

Teacher's Guide for APPLESEEDS[®] Salt

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We're used to seeing salt on the table and using it to season our food. Use the articles in this magazine to show various uses of salt through history.

Draw a chart with four columns. Place these headings at the top of each column: Use, Country, Continent, Time Period.

Draw a picture to show 2-3 ways how salt was used.

Salt is in our bodies. The problem used to be not enough salt in our diets. Today's problem is too much salt.

What happens to the body when it doesn't get enough salt?

What happens when you get too much salt?

Making salt from seawater is called involves evaporation. The sun's heat evaporates salty water and salt crystals are left behind.

How do people in warm climates, salt-makers get salt from the sea and salty springs?

How do people in cooler climates get salt from the sea and salty springs?

Removing salt from seawater is called desalination. Heat is used in this process. What are the disadvantages of desalination.

Around the word with salt!

Which lake is five times saltier than the ocean?

Which lake is ten times saltier than the ocean?

Which lake is seven times saltier than the ocean?

Name two deserts that used to be at the bottom of the sea.

Why did people think salt had magical powers? Are you familiar with any of the customs or superstitions described in this magazine? Do you have one to add?

Salting food to preserve it is no longer necessary in many parts of the world. Make a list of items that salt is used to preserve. What are some of the problems when salt is used to preserve food for a very long time?

Pure salt is white. It comes in other colors. What gives these salts their unusual colors?