CNN News Highlights — Salt Intake

1) atomic number	2) insulting	3) monitored	4) nickel	5) nitrogen
6) sneeze	7) sodium	8) sulfur	9) thrive	

With an _____ of 11, which of these elements gets its symbol from the Latin word "natrium"? _____, _____, _____, or _____?
If you missed this, don't be salty. With a symbol of Na, sodium is the correct answer here.

Now, some creatures, like ocean animals, _____ in salt, but that could just be because pepper water would make them _____. Anyways, the World Health Organization is calling for us humans to cut back on the salt. They want salty food consumption to be _____ not only by individuals, but they're also calling on countries to implement policies that would set limits on the amount of salt in foods being served in public places like schools.

Now, if you love French fries like me, you may just find this _____. More now from CNN Health Reporter Jacqueline Howard.

1) comprehensive	2) cut back on	3) reformulating	4) risk factors
5) setting limits	6) sodium intake	7) stroke	8) World Health Organization

The _____ wants people to _____ salt. And we know that eating too much salt is one of the top _____ for heart disease, _____, and death. And the World Health Organization says that only nine countries have what they're calling a _____ package of policies to reduce _____. Those countries are Brazil, Chile, Czech Republic, Lithuania, Malaysia, Mexico, Saudi Arabia, Spain, and Uruguay.

And examples of these policies are _____ foods, so they contain less salt or _____ on foods high in salt being served at public places like hospitals or schools.

1) consume	2) estimated	3) extending
4) globally	5) implement	6) target

And the WHO is now calling on all countries to _____ sodium reduction policies. It says doing that could save an _____ 7 million lives _____ by 2030. And it's considering _____ its 30% _____ to 2030. And right now, Dr. Francesco Branca with the WHO says people living in high-income countries _____ a good amount of salt in one snack.

1) average	2) canned	3) condiments	4) limit
5) meantime	6) supposed to	7) teaspoon	8) varieties

Just to give you an example, if you take an _____ bag of chips of 150 grams, only that bag of chips contains half of the salt we are _____ consume every day.

And in the _____, though, there are steps you can take personally to watch how much salt you eat. The WHO says, to cut back on salty sauces and _____, avoid snacks that are high in salt. And when using _____ or dried products, choose _____ without added salt and sugars. It's recommended to _____ your salt intake to less than 5 grams per day. That's just one _____.

Translation

原子序數為 11 的這些元素中，哪些元素的符號來自拉丁詞“鈉”？
鎳、鈉、硫還是氮？
如果你錯過了這個，不要生氣。 帶有 Na 符號的鈉是這裡的正確答案。

現在，一些生物，如海洋動物，在鹽中茁壯成長，但這可能只是因為胡椒水會使它們打噴嚏。 無論如何，世界衛生組織正在呼籲我們人類減少鹽的攝入。 他們希望不僅個人可以控制對鹹味食物的消費情況，而且他們還呼籲各國實施政策，對學校等公共場所提供的食物中的鹽含量進行限制。
現在，如果你像我一樣喜歡炸薯條，你可能會覺得這是一種侮辱。 更多報導來自 CNN 健康記者 Jacqueline Howard。

世界衛生組織呼籲人們少吃鹽， 我們知道吃太多鹽是心臟病、中風和死亡的首要危險因素之一。 世界衛生組織表示，只有九個國家有他們所謂的減少鈉攝入量的全面性政策。 這些國家是巴西、智利、捷克共和國、立陶宛、馬來西亞、墨西哥、沙烏地阿拉伯、西班牙和烏拉圭。 這些政策的例子包括重新制定食品配方，使它們含有更少的鹽，或者對在醫院或學校等公共場所供應的高鹽食品設定限制。

世界衛生組織現在呼籲所有國家實施減鈉政策。 它表示，到 2030 年，這樣做可以在全球挽救大約 700 萬人的生命。它正在考慮將其 30% 的目標延長至 2030 年。目前，世界衛生組織的弗朗切斯科·布蘭卡博士表示，生活在高收入國家的人們在一份零食中便能攝入很高份量的鹽量。

舉個例子，如果你拿一袋平均 150 克的薯片，只有那袋薯片便含有我們每天應該攝入的鹽的一半。

不過與此同時，您可以親自採取一些措施來觀察您攝入了多少鹽。 世界衛生組織表示，要減少鹹味醬汁和調味品的攝入，請避免食用含鹽量高的零食。 在使用罐頭或乾製品時，選擇不添加鹽和糖的種類。 建議將鹽的攝入量限制在每天 5 克以下。 那是一茶匙的份量。

You can access this activity here:

https://linguadox.com/2023/03/14/cnn-news-highlights-salt-intake/

Answers

1) atomic number	2) insulting	3) monitored	4) nickel	5) nitrogen
6) sneeze	7) sodium	8) sulfur	9) thrive	

With an 1) atomic number of 11, which of these elements gets its symbol from the Latin word "natrium"?
4) Nickel, 7) Sodium, 8) Sulfur, or 5) Nitrogen?
If you missed this, don't be salty. With a symbol of Na, sodium is the correct answer here.

Now, some creatures, like ocean animals, 9) thrive in salt, but that could just be because pepper water would make them 6) sneeze. Anyways, the World Health Organization is calling for us humans to cut back on the salt. They want salty food consumption to be 3) monitored not only by individuals, but they're also calling on countries to implement policies that would set limits on the amount of salt in foods being served in public places like schools.

Now, if you love French fries like me, you may just find this 2) insulting. More now from CNN Health Reporter Jacqueline Howard.

1) comprehensive	2) cut back on	3) reformulating	4) risk factors
5) setting limits	6) sodium intake	7) stroke	8) World Health Organization

The 8) World Health Organization wants people to 2) cut back on salt. And we know that eating too much salt is one of the top 4) risk factors for heart disease, 7) stroke, and death. And the World Health Organization says that only nine countries have what they're calling a 1) comprehensive package of policies to reduce 6) sodium intake. Those countries are Brazil, Chile, Czech Republic, Lithuania, Malaysia, Mexico, Saudi Arabia, Spain, and Uruguay.

And examples of these policies are 3) reformulating foods, so they contain less salt or 5) setting limits on foods high in salt being served at public places like hospitals or schools.

1) consume	2) estimated	3) extending
4) globally	5) implement	6) target

And the WHO is now calling on all countries to 5) implement sodium reduction policies. It says doing that could save an 2) estimated 7 million lives 4) globally by 2030. And it's considering 3) extending its 30% 6) target to 2030. And right now, Dr. Francesco Branca with the WHO says people living in high-income countries 1) consume a good amount of salt in one snack.

1) average	2) canned	3) condiments	4) limit
5) meantime	6) supposed to	7) teaspoon	8) varieties

Just to give you an example, if you take an 1) average bag of chips of 150 grams, only that bag of chips contains half of the salt we are 6) supposed to consume every day.

And in the 5) meantime, though, there are steps you can take personally to watch how much salt you eat. The WHO says, to cut back on salty sauces and 3) condiments, avoid snacks that are high in salt. And when using 2) canned or dried products, choose 8) varieties without added salt and sugars. It's recommended to 4) limit your salt intake to less than 5 grams per day. That's just one 7) teaspoon.