

**Project Recording Sheet*****Rational and Real Numbers*****Food For Thought**

Nutritionists work in many situations in the development and use of foods. One of the nutrients that have been studied is sodium, which is part of common table salt. The recommendations for amounts of sodium are Girls and Boys 9–13: 1900–3000 mg; Girls 14–18: 3000 mg; Boys 14–18: 2400–2700 mg

The chart lists the sodium content of some common food products.

<b>Prepared Food</b>	<b>Sodium Content (mg)</b>	<b>Prepared Food</b>	<b>Sodium Content (mg)</b>
Barbeque beans	570	Oatmeal cookies	150
Chicken noodle soup	890	Orange juice	0
Chili, canned	1220	Pasta sauce	500
Ice cream	35	Peas, canned	390
Cranberry juice	35	Peas, frozen	105
Donuts, powdered	280	Potato chips	180
French fries, frozen	270	Spaghetti, dry	10
Fruit cocktail	10	Sports drink	110
Hot dogs, beef	570	Turkey, sliced	300
Ketchup	190	Vegetable juice	630
Mustard	55	Waffle, frozen	420

**Create some meals that meet the following requirements:**

- 100% of the daily sodium requirement for your sex and age
- a low-sodium meal with  $\frac{1}{2}$  of the normal requirement
- a meal with  $\frac{3}{4}$  of the normal requirements
- a breakfast that contains about  $\frac{1}{3}$  of your requirements
- a meal that contains at least twice as much sodium as the recommended daily requirement

**Research:** Why do girls need more iron and sodium than boys?  
Why do boys need more protein?

**Research:** What other nutrients are important for good health?  
What are the daily minimum requirements? Create a chart that shows your results.

**Extension:** What's wrong with "junk food"? Collect some snack food packages. Decide what kind of diet you would have if you got your daily nutrient requirements only from "junk food".