



Lesson 7 Salt

Recipe: Noodle Soup

foodliteracycenter.org/lesson7

Review Lesson 6

foodliteracycenter.org/lesson6

- What are two sources of fat? [plant fat and animal fat]
- How does fat work in our bodies? [helps our brain, energy source]

Lesson Overview

Students will learn how salt works in their bodies, how much we should eat, and learn how to find the amount of salt in foods.

Talking Points

- Our bodies need salt to survive. It makes our muscles work and helps keep the right amount of water in our bodies. Ever notice that sweat tastes salty?
- Too much salt can lead to problems. Our heart and blood don't like having too much salt. Too much salt makes your heart pump faster and harder to remove the salt your body doesn't need and keep the right amount of water in your body.
- Have you ever wondered why you get so thirsty after eating salty foods? Your body doesn't like too much salt, so it's trying to lessen the amount of salt in your body.
- When looking for the amount of salt on the nutrition label, it is called 'sodium'.

Activity

- Teachers/Adults: Download and print the [Salt Activity Worksheet](#). Prepare materials.
- Talking points: "We are going to look at how much salt is recommended versus how much salt we might eat per day by measuring and comparing foods. Using a measuring spoon and a list of commonly eaten foods, we can see how much salt we are eating each day."

Recipe Overview

- Print recipe for "Noodle Soup" and "Pho Soup Spice Packet".
- Before starting the broth, adults show the ingredients to the students. Allow them to touch and smell the spices.
- Talking point: "We are going to use packaged noodles and throw out its flavor packet to reduce the sodium or salt."

Discussion & Wrap Up Questions

- Are there ways to reduce the amount of salt we eat each day?
- The leftover broth can be refrigerated or frozen for future soup.
- How were you a Food Adventurer today?

Vocabulary Words

Salt Sodium Recommended

Your Sandwich Can Save the World!

[Food Literacy Curriculum](#)

© 2020 Food Literacy Center

All rights reserved