

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

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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.

