



# SALT OR SUGAR?

Read the text and complete it with "sugar" or "salt".

## WHITE GOLD

### FASCINATING FACTS ABOUT SUGAR AND SALT

At different times in history, both sugar and salt were called 'white gold', because they were so expensive and difficult to get. But there are many more interesting facts about sugar and salt...

- Christopher Columbus introduced <sup>1</sup>\_\_\_\_\_ to the New World in 1493 on his second voyage.
- If you eat too much <sup>2</sup>\_\_\_\_\_ (about 1 gram per kilogram of weight), you can die. This was a method of ritual suicide in ancient China.
- Salzburg in Austria was called 'the city of <sup>3</sup>\_\_\_\_\_' because of its mines.
- If you want to check if an egg is fresh, put it in a cup with water and <sup>4</sup>\_\_\_\_\_. If the egg floats, it isn't very fresh.



- In Brazil fuel made from <sup>5</sup>\_\_\_\_\_ is used in cars instead of petrol.
- Americans eat or drink about 2.25 kilos of <sup>6</sup>\_\_\_\_\_ a month.
- <sup>7</sup>\_\_\_\_\_ is used to make glass, washing powder, and paper.
- <sup>8</sup>\_\_\_\_\_ kills some bacteria, and so helps food to last longer, which is why bacon and cheese contain a lot.
- If you put <sup>9</sup>\_\_\_\_\_ into a vase of flowers, the flowers last longer.
- <sup>10</sup>\_\_\_\_\_ only contains energy. It doesn't contain any vitamins or minerals.
- Sure and <sup>11</sup>\_\_\_\_\_ are the only two words in the English language that begin with 'su' and are pronounced 'sh'.
  - We need to have a little <sup>12</sup>\_\_\_\_\_ in our diet, but not more than 6g a day, which is about one teaspoon.

