tell about foods at the restaurant called Applebee?

**Read Sarah’s diary and find out how much sodium she ate that day.**

June 1st, 2018

I woke up late and didn’t have time to eat breakfast. When I was

working at my office, I was so hungry. I went to the café and got a

reduced-fat blueberry muffin. After work, I met my best friend, Emily

at Applebee near by my house. I got cedar-grilled lemon chicken.

It was on “lighter fare” menu, so I thought that it might be good for

my health. I got back home and cleaned up my room. I suddenly wanted to eat something sweet and found a chocolate-frosted doughnut that I got two days ago. I ended up eating the doughnut……..