



## Information Fair Salt Activity - Multiple choice quiz

**Purpose:** To share facts about salt in an interactive way.

**Materials:** people

**Instructions:** How to play.

There will be 5 rounds so everyone has a chance to play.

**Source:** <http://www.phac-aspc.gc.ca/feature-vedette/quiz/quiz-eng.php>

All the right answers are truths and all the wrong answers are lies. Play one round for each question.

Ask the group the following questions and have them guess the answers.

**1. What is the recommended daily intake of sodium for people ages 9 to 50?**

- a. 1,500 mg   b. 2,000 mg   c. 2,500 mg   d. 500 mg

Answer A

**2. Canadians get most of their sodium from?**

- a. Cheese   b. Milk and milk beverages   c. Beef   d. Pizza, sandwiches, hamburgers, hotdogs

Answer D

**3. How much sodium is in the average take out chicken burger?**

- a. 1,000 mg   b. 500 mg   c. 75 mg   d. 1,250 mg

Answer D

**4. How much sodium is in 1 teaspoon of salt?**

- a. 50 mg   b. 1,200 mg   c. 5,000 mg   d. 2,300 mg

Answer D

**5. Processed food accounts for what percentage of most people's daily intake of sodium?**

- a. 63%   b. 22%   c. 85%   d. 77%

Answer D

Debrief Questions: What are some foods that people add salt too? Example: French Fries. Should all fast food services have a label indicating how much sodium is in the food you buy?