

Building Language Skills with The Seattle Times

Date: Thursday, **May 11**, 2017

Article: **Researcher: Age-old idea wrong about salt, thirst**

Print Replica: **Tuesday, May 9, 2017**

Section: **MAIN, A12**

**Standard:**

CCSS.ELA-LITERACY.RI.5.10

By the end of the year, read and comprehend informational texts, including history/social studies, science, and technical texts, at the high end of the grades 4-5 text complexity band independently and proficiently.

**Key Ideas and Details:**

CCSS.ELA-Literacy.RI.4.1

Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.3

Explain events, procedures, ideas, or concepts in a historical, scientific, or technical text, including what happened and why, based on specific information in the text.

**Objective:**

Students will practice their reading skills to explore how the author uses reasoning and evidence to support specific points in the text by using deeper level questions and connecting the content to their personal lives.

**Vocabulary:**

Look up the definitions for the following word. First, write what you think the highlighted word means, then look up the definition and write it in the space provided, using your own words.

“The theory is *intuitive* and simple.”

***Intuitive guess:***

***Intuitive definition:***

### **Building Language Skills:**

*Visualizing* text is a proven way that improves reading comprehension. Have students close their eyes and listen carefully. Have them think deeply about the words described in the statement.

The teacher will read the following information to the class, taken from the article.

***“People do what camels do, noted Dr. Mark Zeidel, a nephrologist at Harvard Medical School who wrote an editorial accompanying Titze’s studies. A camel traveling through the desert that has no water to drink gets water instead by breaking down the fat in its hump.***

Have students share their thoughts. What images did you visualize? What emotions or thoughts arise? Do you share the same feelings about social media?

### **Comprehension:**

1. Cosmonauts are seen in a Moscow isolation facility. Research on crews suggested a salty diet burns more what?
2. The salt equation taught to doctors for more than 200 years is not hard to understand. What is the original salt equation for the human body?
3. New studies of Russian cosmonauts, held in isolation to simulate space travel, show what?
4. The new studies are the culmination of a decades long quest by a determined scientist. Who is the doctor in charge and what was his main goal of the 28-day simulation?
5. Titze noticed something puzzling in the crew members’ data. What was it?
6. In 2006, the Russian space program announced two more simulation studies, one lasting 105 days and the other 520 days. What was found in the shorter simulation? When did the real shocker come? What did they find?
7. Instead of drinking more, the crew members were drinking less in the long run when getting more salt. So where was the excreted water coming from?
8. Another puzzle: The crew complained that they were always hungry on the high salt diet. Titze assured them they were getting exactly enough food to maintain their weights, and were eating the same amount on lower-salt diets, when hunger did not seem a problem.

But urine tests suggested another explanation. What was the explanation?

9. People do what camels do, noted Dr. Mark Zeidel, a nephrologist at Harvard Medical School who wrote an editorial accompanying Titze’s studies. A camel

traveling through the desert that has no water to drink gets water instead by what?

10. One of the many implications of this finding is that salt may be involved in weight loss. Generally, scientists have assumed that a high-salt diet encourages a greater intake of fluids, which increases weight. But if balancing a higher salt intake requires the body to break down tissue, it may also increase what?

**Post-Reading Class Discussion or Journal Writing Assignment:**

- Do you like salty foods?
- Do you put a lot of salt on your food? Why or why not?
- When you eat saltier foods, do you feel thirsty?
- What surprised you about the findings in the article?

***Everyone knows that salty foods make you thirsty. In reality, said Zeidel, people and animals get thirsty because salt-detecting neurons in the mouth stimulate an urge to drink. This kind of “thirst” may have nothing to do with the body’s actual need for water.***

***These findings have opened up an array of puzzling questions, experts said.***

***“The work suggests that we really do not understand the effect of sodium chloride on the body,” said Hoenig.***

- Did you find this information interesting?
- Do you find it interesting that we’re still learning about the human body?
- How does salt effect your body?