



# Lesson 7: Activity Worksheet

## Salt

[foodliteracycenter.org/lesson7](http://foodliteracycenter.org/lesson7)

### Activity Overview

Students will learn how much salt kids should eat in a day and how much salt is in familiar foods.

### Grade Level

K - 6th grade

### Materials

- Commonly eaten food list
- Measuring spoons
- Salt
- Two small cups or containers
- Calculator
- Pencil
- Blank paper

### Talking Points

- In this activity, we are comparing side by side the amount of salt that is recommended by the FDA and the amount of salt we actually eat in a day.
- You can find out how much salt is in your food by using the conversion:  
**500 mg of salt = ¼ teaspoon**
- FDA recommended daily intake = 2000 mg per day (1 teaspoon)

### Commonly Eaten Foods List

Food Item	Serving Size	Salt Amount	Fast Food Item	Serving Size	Salt Amount
Cinnamon Cereal	¾ cup	¼ tsp	Hamburger	1 burger	½ tsp
2% Milk	1 cup	¼ tsp	Chicken Nuggets	6 pieces	¼ tsp
Spaghetti Sauce	1 cup	½ tsp	Fries	Medium size	¼ tsp
Parmesan Cheese	2 Tbsp	¼ tsp	Crunchy Tostada	1	¼ tsp
Spicy Cheese Puff Snack	snack bag	¼ tsp	Taco	1	¼ tsp
Spicy Corn Chips	12 pieces	¼ tsp	Sub Sandwich	6 inch	1 tsp
Ramen Soup Cup	spice packet	3 tsp		12 inch	2 tsp



# K - 6th Grade Activity

## Salt: Activity Instructions

### All Grades

Show students the commonly eaten foods list and explain that some foods have salt.

### Activity Instructions

1. In one cup, have the kids measure the amount of salt that is recommended by the FDA that we should eat each day.
  - a. FDA Recommended intake = 2000 mg per day (1 teaspoon)
2. In the other cup, pick commonly eaten foods and create a meal. Have kids measure how much salt there is in each item.
  - a. Conversion 500 mg =  $\frac{1}{4}$  teaspoon
3. Put the two containers side-by-side to compare how much salt the FDA recommends we eat and how much we actually eat in a meal.
4. Use the commonly eaten foods list and choose different foods that you may eat in a whole day to see how much salt they have. Then have kids measure out how much salt there is for all their food items combined.
  - a. Take into account if you will eat the suggested serving size or more.
  - b. Conversion 500 mg =  $\frac{1}{4}$  teaspoon

### Discussion Questions

- Is there a huge difference between the two amounts?
- Can you think of a way to reduce the amount of salt you eat each day?
  - Prepare meals at home instead of going out to eat.
  - Eat a fruit or vegetable with every snack and meal.

### Additional Activity

Pick a few food or drink items from your house and see if you can figure out how much salt they have from the nutrition label.

