



Sodium in School Meals – Add Some Spice!

Professional Standards: Nutrition 1000 - (1300 General Nutrition)
Operations 2000 – (2100 Food Production)

Webcast

[Sodium in School Meals](#) - 11 minutes

Explores ways to reduce sodium in school meals, identify flavor trends, and how to set up a flavor station.

Activity

Name that Spice – Divide staff into small groups. Provide each group a set of small paper cups with a sample of a spice in each. As a team have them identify each spice. The group with the most correct wins a small prize! Examples of spices to use: Paprika, Black pepper, Cumin, Cardamom, Mustard, Garlic Powder, Curry Powder, Dill Seed, Basil, and Cumin.

Brainstorm – Distribute copies of the [Herbs and Spices Chart](#) to each group and have them brainstorm ideas of how to incorporate herbs and spices into menu items. As a group come with 1 or 2 menu items you plan to test in the next month.

Quiz

The quiz questions can be completed as group, in pairs, or individually as a way to reinforce concepts learned.

1. **Humans have the ability to detect five different flavors with taste buds on their tongue. Which of the following is not one of the five:**
 - a. Sweet
 - b. Sour
 - c. Bitter
 - d. Salty
 - e. Minty
 - f. Unami

2. Which of the following are ways to reduce sodium in cooking? (select all that apply)

- a. Use herbs, spices, and acids to enhance flavor
- b. Use fresh ingredients
- c. Limit seasoned and processed meats and cheese
- d. Increase the use of condiments
- e. Choose fresh or frozen vegetables vs. canned

Answer: a, b, c, and e. Condiments are high and sodium and usage should be limited.

3. Which of the following is *not* a herb?

- a. Oregano
- b. Thyme
- c. Cinnamon
- d. Rosemary
- e. Parsley
- f. Basil

4. Which of the following is not a spice?

- a. Pepper
- b. Dill
- c. Ginger
- d. Paprika
- e. Cayenne

5. Which of the following is a flavor trend we are seeing today?

- a. Heat plus sweet
- b. Sriracha
- c. Sour/Tangy
- d. Smoked Spices
- e. Global Flavors
- f. All of the above