****

**Inclusion in Secondary School**

**2018-1-DE03-KA229-047219\_4**

**Iasi, Romania, the 12-19th of May 2019**

**Wednesday, the 15th of May 2019**

**Topic *: Healthy Food***

**Activity 6 – Healthy /Unhealthy Snacks**

**Argument**

Young people enjoy eating snacks. As there is a very large offer, we should chose the healthiest one.

**Objective:**

To compare the content of sodium/salt in different products and to chose the healthiest/unhealthiest product of that type.

**Procedure:**

1. Purchase 8 different types of snacks (chips, pufuleti, baked rolls, tortilla chips, etc) that are approximatively the same size .
2. Calculate how much salt is in each snack by studying the labels (4 grams is equal to 1 teaspoon).
3. Set up the snacks in order from lowest to highest salt content.
4. Decide for yourself which snacks are healthy and which are unhealthy.