



**Task Title: Compare Grams of Sodium in Two Types of Soup**

OALCF Cover Sheet – Learner Copy

**Learner Name:** \_\_\_\_\_

**Date Started:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Successful Completion:** Yes  No

**Goal Path:** Employment  Apprenticeship

Secondary School  Post Secondary  Independence

**Task Description:** Learner will compare sodium (salt) levels in two different kinds of soup.

**Main Competency/Task Group/Level Indicator:**

- Understand and Use Numbers/Use measures/C3.1

**Materials Required:**

- Pen/pencil and paper and/or digital device

## Learner Information

A cook in a healthcare facility must plan meals that meet the special dietary requirements of patients. These dietary requirements may include salt (sodium) restrictions. Scan the two soup labels and Health Canada chart.

### Regular Chicken Broth

<b>Nutrition Facts</b>	
Serv. Size 1 cup (240 mL)	
Serv. Per Container About 2	
Amount Per Serving	
<b>Calories</b> 15	Fat Cal. 10
% DV*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Sat. Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 790mg	<b>33%</b>
<b>Total Carb.</b> 1g	<b>1%</b>
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
**INGREDIENTS:** CHICKEN STOCK, SALT, FLAVORINGS, CHICKEN FAT, YEAST EXTRACT, EVAPORATED CANE JUICE SUGAR, VEGETABLE JUICE CONCENTRATE (CARROT, CELERY AND ONION).

### Low Sodium Chicken Broth

<b>Nutrition Facts</b>	
Serving Size 1 cup (8 fl oz) 240 mL	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 10	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g <b>0%</b>	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g <b>0%</b>	
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	

\*Percent Daily Values are based on a 2,000 calorie diet.

### Health Canada Recommended Daily Intake for Sodium

Healthy...	should aim for the <u>Adequate Intake (AI)</u> of
Infants 0-6 months	120 mg/day
Infants 7-12 months	370 mg/day
Children 1-3 years	1000 mg/day
Children 4-8 years	1200 mg/day
Teens 9-13 years	1500 mg/day
Adults 14-50 years	1500 mg/day
Older adults 51-70 years	1300 mg/day
Older adults over 70 years	1200 mg/day
Pregnancy	1500 mg/day

## Work Sheet

**Task 1: How many milligrams of sodium would a patient consume with one cup of the regular chicken broth?**

Answer:

---

**Task 2: How many milligrams of sodium would a patient consume with one cup of the low-sodium chicken broth?**

Answer:

---

**Task 3: How much more sodium would a patient consume with one cup of the regular chicken broth than with one cup of the low-sodium chicken broth?**

Answer:

---

**Task 4: According to Health Canada, how many milligrams of sodium per day is an adequate intake for a patient who is 80 years old?**

Answer:

---

Task Title: CompareSodiumInSoup\_E\_C3.1

**Task 5: For lunch, an 80-year-old patient consumes one cup of regular chicken broth. How many more milligrams of sodium can the patient eat that day before he or she reaches the recommended adequate intake (AI)?**

Answer:

---