5 The food industry adds salt when processing foods.

People also add salt to food during cooking and as they eat food.

(a) **(i)** Give **two** reasons why salt is added to food.

1 .....

2 ..... **[2]**

(ii) Give **two** ways in which eating too much salt can be bad for your health.

1 .....

2 ..... **[2]**

(b) The Department of Health recommends that you should not eat more than 6 g of salt in a day.

Packaged food has labels showing the salt content.

Many people eat much more than the Government's recommended amount of salt, despite the risk.

Suggest reasons why.

The quality of written communication will be assessed in your answer.

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..... **[6]**

[Total: 10]

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