

Pass (on) the Salt

Shaking the Habit



EDUCATOR'S RESOURCE GUIDE

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Related Learning Seed Programs

- *Get Off the SoFAS! Avoiding Solid Fat & Added Sugars*
- *Nutrition Labels: Reading Between the Lines*
- *Eat Smart: MyPlate & 2010 Dietary Guidelines*
- *Personalizing MyPlate: Easy Changes for Eating Habits*

Program Overview

This program explores why people consume too much sodium and gives strategies for reducing sodium intake.

Chapter 1 - Sodium: What is it, and how does it affect us?

- All living things need a small amount of sodium. But too much can cause health problems.
- In your body, sodium is found in fluids called electrolytes. Electrolytes enable nerves and muscles to function.
- Our kidneys maintain our balance of electrolytes. If our sodium level is too low, our kidneys flush out water. If our sodium is too high, we feel thirsty.
- Too much sodium increases blood volume, which increases the pressure on our veins, arteries and organs.
- High blood pressure, or hypertension, puts people of all ages and races at risk for heart disease and stroke. Most people don't know they have it until it's too late.

Chapter 2 - Sodium: Why so much?

- The recommended daily intake of sodium for most people is 500 to 2,300 milligrams. Yet the average person takes is 3,400 mg.
- For people prone to high blood pressure, the maximum daily intake is less than 1,500 mg.
- 70% of the sodium in an average person's diet comes from processed or prepared foods. Restaurant meals, especially fast food, are often heavily salted.
- In food production, sodium is used as a preservative, to brown foods, and to enhance flavor. High amounts of sodium are in bread, cheese, pickles, lunchmeat and bacon, and sauces.

Chapter 3 - How can I reduce sodium intake?

- To cut back on sodium, buy fresh foods, as well as low-sodium or reduced-sodium products.
- Control your sodium intake by preparing your own food. Ask for no salt to be added at restaurants.
- Eating foods rich in calcium, potassium, and magnesium can counteract the effects of sodium on blood pressure.

Before and After

Prompts to generate interest, ideas, and inquiry

Before viewing

To spark interest, activate prior knowledge, and set a purpose for viewing

Here's a fact: the recommended maximum amount of sodium for healthy people is no more than 2,300 milligrams. Make a list of everything you ate and drank yesterday. As you watch the program, think about whether or not you think you exceeded that amount.

After viewing

To promote critical thinking

- With machines that measure blood pressure available at many grocery store pharmacies, why don't most people know they have high blood pressure until it's too late?
- Which of the sodium-reducing strategies described in the film is easiest for you to begin? Which is the greatest challenge? What will you do today to reduce your sodium intake?
- Imagine you're the owner of a successful restaurant who has just learned about the dangers of sodium and salt. Will you cut back on salt in your recipes and use spices and other seasonings? What are the pros and cons of serving all low-sodium menu items?

After viewing

To extend learning

- Direct students to www.tastebook.com to access low-sodium recipes from the Mayo Clinic (keywords "low sodium Mayo Clinic.") Have students choose a recipe, prepare it, and bring it to class for a "low-sodium" food fair, where students taste and analyze how good flavor is achieved without much salt.
- Instruct students to find the amount of sodium they typically consume in a day, using the list they created before the program. Nutrition information for over 8,000 foods and beverages can be found at www.choosemyplate.gov/Supertracker/ in the Food-A-Pedia. Ask students to write a paragraph to reflect on why they fell above or below 2,300mg.
- Challenge students to use the strategies for reducing sodium intake described in the film for one week. Have them keep a journal in which they note at least one strategy they used each day and their thoughts. On the last day, serve students a salty food, like pretzels, and have them record their reaction. Did they become more sensitized to salt?

Name _____

Date _____ Class Period _____

While You Watch... use the graphic organizer to record key words and information.

| Pass (on) the Salt | |
|---|---|
| As you watch the program, complete the following lists. | |
| Chapter 1 Sodium: What is it, and how does it affect us? | |
| List two ways sodium helps our bodies function. 1. _____ 2. _____ | List two ways too much sodium can harm our health. 1. _____ 2. _____ |
| Chapter 2 Sodium: Why so much? | |
| Name three reasons why processed and fast foods usually have a high sodium content. 1. _____ 2. _____ 3. _____ | List three examples of foods that typically contain high amounts of sodium. 1. _____ 2. _____ 3. _____ |
| Chapter 3 How can I reduce sodium intake? | |
| Name two wise choices you can make at the grocery store to reduce your sodium intake. 1. _____ 2. _____ | List two things you can do while eating at a restaurant that can reduce your sodium intake. 1. _____ 2. _____ |
| What can you do at home to reduce your sodium intake? 1. _____ 2. _____ | |

Check Your Understanding Answer Key

Write short answers for the following questions about the *Eat Smart* video:

1. What happens to salt after we eat it?

The water in our bodies pulls apart the sodium and chlorine, and they become charged ions.

2. Why are electrolytes important?

They help carry out every bodily function and regulate the amount of water in our cells.

3. What is the difference between hyponatremia and dehydration?

Hyponatremia occurs when you drink so much water that the sodium in the blood gets diluted.

Dehydration occurs when you don't drink enough water and the body has more sodium than it needs.

4. How does too much sodium lead to high blood pressure?

Sodium attracts water, and that can increase your blood volume and put pressure on veins, arteries, and organs.

