

SALT ACTIVITY - 13TH HIGHSCHOOL OF KALLITHEA - GREECE

HELLO! Below we have hidden 18 foods. Some of them are High-Sodium Foods, some of them are Low-Sodium Foods. Can you find them? Can you put them in the right food-group?

A	K	L	H	A	M	B	U	R	G	E	R	J	P	Q
X	S	T	E	N	U	A	W	A	L	K	I	S	I	T
T	M	A	S	K	S	C	E	Z	M	T	Y	X	Z	E
E	A	P	L	C	T	O	C	E	Y	O	K	G	Z	S
D	M	P	L	T	E	N	P	A	R	M	E	S	A	N
U	A	L	I	S	T	E	A	N	I	S	T	O	D	G
P	R	E	T	Z	E	L	S	R	C	Y	C	E	V	O
C	T	T	S	A	A	H	T	Y	E	N	U	R	E	N
A	H	E	I	G	H	C	A	O	L	L	P	E	R	G
F	R	E	N	C	H	F	R	I	E	S	G	E	B	I
T	R	C	O	P	I	C	I	S	L	A	N	D	S	N
S	P	E	A	K	A	S	O	Y	S	A	U	C	E	G
A	G	H	E	T	T	T	I	O	G	K	A	L	T	E
L	N	N	E	W	E	U	S	G	T	F	I	S	H	R
A	N	O	T	H	E	D	R	H	L	O	G	A	Q	P
M	I	L	K	A	D	E	I	U	R	G	T	S	Y	S
I	A	O	Y	X	E	N	G	R	E	E	C	E	R	B
I	N	G	T	E	R	T	N	T	O	M	A	T	O	A

High-Sodium Foods:

Low-Sodium Foods: