

The Story of Salty Sally

1. Sport Sally Wants To Play
2. Food High In Sodium
3. Food Low In Sodium
4. Healthy Drink
5. Unhealthy Drink
6. Food High In Sodium
7. Food High In Sodium
8. Food Low In Sodium
9. Food Low In Sodium
10. Food High In Sodium
11. Food Low In Sodium
12. Food High In Sodium
13. Device Sally Uses To Travel On
14. Verb
15. Sport Sally Wants To Play
16. The Nutrient Sally Needs To Eat Less Of
17. Something A Coach Uses In Tryouts
18. Sport Sally Wants To Play
19. The Nutrient Sally Needs To Eat Less Of
20. Device Sally Uses To Travel On
21. Food Low In Sodium

The Story of Salty Sally

Over the next month, Sally began to change her lifestyle so she can become healthier and make the

_____ sport Sally wants to play team. Instead of eating a slice of _____ food high in sodium that she ate every day, she

began to eat a _____ food low in sodium sandwich with _____ healthy drink instead of _____ unhealthy drink. With

the help of Healthy Harry, Sally changed her favorite foods of _____ food high in sodium and _____ food high in

sodium _____ to _____ food low in sodium and _____ food low in sodium. One day for lunch, her mom asked if she

wanted a _____ food high in sodium, but Sally knew how much salt that was so she asked for _____ food low in

sodium _____ instead. As Sally began to eat better, she felt more energetic and less salty, but she still wanted to be

able to catch up to the other kids during tryouts so she began to play more outside. After school, instead of

sitting under a tree and eating her _____ food high in sodium, Sally brought her _____ device Sally uses to travel on and

rode all around the park. She also began to _____ verb around in the backyard and play with her own

_____ sport Sally wants to play ball. When she was not sure what food was high in _____ the nutrient Sally needs to eat less of

she would call upon Healthy Harry to help her out. The day off tryouts came and Sally was ready to show her

coach. As soon as the coach blew his _____ something a coach uses in tryouts, Sally ran full speed and was faster than

everyone else on the field. After tryouts, coach blew his whistle and gave a soccer ball to everyone who made

the team. This time Sally got a _____ sport Sally wants to play ball and was the happiest she has ever been. Thanks to

Healthy Harry, Sally knew that too much foods high in _____ the nutrient Sally needs to eat less of did not give her the

energy she needed to become a soccer star. She thanked Healthy Harry as she rode on her _____ device Sally uses

to travel on _____ home so she can go eat her _____ food low in sodium, her new favorite after-school snack.

