

No. 15



90%

About 90 percent of Americans age 2 and up eat too much sodium—about the same as the number of American adults who own a cell phone.

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Directions:

Help students see how this percentage translates to their class. In advance, determine what 90% of your class would be. (For example, 90% of a class of 30 would be 27 students.) Instruct all students to stand. Then have 10% sit down. Invite students to look around and comment on the number of children standing. Lead students to understand that this is a lot of people who eat too much sodium, which could affect their health and appearance.