

Salt intake Lesson Plan	
Subject	Appropriate age group
What is salt, salt's role in the body, the daily recommendations for children and adults, and how to reduce salt intake.	8-11 yrs.
Learning Objectives	Resources
1.) Describe what salt is and learn about its role in the body. 2.) Describe why being aware of your salt intake is. 3.) Gaining knowledge on how to reduce salt intake.	PowerPoint presentation One activity sheets. Recipe Card
Teaching Input	
<ul style="list-style-type: none"> <li>Explain how salt impacts the body. A small nod towards the impacts of a high salt intake on health i.e cardiovascular disease, high blood pressure and obesity.</li> <li>Explanation on food that contributes to a high salt intake.</li> <li>Simple tips on how to reduce salt intake.</li> </ul> <p>Key messages</p> <ul style="list-style-type: none"> <li>This lesson aims to raise awareness on why a low salt intake is important, and the impacts of a high salt diet on the body.</li> <li>The lesson shows simple ways that salt can be reduced in the diet.</li> </ul> <p>LESSON ACTIVITY</p> <ul style="list-style-type: none"> <li>Grocery run smart shopping. Children choose their favourite foods and drinks. Use nutritional label and put the foods into the correct Column.</li> <li>Pasta sauce with vegetables is a low salt recipe alternative to pre-made pasta sauces.</li> </ul>	