

# Experiment!

## Salty Potato

Use this experiment to see for yourself how too much salt can affect us.

Too much salt is hard on our heart, kidneys, and other organs. Too much salt can make us thirsty, it can make our blood pressure go up, and it can make our kidneys work harder.

### Appropriate for:

Elementary School or Middle School aged students

### What you need:

- 1 potato (*any variety*)
- 2 saucers/dishes
- Water
- Table salt

### Instructions:

1. Cut a potato in half. Adults should assist younger children.
2. Fill the two saucers/dishes with water.
3. Mix about a teaspoon of salt into one of the dishes and then label them so you which one has the salty water.
4. Place one potato half into each dish with the cut/flat side down – watch what happens after about 30 minutes.
  - a) The water with the salt draws the water out of the potato, causing it to shrivel.



Like the potato, salty food and drinks make people thirsty. Too much salt can affect the balance of water in our bodies that is important for making cells and organs work properly. **Salty foods can make your kidneys and heart work harder.**

You should only have these foods occasionally. What are some salty foods you will try to limit now?