



## THIRD GRADE LESSON: Sodium SC STANDARD: 3.NSBT.5

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### SODIUM

#### OBJECTIVES:

- Understand sodium
- Recognize why sodium is important for the body, but why too much sodium can be harmful
- Be able to use food labels to find sodium content of food

#### LET'S GET STARTED:

- Explain the components of sodium
- Understand that sodium can be found on food labels
- Review foods that have lots of sodium
- Explain how sodium helps the body function, but why too much can be harmful
- Discuss foods with high sodium content

#### ACTIVITY:

- Using  $<$ ,  $>$ , and  $=$  to compare sodium content of foods

#### WRAPPING UP:

- Remind students about sodium's role in the body
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

#### SC STANDARDS:

- 3.NSBT.5 Compare and order numbers through 999,999 and represent the comparison using the symbols  $>$ ,  $=$ , or  $<$ .

#### MATERIALS:

- Sodium Comparison Worksheet
- Boss' Backpack Bulletin Handout

### LET'S GET STARTED!

- This week we are going to talk about sodium! Ask students if anyone knows what sodium is. Explain what sodium is, where it comes from, and remind them that it can be found on food labels. Use the food label diagram from the Introduction to the Food Label lesson to review where sodium can be found. Explain the importance of sodium to the body, and explain the negative effects of consuming too much sodium.

#### DIALOGUE BOX

- Today we are going to talk about sodium! Does anyone know what sodium is?
  - Sodium is a mineral that our body needs in order to work properly. It is found in the food we eat in the form of salt.
- Salt is made up of two minerals, sodium and chloride. The salt you cook with and put on your food is known as sodium chloride.
- Sodium chloride can be found in the ground, and it is often obtained by mining. It is also found in seawater. Have you ever been to the ocean and noticed how salty the water is? That's sodium chloride also!
- The amount of salt in your food can be found on the food label. If you look, you will see sodium on food labels- that's the same thing as salt.
- Salt has some important functions in the body. It balances the water and other chemicals in your body and helps other nutrients from food you eat be absorbed.
- Your body needs salt to work properly, but sometimes you can have too much salt. If you eat too much salt, it can lead to heart problems.
- If there is too much salt in your body, you might feel thirsty. This is how your body tells you that there is too much salt and you need more water to balance it out.
- Discuss the salt content of different foods and what type of foods have the most salt. Explain how much salt is okay to have and how much is too much.

#### DIALOGUE BOX

- When you think about salt, you probably think about the salt shaker that you use to add salt to your meals. Actually, a lot of food you eat already has tons of salt in it!
- Processed foods, like canned and packaged foods, usually have a lot of salt because it helps keep them fresh longer. Fast food and restaurant food are also very salty. Most people have learned to like the taste of salty food, but it's not very good for your health.
  - Things like soups, sauces, chips, biscuits, and pasta meals have a lot of sodium and can add up quickly. Processed foods are the reason why many people eat more salt than they need.
- You should only consume about 2,300 milligrams of sodium daily, but most Americans eat much more than that. Because sodium content is listed on food labels, it should be easy to make sure you're not eating too much—all you have to do is read the label!
- It is important to try to limit your salt intake because it's not good for your body to digest too much salt. Try looking at food labels and you will see a lot of sodium in foods you probably didn't think have a lot of salt!

## DIALOGUE BOX

- Try cutting down on the processed foods you eat, and resist adding salt to your meals. You will find that more often than not your food will still taste good even when you don't add a bunch of extra salt.

## ACTIVITY

- Distribute the Sodium Comparison Worksheet. Students will compare the sodium content of different foods by using greater than, less than, or equal to signs.

## DIALOGUE BOX

- Now we are going to look at some high and low sodium foods.
- Look at the sodium content in each of the following pairs of foods. Compare the two foods using greater than, less than, or equal to signs.

## WRAPPING UP

- Ask students if there are any questions about sodium or the activity.
- Distribute the Boss' Backpack Bulletin. Remind students that food labels are a great way to monitor their sodium intake.

## ENGAGED LEARNING COMPONENT!

Bring in a few empty food packaging (boxes/cans/bags/etc.) and remind students how to find sodium on the food label. Try using examples of foods the students would not expect to have lots of salt in them.



# SODIUM COMPARISON

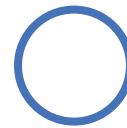
Sodium is very important in your body and helps it function properly so you can be healthy! Too much sodium can be harmful though, and often we get more sodium than we need. Compare the sodium content of the foods below by writing  $<$ ,  $>$ , or  $=$  in the blue circle.

**Tortilla  
Chips**  
110mg sodium



**Tiny Twist  
Pretzels**  
450mg sodium

**Deli  
Turkey**  
600mg sodium



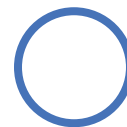
**Cheddar  
Cheese**  
230mg sodium

**Chicken  
Noodle  
Soup**  
890mg sodium



**Spaghetti  
Sauce**  
460mg sodium

**Cheese  
Crackers**  
230mg sodium



**Wheat  
Bagel**  
430mg sodium

# BOSS' BACKPACK BULLETIN

Your goal this week is to use food labels to monitor the amount of sodium you eat by checking food labels. Use the tips below to help reduce our sodium intake!



**Remember:  
Only 2,300mg of sodium daily!**

**Most of the sodium we eat is in the  
form of salt.**

**Too much sodium can cause serious  
heart problems.**

- Reduce your sodium!**
- Use less table salt
  - Eat less packaged foods
  - Inspect your sauces
  - Check labels



## HIGH SODIUM FOODS TO LOOK OUT FOR:

- Chips
- Sauces
- Bacon
- Pepperoni & Salami
- Lunch Meats
- Cheeses
- Olives
- Soup
- Salted Nuts
- Pretzels
- Popcorn
- Fast Food
- Canned Vegetables
- Crackers
- Bread