

Salty Potato Experiment

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

Ages: Elementary school or Middle School

What you need:

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

Instructions:

1. Cut a potato in half. Make sure you have supervision or have someone cut it for you.
2. Fill the two saucers/dishes with water.
3. Mix 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. The salt water 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?