5. Which age group consumes more sodium than any other?

Teenagers (3,800 mg average per day)

Check Your Understanding Answer Key (continued)

6. Name two types of food to buy at the grocery store in order to cut down on sodium.

Possible answers:

Fresh, whole (unprocessed) foods like veggies and fruit

Low-sodium and reduced-sodium products

Unsalted beans, nuts, and seeds

7. What are 2 ways to avoid sodium when you eat at a restaurant?

Possible answers:

Request that your food be cooked with no added salt.

Limit high-salt condiments.

Steer clear of foods that are prepared with methods that require salt.

8. Which 3 nutrients can counteract the effects of sodium?

Potassium, calcium, and magnesium

9. Why is high blood pressure known as the “silent killer”?

It often goes undiagnosed until a person has a heart attack or stroke.

10. How much exercise is recommended for adults who want lower blood pressure?

30 minutes of moderate activity 5 days a week, or 150 minutes total per week.

Name _____

Date _____ Class Period _____

Quiz - True or False?

Write T or F in the blank to tell whether the statement is True or False.

- _____ 1. All living things require a small amount of sodium.
- _____ 2. Most of our sodium comes from salt we use at the table and in home cooking.
- _____ 3. You can determine how much sodium a food contains by tasting it.
- _____ 4. The average person consumes 2,000 milligrams of sodium per day.
- _____ 5. When checking a food label for sodium, it's important to look at the serving size.
- _____ 6. Sea salt has less sodium than table salt.
- _____ 7. Rinsing canned foods is a good way to remove a lot of the sodium.
- _____ 8. "Salt free" is the legal descriptor for a food that has less than 5 milligrams of sodium per serving.
- _____ 9. To counteract the affects of sodium, eat foods rich in protein, calcium, and magnesium.
- _____ 10. High blood pressure can strike men and women of all races and nationalities.

Quiz - True or False?

Write T or F in the blank to tell whether the statement is True or False.

- T** 1. All living things require a small amount of sodium.
- F** 2. Most of our sodium comes from salt we use at the table and in home cooking.
77% of our sodium comes from processed and restaurant prepared foods.
- F** 3. You can determine how much sodium a food contains by tasting it.
You must check the nutrition facts label to really know how much sodium a food contains. The addition of sugar to a salty food will dull the taste of the salt.
- F** 4. The average person consumes 2,000 milligrams of sodium per day.
The average person consumes 3,400 milligrams of sodium per day.
- T** 5. When checking a food label for sodium, it's important to look at the serving size.
- F** 6. Sea salt has less sodium than table salt.
Sea salt and table salt have the same amount of sodium.
- T** 7. Rinsing canned foods is a good way to remove a lot of the sodium.
- T** 8. "Salt free" is the legal descriptor for a food that has less than 5 milligrams of sodium per serving.
- F** 9. To counteract the affects of sodium, eat foods rich in protein, calcium, and magnesium.
Potassium, not protein, helps counteract the affects of sodium.
- T** 10. High blood pressure can strike men and women of all races and nationalities.

Glossary

| | |
|------------------------|---|
| dehydration | The loss of water and salts essential for normal bodily functions. |
| electrolytes | Chemically-charged particles present in body fluids that play an important role in every bodily function. |
| hypertension | The term used to describe high blood pressure, which occurs when the force of blood against artery walls can cause health problems. |
| hyponatremia | Condition caused by over-hydration, when kidneys cannot get rid of water quickly enough causing the sodium in blood to become too diluted. |
| light in sodium | Indicates at least 50% less sodium than the original product. |
| low sodium | Indicates a product that contains less than 140 milligrams per serving. |
| reduced sodium | Indicates at least 25% less sodium than the original product. |
| salt | A chemical compound, NaCl, which is 40% sodium and 60% chloride. |
| sodium | One of many minerals in the body's electrolytes; necessary for the normal functioning of nerves and muscles and for the maintenance of fluid balance. |
| sodium free | Indicates a product that contains less than 5 milligrams of sodium per serving. Same as "salt free." |
| very low sodium | Indicates a product that has less than 35 milligrams of sodium per serving. |

Resources for Educators

Educational Standards

National Standards for Family and Consumer Sciences

Nutrition and Wellness

- 14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.
- 14.2.1 Analyze the effect of nutrients on health, appearance, and peak performance.
- 14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.
- 14.1.3 Analyze the governmental, economic, and technological influences on food choices and practices.

National Health Education Standards

Standard 7 for Grades 9 -12: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.12.1 Analyze the role of individual responsibility for enhancing health.
- 7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

Useful Internet Resources

- The Mayo Clinic - DASH Diet
mayoclinic.com/health/dash-diet/H100047
This site provides both basic and in-depth information about the DASH diet plan. It includes tabs for nutrition basics, healthy diets, healthy cooking, and strategies for grocery shopping and eating out.
- The American Heart Association
heart.org
For comprehensive information about high blood pressure, choose “Conditions” from the menu bar, and then click “High Blood Pressure.” You’ll find links to facts about hypertension, including a detailed list of risk factors for high blood pressure and recommendations for prevention and treatment.
- National Kidney Foundaton
kidney.org
For an easy-to-understand explanation of the role of the kidneys in balancing fluids in the body, go to “How Kidneys Work” in the A to Z Health Guide under Kidney Disease. Also learn about the National Salt Reduction Initiative by keying those words into the site’s search engine. Students can see which food manufacturers and restaurants have pledged to reduce sodium in their products.

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