

Science Time

Program Content for June 8, 2016

Read the article “Make foods with less salt, FDA presses industry” on page A1 of the Thursday, June 2, 2016 edition of The Seattle Times.

Pre-reading and Vocabulary: Define each term and then use it in a sentence to demonstrate your understanding.

1. sodium
2. advocate
3. benchmark
4. petitioned

Comprehension Questions

1. What was recently proposed by the Food and Drug Administration?
2. Why have consumer advocates long sought the recent Food and Drug Administration proposal?
3. Why are the new guidelines considered meaningful even though they are not mandatory?
4. Where does, “The majority of sodium intake come from”?
5. How much more sodium do most Americans eat than what experts recommend?
6. What diseases are high-sodium diets linked to?
7. A decrease of how many milligrams of sodium per day could prevent many heart attacks and strokes?
8. What percent of the sodium Americans eat comes from foods they don’t prepare themselves?
9. How did the food industry respond to the new sodium guidelines?

Prompts and Extensions

1. Watch this [news clip](#) about the new FDA sodium reduction guidelines.
2. Measure out the recommended amount of sodium (2,300 milligrams or 2.3 grams) and compare it to the amount Americans eat a day (3,400 milligrams or 3.4 grams). Make observations and discuss what you see. When finished also measure out the amount of sodium (400 milligrams or .4 grams) that, if removed from American diets, could help reduce heart attacks and strokes.
3. Other countries outside of the U.S. have established sodium reduction targets for foods and meals. Based on the article, create a claim that is supported by evidence about whether or not these reduction targets have been successful and improved people's' health.

Science Time is posted to the Web on Wednesdays. Please share this NIE Science Time program with other teachers. To sign-up for the electronic edition for your class, please register

Copyright © 2016 The Seattle Times Company