



Task-based Activity Cover Sheet

Task Title: Compare grams of sodium in two types of soup

Learner Name:	
Date Started:	Date Completed:
Successful Completion: Yes___ No___	
Goal Path: Employment <input checked="" type="checkbox"/> Apprenticeship___ Secondary School___ Post Secondary ___ Independence ___	
Task Description: The learner will compare sodium (salt) levels in two different kinds of soup.	
Competency: C: Understand and Use Numbers A: Find and Use Information	Task Group(s): C3: Use Measures A2: Interpret Documents
Level Indicators: C3.1: Measure and make simple comparisons and calculations A2.1 Interpret very simple documents to locate specific details	
Performance Descriptors: see chart on last page or click here	
Links to skill building activities: see the last page or click here	
Materials Required: <ul style="list-style-type: none">• Learner information and task sheet• Two soup labels and the “Health Canada Recommended Adequate Daily Intake for Sodium” chart, preferably in colour (attached)• Pen or pencil	
ESKARGO: C3.1 Skills and Knowledge Required for Successful Task Performance The learner: <i>Addition & Subtraction</i> <ul style="list-style-type: none">○ Writes and solves simple addition and subtraction sentences (e.g., $5 + 6 = 11$)○ Adds and subtracts multi-digit whole numbers with and without regrouping <input type="checkbox"/> Uses common standard units (e.g., metres, inches) and non-standard units (e.g., paces, cupfuls, scoops)	



- Demonstrates an understanding that a standard unit to measure is used to describe the measure of an object
- Interprets and represents measures using symbols and abbreviations (e.g., inches as “”, centimetres as cm, pounds as lbs, kilograms as kilos or kg)
- Uses strategies to check accuracy (e.g., estimating, using a calculator, repeating a calculation, using the reverse operation)

A2.1

Reading Strategies – Decoding and Comprehension Enhancement

- Uses knowledge of vocabulary and sight words related to specific signs, labels, lists and simple forms to understand text
- Uses phonics and knowledge of word parts to decode words
- Uses context cues and personal experience to draw meaning from signs, labels, lists and simple forms
- Uses knowledge of basic abbreviations to gather meaning from text
- Uses background knowledge on common uses and purposes of signs, lists, labels and forms to gather meaning

Forms and Conventions – Find Information/Research/Understand Types of Texts

- Uses understanding of kinds of signs, kinds of lists, kinds of labels, and kinds of forms to help identify purpose
- Uses basic features of lists, labels and simple tables to gather meaning (e.g., titles, bullets and numbering, headings, relationship between rows and columns, etc.)
- Scans to locate a single piece of information or specific details

Comprehension – Read to Understand/Retell

- Reads signs, symbols and common sight words from everyday life
- Locates specific details in simple documents, such as labels and signs

Interpretation – Read and Apply Understanding

- Locates a single piece of information in lists and simple tables
- Begins to identify sources and to evaluate and integrate information

Attitudes:

Practitioner,

We encourage you to talk with the learner about attitudes required to complete this task set. The context of the task has to be considered when identifying attitudes. With your learner, please check one of the following:

- Attitude is not important Attitude is somewhat important Attitude is very important



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A cook in a health-care facility must plan meals that meet the special dietary requirements of patients. These dietary requirements may include salt (sodium) restrictions. Look at the soup labels and Health Canada chart.

Learner Information and Tasks:

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

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

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?

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?

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 daily intake (RI)?

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

INGREDIENTS: CHICKEN STOCK, SALT, FLAVORINGS, CHICKEN FAT, YEAST EXTRACT, EVAPORATED CANE JUICE SUGAR, VEGETABLE JUICE CONCENTRATE (CARROT, CELERY AND ONION).

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

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

Regular chicken broth

Low-sodium chicken broth

Health Canada Recommended Adequate 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



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Answer Key

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

790 mg

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

70 mg

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?

720 mg

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?

1200 mg/day

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 daily intake (RI)?

410 mg



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Performance Descriptors		Needs Work	Completes task with support from practitioner	Completes task independently
C3.1	<ul style="list-style-type: none"> adds and subtracts whole number measurements 			
	<ul style="list-style-type: none"> identifies and performs required operation 			
	<ul style="list-style-type: none"> interprets and represents measures using whole numbers, decimals and simple, common fractions (e.g. $\frac{1}{2}$, $\frac{1}{4}$) 			
	<ul style="list-style-type: none"> interprets and represents measures using symbols and abbreviations (e.g. inches as “, centimeters as cm, pounds as lbs, kilograms as kilos or kg) 			
	<ul style="list-style-type: none"> follows apparent steps to reach solutions 			
	<ul style="list-style-type: none"> uses strategies to check accuracy (e.g. estimating, using a calculator, repeating a calculation, using the reverse operation) 			
A2.1	<ul style="list-style-type: none"> scans to locate specific details 			
	<ul style="list-style-type: none"> interprets brief text and common symbols 			
	<ul style="list-style-type: none"> locates specific details in simple documents, such as labels and signs 			
	<ul style="list-style-type: none"> requires support to identify sources and to evaluate and integrate information 			

This task: was successfully completed ____ needs to be tried again ____

Learner Comments



Prepared for: Cementing Integration Project – QUILL Learning Network 2015

Instructor (print)

Learner Signature



Skill Building Activities

List of Online Resources:

- What are units of measurement? - http://simple.wikipedia.org/wiki/Unit_of_measurement
- Practice Reading Food Labels - <http://pbskids.org/itsmylife/body/foodsmarts/article4.html>
- Practice Adding & Subtracting - <https://www.khanacademy.org/math/arithmetic/addition-subtraction>
- Reading Units of Measure - http://www.bgfl.org/bgfl/custom/resources_ftp/client_ftp/ks2/maths/measures/index.htm
- Converting Units of Measure - <https://www.khanacademy.org/math/cc-fourth-grade-math/cc-4th-measurement-topic/cc-4th-unit-conversion/e/measurement-units>
- Recognizing Letters & Words - <http://www.bbc.co.uk/skillswise/topic/recognising-letters-and-words>
- Types of Text - <http://www.bbc.co.uk/skillswise/topic/types-of-text>
- Label Reading Practice (Medicine) - <http://www.tv411.org/reading/understanding-what-you-read/reading-medicine-labels>
- Label Reading Practice (Food) - <http://pbskids.org/itsmylife/body/foodsmarts/article4.html>
- Dictionary use common medical terms - <http://familydoctor.org/familydoctor/en/health-tools/dictionary.html>

LearningHUB online courses available:

- **Reading & Writing, Independent Study Pathway – Reading Level 1, Reading Level 2** (assigned by practitioner after assessment)
- **Essential Skills, Independent Study – Basic Skills for the Real World**
- **Math, Independent Study – 101 Addition & Subtraction Assignments 1 & 2** (assigned by practitioner after assessment)

***To access LearningHUB courses**, learners must register for the LearningHUB e-Channel program by completing the registration form on their website and completing the course selection (page 2 of the registration form): https://www.learninghub.ca/get_registered.aspx

***To Access LearningHUB Course Catalogue:**



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<http://www.learninghub.ca/Files/PDF-files/HUBcoursecatalogue,%20December%202023,%202014%20revision.pdf>