NURTURE
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Elementary Program
Unit 4.6

Supplemental Activity: Salt Consumption

Supplies Needed:
- 4.6_SW_Salt-Consumption-Worksheet
- Graph paper (Optional)

Length of Time to Complete:
- 5 minutes to introduce activity
- 10 -15 minutes to graph data
- 5 minutes to answer questions

Audience (grades): 4th

Common Core Standards Taught:
- Mathematics 4.MD.B.4
  - Make a line plot to display a data set of measurements in fractions of a unit. Solve problems involving addition and subtraction of fractions by using information presented in line plots.

Lesson:
This month we talked about sodium and how our bodies need sodium to balance the fluids in our bodies and to carry nerve impulses to help our muscles work. Does anyone remember what we should keep of daily sodium intake below each day? *(2,300 mg)*

Studies are showing that too much sodium can lead to high blood pressure, which is hard on the body. Too much sodium makes us hold on to water making blood pressure rise, which can lead to illness and disease.

Sodium is found naturally in most foods, for instance milk, meat, cheese and even some fruits and vegetables. Since 2,300 mg is less than ½ a teaspoon, it is not hard to get the sodium we need from whole foods. It is the processed foods with added sodium, and the salt that we add to food that we need to cut back on.

Let's do an exercise that looks at Paul's salt intake for three days. Add up all of the salt that he has, daily. Then plot the results on a graph. The graph will have sodium in milligrams on the y-axis and the day of the week on the x-axis.

Graph Worksheet – Salt/Sodium *
Answer Sheet

Step 1 – Find the total milligrams of salt Paul ate each day.

On Monday Paul ate:

Breakfast	Instant maple and brown sugar oatmeal	261 mg
Lunch	Dominos cheese pizza	507 mg
Snack	Apple Peanut Butter	1 mg 125 mg
Dinner	Stouffers meat lasagna	1857 mg
	Total mg	**2751 mg**

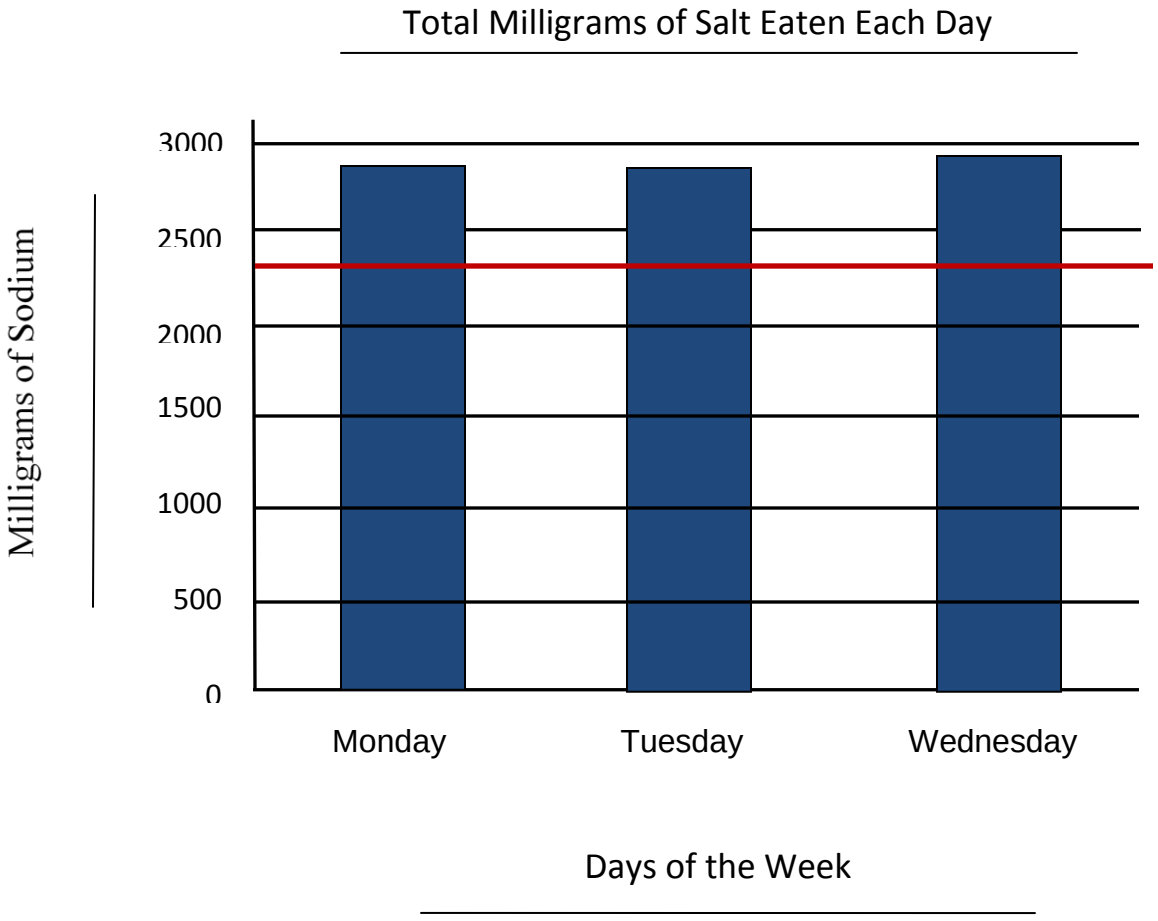
On Tuesday Paul ate:

Breakfast	Fried egg Whole wheat toast	94 mg 147 mg
Lunch	Whole wheat bread (2 slices) Turkey deli slices Lettuce	294 mg 270 mg 1 mg
Snack	One bag of Takis (2 servings)	360 mg
Dinner	Chunky chicken noodle soup (canned) Saltines	781 mg 780 mg
	Total mg	**2727 mg**

On Wednesday Paul ate:

Breakfast	Honey nut cheerios Milk, 2% reduced fat	190 mg 100 mg
Lunch	Subway sandwich BMT	1900 mg
Snack	Grapes, green	3 mg
Dinner	Baked Chicken Mashed potatoes, with milk and margarine Green beans	28 mg 699 mg 1 mg
	Total mg	**2921 mg**

*Sodium amounts are estimated on one serving size as listed on:
http://nutritiondata.self.com/



Answer the following questions:
Did Paul have more or less sodium than recommended each day?
Paul had more than the recommended amount of sodium each day.

Do you have any ideas of how he can eat less sodium each day? Give some examples of changes he can make to lower his sodium intake.
Eat plain oatmeal instead of instant.
Make more homemade meals (homemade pizza or lasagna) to control the sodium.
Each fruits or vegetables instead of takis.
Have vegetables with soup instead of saltines.
Have low salt saltines or low sodium whole grain crackers.
Eat more green beans and less mashed potatoes.
Season mashed potatoes with peppers, chives and low sodium broth instead of milk and margarine.

What foods were high in sodium that you didn't think would be so high?
Many answers possible