

Electric spoon helps people cut down on salt

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battery-powered spoon that makes food taste saltier is now in stores in Japan. It is called the Electric Salt Spoon. It was created by researchers from Tokyo's Meiji University and the Japanese drinks company Kirin.

The researchers hope their spoon will help people cut down on the amount of salt they eat. The spoon sends a weak electric current to the tongue. The current is too weak to be felt. However, it makes salt taste up to one and a half times stronger. This means we can eat food with less salt, but still sense a salty taste.

Researcher Ai Sato said: "Japan has a food culture that tends to favour salty tastes. People need to reduce the amount of salt in their food." However, she added that food with no salt is bland and tasteless.

Salt is important for our health. However, too much of it can cause cardiovascular diseases, like high blood pressure, strokes, and heart problems. These are the leading causes of death globally. The World Health Organization recommends a daily salt intake of less than 5 grams.

In Japan, the average person has around 10.1g of salt a day. That's higher than the average of 8.5g for Americans. In many countries, around 75 per cent of salt in the diet comes from processed foods, and from things like soy sauce.

The Electric Salt Spoon costs 19,800 yen (around \$99). Kirin hopes to sell a million of them over the next five years. The spoon's developer has also created electric chopsticks. These will go on sale next year.

Discussion

- 1) What do you think about what you read?
- 2) What would eating be like if food had no salt?
- 3) Would you like an Electric Salt Spoon?
- 4) What other things do we need salt for?
- 5) Do you worry about cardiovascular diseases?
- 6) What do you think of processed foods?
- 7) What do you think of an electric sugar spoon?
- 8) What questions would you like to ask the spoon's designer?
- 9) What questions would you like to ask the spoon's designer?
- 10) What do you think of salt?
- 11) How important is salt in food?
- 12) What do you think of the Electric Salt Spoon?
- 13) Do you need to cut down on salt?
- 14) What do you think of your country's food culture?
- 15) Is a spoon or a fork better?
- 16) Which taste do you prefer - salty, sweet, sour or spicy?
- 17) What are your favourite salty foods?