Watch Out for Salt

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Overview

Duration: 20 to 30 minutes

Audience: Grades three to five

Learning Objectives:

- Report the amount they should eat each day
- Report that most children eat too much
- Utilize Nutrition Facts labels to determine if foods are high in sodium (individually)
- Correctly categorize foods into groups based on sodium content per serving (as a group)

Supplies:

- Heart model or picture
- Magnets with “go ahead, sometimes, watch out” (available through the North Dakota Department of Health at www.ndhealth.gov/)
- Salt test tube showing how much salt 2,300 milligrams (mg) of sodium is and how much sodium most Americans consume (about 3,300 mg) (available through nutrition vendors)
- Poster of Nutrition Facts label that highlights where to find sodium
- Nutrition Facts labels worksheet (Nutrition Facts Labels From Commonly Consumed Foods): POWERADE, frozen pizza, cereal, carrots (enough copies for each child)
- Food packages AND/OR food pictures with the Nutrition Facts labels included (cereal, hot dogs, fruit, sugar snap peas, carrots, canned pears, tuna, chips, sliced meat, fresh meat, pizza, etc.) (NOTE: You will need to record information for food ahead of time: food item, sodium content per serving and category.)
- Group Categorization worksheet (Categorize Foods by Sodium Content Per Serving)

Lesson Plan

Introduce yourself

Today you are going to learn how to choose foods that keep your heart healthy.

Too much sodium isn’t good for your heart.

Identify how much sodium is recommended for most children (2,300 mg per day), 97 percent, or almost all kids, get too much sodium from the foods they eat.

By looking at the Nutrition Facts label on foods, you can learn if the food is too high in sodium.
Have you learned about your heart before?
IF YES: What does it do that’s very important for our bodies?

IF NO: Well, the heart is a very important part of your body that moves blood throughout your body, delivering oxygen and nutrients where they are needed and picking up waste products such as carbon dioxide so your body can get rid of it.

How big is your heart?
Your heart is about the size of your fist (make a fist).
Your heart is here in the upper left part of your chest (place your fist in the upper left quadrant of your chest).

Raise your hand if you know anyone who has had a heart attack.
Most of us know at least one person who has had a heart attack or even someone who has died from one. Keeping our heart healthy is important to help prevent heart attacks, which usually don’t happen until we get old.

Did you know that foods you choose to eat may be good for your heart or can be bad for your heart?
Yes, especially foods high in salt and trans fat are not good for your heart. Today I’m here to talk to you about how to keep your heart healthy by choosing foods low in sodium. We also will discuss how much sodium you should get most days and how to decide if a food has too much sodium.

Did you know that each day, most Americans, including kids, get too much sodium for a healthy heart?
We get about 3,300 mg (show test tube if available) and most children should get less than 2,300. Most of your parents and grandparents need to get even less (1,500 mg). So, most kids are getting too much sodium, which isn’t good for their hearts, but we can choose foods with less sodium to keep our hearts healthy.

How much Sodium Should You Eat Each Day?
Less than 200 mg?
Less than 1,000 mg?
Less than 2,300 mg?
Less than 5,000 mg

How much sodium should you eat each day?
Write this question on the board and ask the class to write their answer.
A. Less than 200 mg
B. Less than 1,000 mg
C. Less than 2,300 mg
D. Less than 5,000 mg
Food Label Worksheet

- Hand out the worksheet with three food labels.
- Ask the children to complete the worksheet on their own and then when they are done, provide the answers.

NOTE: You will need to record data for evaluation at this time if you desire to include evaluation with your lesson.

Food Packages/Pictures Activity

- Break class into groups of about three to five for the food packages/pictures activity.
- Allow them time to work in their groups to categorize the foods. Instruct them to designate a reporter for the group.
- Once the groups’ work is complete, ask each group to report its findings one by one. (You need to record data if you’re using it for evaluation of your lesson)
- Ask them to add up all the sodium in the foods at their table (at bottom of worksheet).
  - Is this less than 2,300 mg/day?
  - Is this all the food they would need in one day? No, so you need to make sure you are aware of how much sodium is in the foods you choose so you can try to eat less than what amount –
  - What’s the answer to your next question on your worksheet? 2,300 mg per day.
  - So, what did you get for the last answer on your worksheet?

I bet you can eat less sodium now that you know what to look for on the food label and you know how much you should be getting each day. Let’s keep your hearts healthy!

NOTE: You will need to record data for evaluation at this time if you desire to include evaluation with your lesson.

Evaluation

1. Observe the number of students who get the correct answers for the individual worksheet and record:
   _____out _____students correctly completed Worksheet 1.

2. Listen to reporter responses for groups and record:
   _____out of ____groups correctly reported all foods into the correct categories.

3. Observe the students’ answers to the last two questions on their worksheet and record that:
   _____out of ____ answered correct for amount recommended and
   _____out of ____ answered correctly for current sodium intake among children.

NOTE: If you need hard copies of their performance against learning objectives, collect both worksheets and record their performance after the lesson.

Wrap Up
Thank the children for attending.

Funded by the Heart Disease and Stroke Prevention Program of the North Dakota Department of Health
Read the Label

Food labels can help you make healthy food choices.
Review the information on these labels from commonly consumed foods.
Determine if the sodium amount listed is: Too Much... Watch Out... Go Ahead.

**POWERADE FRUIT PUNCH**
Find the listing for sodium on this label. Choose the correct category:

- [ ] Too Much = 400+mg
- [ ] Watch Out = 200 to 400 mg
- [ ] Go Ahead = 0 to 200 mg

**CARROTS**
Find the listing for sodium on this label. Choose the correct category:

- [ ] Too Much = 400+mg
- [ ] Watch Out = 200 to 400 mg
- [ ] Go Ahead = 0 to 200 mg
PIZZA

Find the listing for sodium on this label. Choose the correct category:

- [ ] Too Much = 400+mg
- [ ] Watch Out = 200 to 400 mg
- [ ] Go Ahead = 0 to 200 mg

![Nutrition Facts](https://www.treetavernpizza.com/images/496_Nutrition_Facts.JPG)


CEREAL

Find the listing for sodium on this label. Choose the correct category:

- [ ] Too Much = 400+mg
- [ ] Watch Out = 200 to 400 mg
- [ ] Go Ahead = 0 to 200 mg


Sodium Per Serving

Categorize Foods by Sodium Content Per Serving Worksheet for Groups

Instructions:
• Break into groups of about three to five students.
• Distribute food pictures or packages. Each group should get five different foods.
• Work together in their groups to categorize foods into “Too Much, Watch Out, Go Ahead” foods. (Mark your answers with an “X”.)
• Each group should designate a reporter to report its work to the whole class.

How much sodium was in all the foods at your table combined?
Add up the sodium [mg] per serving for each food)? ______________ mg

How much sodium should most children eat each day? ______________ mg per day.

Do most children in America eat too much or too little sodium?
☐ Too Much
☐ Too Little
☐ About Right