

# STUDENT WORKSHEET

## ACTIVITY 2: SODIUM IN SNACK FOODS

Name \_\_\_\_\_ Date \_\_\_\_\_ Class/Hour \_\_\_\_\_

What is sodium and why do you think sodium is included in the list of nutrients on the Nutrition Facts label?

1. Watch the video, *Sodium on the Food Label* [www.youtube.com/watch?v=wY11oImXrOg](http://www.youtube.com/watch?v=wY11oImXrOg) and read the FDA Facts Sheet **Sodium in Your Diet** and then answer the following questions:

a. According to the Fact Sheet what is sodium? \_\_\_\_\_  
\_\_\_\_\_

b. How does this definition compare with your group's definition? \_\_\_\_\_  
\_\_\_\_\_

c. How is sodium different from salt? \_\_\_\_\_  
\_\_\_\_\_

d. Why is sodium called an essential nutrient? \_\_\_\_\_  
\_\_\_\_\_

e. When you look at the Nutrition Facts label on the **Sodium in Your Diet** Fact Sheet, you see there are 430 mg (milligrams) of sodium in that food. If you could visualize 430 milligrams, what do you think it might look like?  
\_\_\_\_\_

f. One teaspoon of salt contains 2,300 mg of sodium. What is the volume for salt (measured by teaspoon) with 430 mg of sodium, and how does this compare with your previous visualization for 430 mg of sodium?  
\_\_\_\_\_  
\_\_\_\_\_

2. In the **Sodium in Your Diet** Fact Sheet, savory snacks are listed as one of the food categories that contributes about 40% of the sodium you eat. Make a list of your group's favorite snacks.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

f. Which snacks on your list do you think contain the most sodium? Remember, a snack does not need to taste salty to contain a lot of sodium.  
\_\_\_\_\_

3. Your **Snack Food** cards show pictures of snacks or information about the amount of sodium in a person's diet. Your teacher has shown you a set of bags of salt that represent the amount of sodium in the items on the cards. Match the picture on the card with the bag of salt that you think represents the amount of sodium in the product in the picture. When you finish matching all of the pictures with bags of salt, record the name of the item on the card in the column beside the amount of salt listed on the **Sodium in Snack Foods Data Table**.

*continued on next page*

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## SODIUM IN SNACK FOODS (CONTINUED)

SODIUM IN SNACK FOODS DATA TABLE		
	SNACK FOOD	
MILLIGRAMS OF SODIUM	OUR ANSWER	CORRECT ANSWER
1 mg		
40 mg		
160 mg		
170 mg		
250 mg		
400 mg		
450 mg		
920 mg		
1,500 mg		
1,910 mg		
2,300 mg		
3,440 mg		

When everyone has completed their data tables, review your group's answers with the rest of the class. If you had any incorrect responses, write the correct answer in that column in the data table.

4. Complete the following questions. You can review the video, *Sodium on the Food Label* [www.youtube.com/watch?v=wY11oImXrOg](http://www.youtube.com/watch?v=wY11oImXrOg) and the **Sodium in Your Diet** Fact Sheet.

- a. What did you find surprising about the snack foods? \_\_\_\_\_  
\_\_\_\_\_
- b. How can eating foods high in sodium affect your health? \_\_\_\_\_  
\_\_\_\_\_
- c. How much sodium does the body need in order to function each day? \_\_\_\_\_
- d. How much sodium should we consume daily? \_\_\_\_\_
- e. What is the average daily intake of sodium by Americans over 2 years of age? \_\_\_\_\_
- f. From where does most of the sodium in your diet come? \_\_\_\_\_
- g. Name 3 foods that you eat that are high in sodium. \_\_\_\_\_
- h. Name 3 foods that you eat that are low in sodium. \_\_\_\_\_

5. Watch the video, *Eating Too Much Salt? 4 Ways to Cut Back... Gradually* [www.youtube.com/watch?v=OG8RCuZNbeA](http://www.youtube.com/watch?v=OG8RCuZNbeA).

Describe 3 things you will do to reduce the amount of sodium that you eat. \_\_\_\_\_  
\_\_\_\_\_

6. Refer to your list of snacks. Which do you think are the most healthy and why? \_\_\_\_\_  
\_\_\_\_\_