

Your Salt IQ

Jesus said that salt is good! He also said, "Have salt in yourselves." How much do you know about salt? Take this true-or-false quiz to find out.

1. Table salt is called sodium chloride.

T or F

2. Over 50% of the salt that is purchased is used for food.

T or F

3. Salt was used to preserve Egyptian mummies.

T or F

4. Salt is essential for all living creatures to survive.

T or F

5. Salt is found in vegetables but not fruits.

T or F

6. In ancient cultures, salt was used as a type of money.

T or F

7. This story is the only place the Bible mentions salt.

T or F

8. Nutrition experts recommend that we eat 2 Tablespoons or less of salt each day.

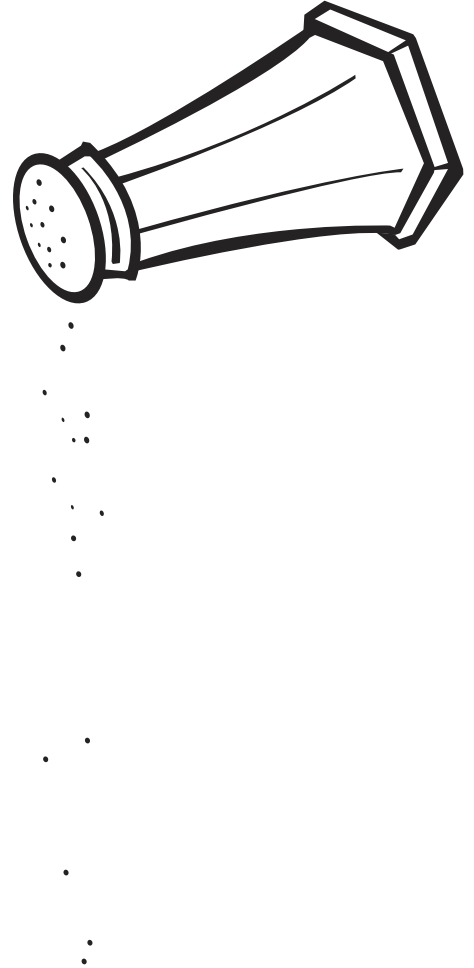
T or F

9. Reducing salt can help lower blood pressure.

T or F

10. Africa is the oldest known place where salt was produced.

T or F



Your Salt IQ Solution

Jesus said that salt is good! He also said, "Have salt in yourselves." How much do you know about salt? Take this true-or-false quiz to find out.



1. Table salt is called sodium chloride.

T or F

2. Over 50% of the salt that is purchased is used for food.

T or F *Less than 10% of salt is used for human consumption. The rest is used for purposes like manufacturing, making chemicals, and deicing roads.*

3. Salt was used to preserve Egyptian mummies.

T or F

4. Salt is essential for all living creatures to survive.

T or F *Salt helps regulate the water content in our bodies.*

5. Salt is found in vegetables but not fruits.

T or F *There is very little salt in fruits OR vegetables.*

6. In ancient cultures, salt was used as a type of money.

T or F *Salt was so valuable they could make currency from it.*

7. This story is the only place the Bible mentions salt.

T or F *Salt is mentioned over 30 times!*

8. Nutrition experts recommend that we eat 2 Tablespoons or less of salt each day.

T or F *The recommended amount is 1 teaspoon!*

9. Reducing salt can help lower blood pressure.

T or F

10. Africa is the oldest known place where salt was produced.

T or F *China has the longest history of using salt - some estimate that salt was produced there in 600 b.c.!*