

Shaking out the Facts about Salt

Anticipation Guides

Anticipation guides help engage students by activating prior knowledge and stimulating student interest before reading. If class time permits, discuss students' responses to each statement before reading each article. As they read, students should look for evidence supporting or refuting their initial responses.

Directions: *Before reading*, in the first column, write "A" or "D" indicating your agreement or disagreement with each statement. As you read, compare your opinions with information from the article. In the space under each statement, cite information from the article that supports or refutes your original ideas.

Me	Text	Statement
		Salt can enhance sweetness and hide unpleasant flavors.
		Salt intake has no appreciable effect on blood pressure.
		Salt has little effect on other nutrients.
		Salt consumption has increased during the past half century because manufacturers add salt to commercial foods.
		Two tablespoons of Kraft Italian salad dressing has more salt than two Eggo waffles.
		Table salt is made of sodium chloride, an ionic compound.
		Electrolytes are compounds containing sodium and potassium ions.
		Sodium ions are needed by the nervous system for communication.
		In osmosis, water moves across a semipermeable membrane to equalize solute concentration.

		Too much sodium in our cells can lead to dehydration.
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Shaking Out the Facts about Salt

Directions: As you read the article, complete the graphic organizer below to describe information about salt in food.

3	New things you learned about salt in your diet	
2	Things to remember when adding salt to food	
1	Question you have about salt in food	
Contact!	What would you like to tell others about salt in our food?	

Project:

1. Design a flyer for ordinary table salt, NaCl. Include a picture of salt, a crystalline structure of salt, properties of NaCl, dietary recommendations, and include a pros and con list.

Discussion:

1. Why is it that people have been known to die of dehydration stranded at sea when they are surrounded by water.
2. List 3-5 unusual uses of salt not listed in the article.
3. There are three types of solid salt – crystal, hopper, and flake. Explain each of these.