



## SALT

Vocabulary (can be discussed before or after viewing):

- Sodium
- Chlorine, Chloride
- Element
- Compound
- Milligram
- Periodic table of elements

Teaching Tools:

- 1g packet of artificial sweetener,
- 1small paper clip
- 1 measuring teaspoon

I. Pre-viewing Questions

***Ask:***

**Do you know anyone on a low-sodium diet?**

**What does “low-sodium” mean? [If anyone says “Salt,” ask if s/he knows the difference between salt and sodium].**

**What stories have learners heard about salt or sodium in the news?**

SHOW SALT VIDEO (ten minutes)



## SALT

### II. Post-viewing Questions

#### **Ask:**

#### **Can anyone explain the difference between salt and sodium?**

[Sodium is a chemical element that in combination with the chemical element chlorine makes up sodium chloride, or table salt.]

#### **Is table salt an element?**

[No, it's a compound of two elements: sodium and chlorine.]

**Can anyone give examples of other elements in the universe?** [aluminum, silver, gold, carbon, hydrogen, oxygen, etc.]

#### **What is the periodic table of elements?**

[A list of all the known elements in the world. So far scientists have identified about 118 elements.]

#### **What are considered the health risks of eating too much salt?**

[High-blood pressure, stroke, etc.]

#### **How can you tell how much sodium is in packaged food?**

[The sodium content is listed on the food label as sodium, in milligrams, per single serving size.]

#### **How much is a milligram?**

[Grams are a measure of weight, like pounds or ounces. Milligrams are 1/1000 of a gram. *Hold up a packet of artificial sweetener and a small paper clip.* There are 1,000 milligrams of artificial sweetener in this 1-gram packet—about the same weight as the paper clip. A teaspoon of salt contains about 2,000mg of sodium.]

#### **General Discussion:**

What else did viewers learn from the video? Was it enjoyable? Ask for examples of what was clear/confusing. How did the recipe relate to the science topic? What else do learners want to know about this topic? Would they show it to their children?

**Web Lessons:** On [tv411.org/Science](http://tv411.org/Science), note the science and math web lessons that correlate to **SALT**. Use them as part of your lesson or encourage learners with outside access to the internet to visit [tv411.org](http://tv411.org) where they can review the videos, learn more about the topic through the related web lessons, or explore other videos and lessons.