

Rooming

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Every Tues : 206B

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C3 L4 : Salt In The Diet

Friday, September 25, 2015 12:42 PM

health implications of too much salt

understand that experts disagree about the risks associated with eating too much salt

Healthy Diet :

- Carbs (include sugars)
- Veg and fruit
- Natural fats and sugars
- Dairy
- Protein
- Vitamins and minerals
- Water

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



All in moderation

SALT IN DIET (Mineral)

*Salts change the blood pressure -> Blockage of the blood flow - Eg. Stroke (Brain) / Heart attack (Heart)

*Kidney failure - excess salt from the blood - too much damages the kidney

*Too little and risk of strokes again

C3 L6 : Alkali From Salt

Monday, September 28, 2015 8:57 AM

the processes of making salt into alkali

The Leblanc Process (inefficient - small product with lots of input)
You need large quantities of alkali :
during the time period needed for cleanliness - agriculture etc.

2 million tonnes ---1/4 of a million tonnes

sodium chloride + iron sulfide (sulfuric acid) -> sodium sulfide + hydrogen chloride gas
coal + calcium carbonate + sodium sulfide -> sodium carbonate + calcium sulfide

over 200 hectares X 4m depth -- solid waste from alkali industry

the hydrogen chloride from the factories , if dissolved in rainwater , produced acid rain . (Which has the same elements as hydrochloric acid) This led to building and wildlife damage and reactions with solid waste to release foul smelling hydrogen sulfide.

cleaning up process involved

- reacting water and hydrogen chloride gas before it was emitted in the atmosphere .
- Henry Deacon made chlorine from the gas - hydrogen chloride gas is oxidised

disadvantages of living in Widnes 1891 :

- respiratory problems (pollution etc.) -
- foul smell

So regulations in scientific advancements are crucial in order not to damage the environment / people