**LEVEL 1: Basic Knowledge (25 Questions)**

**1. How many teaspoons of salt should an adult consume daily, according to the WHO?**

* **Options**:  
  A. 1 teaspoon  
  B. 2 teaspoons  
  C. 3 teaspoons  
  D. 4 teaspoons  
  **Correct Answer**: A  
  *Feedback*: "Correct! The WHO recommends no more than 1 teaspoon of salt (5 grams) daily."

**2. Which African staple food is naturally low in salt unless salt is added during preparation?**

* **Options**:  
  A. Boiled yam  
  B. Fried plantains  
  C. Egusi soup  
  D. Jollof rice  
  **Correct Answer**: A  
  *Feedback*: "Correct! Boiled yam is naturally low in salt, but frying or adding salt can increase its sodium content."

**3. Which of these ingredients commonly used in African cooking contributes the most salt?**

* **Options**:  
  A. Fresh ginger  
  B. Bouillon cubes  
  C. Palm oil  
  D. Fresh tomatoes  
  **Correct Answer**: B  
  *Feedback*: "Correct! Bouillon cubes are a significant source of sodium in many African dishes."

**4. What happens to your blood pressure when you consume too much salt?**

* **Options**:  
  A. It decreases  
  B. It stays the same  
  C. It increases  
  D. It improves blood flow  
  **Correct Answer**: C  
  *Feedback*: "Correct! High salt intake can lead to increased blood pressure, which is a risk factor for hypertension."

**5. Which African dish is typically high in salt due to its preparation with salted fish or stockfish?**

* **Options**:  
  A. Vegetable soup  
  B. Egusi soup  
  C. Pounded yam  
  D. Kenkey  
  **Correct Answer**: B  
  *Feedback*: "Correct! Egusi soup made with salted fish or stockfish contains high amounts of salt."

**6. True or False: Adding salt while cooking rice significantly increases its sodium content.**

* **Correct Answer**: True  
  *Feedback*: "Correct! Even a small amount of added salt can raise the sodium content in otherwise low-sodium foods like rice."

**7. Which snack is a low-sodium choice for a traditional African meal?**

* **Options**:  
  A. Fresh fruit salad  
  B. Salted peanuts  
  C. Plantain chips  
  D. Fried yam with salt  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh fruit salad is naturally sodium-free and a healthier snack choice."

**8. How can you reduce sodium in traditional African soups like ogbono or egusi?**

* **Options**:  
  A. Add fresh herbs and spices instead of bouillon cubes  
  B. Use salted crayfish for seasoning  
  C. Sprinkle extra salt after cooking  
  D. Avoid using fresh vegetables  
  **Correct Answer**: A  
  *Feedback*: "Correct! Using fresh herbs and spices enhances flavour without adding sodium."

**9. What is the effect of rinsing canned beans before cooking?**

* **Options**:  
  A. It removes excess fat  
  B. It reduces sodium content  
  C. It increases fibre  
  D. It improves flavour  
  **Correct Answer**: B  
  *Feedback*: "Correct! Rinsing canned beans can reduce sodium by up to 40%."

**10. Which traditional African ingredient is naturally sodium-free?**

* **Options**:  
  A. Fresh cassava  
  B. Stockfish  
  C. Bouillon cubes  
  D. Dried crayfish  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh cassava contains no sodium until salt is added during preparation."

**11. How does salt help preserve foods like fish and meat in traditional African cooking?**

* **Options**:  
  A. It adds flavour  
  B. It draws out moisture to prevent spoilage  
  C. It makes food softer  
  D. It reduces cooking time  
  **Correct Answer**: B  
  *Feedback*: "Correct! Salt preserves food by drawing out moisture, which inhibits bacterial growth."

**12. What percentage of salt in an average African diet comes from processed foods?**

* **Options**:  
  A. 20%  
  B. 50%  
  C. 70%  
  D. 90%  
  **Correct Answer**: C  
  *Feedback*: "Correct! Approximately 70% of dietary salt comes from processed foods and seasonings like bouillon cubes."

**13. Which of these cooking techniques naturally reduces sodium?**

* **Options**:  
  A. Boiling vegetables with salted water  
  B. Grilling fish without marinades  
  C. Frying yams with salted oil  
  D. Using processed spice mixes  
  **Correct Answer**: B  
  *Feedback*: "Correct! Grilling fish without marinades or added salt keeps sodium levels low."

**14. True or False: All salt, whether sea salt or table salt, has the same sodium content.**

* **Correct Answer**: True  
  *Feedback*: "Correct! Sea salt and table salt contain similar amounts of sodium per weight, despite differences in texture and flavour."

**15. Which African snack is a healthier low-sodium option?**

* **Options**:  
  A. Salted cashews  
  B. Roasted corn without salt  
  C. Plantain chips with salt  
  D. Fried yam with seasoning  
  **Correct Answer**: B  
  *Feedback*: "Correct! Roasted corn without added salt is a low-sodium snack option."

**16. How does reducing sodium benefit your heart health?**

* **Options**:  
  A. It strengthens heart muscles  
  B. It lowers blood pressure  
  C. It increases heart rate  
  D. It reduces oxygen needs  
  **Correct Answer**: B  
  *Feedback*: "Correct! Lower sodium intake can lower blood pressure and reduce the risk of heart disease."

**17. Which of these breakfast choices is naturally low in sodium?**

* **Options**:  
  A. Bread with margarine  
  B. Porridge made with fresh milk  
  C. Canned beans  
  D. Sausages  
  **Correct Answer**: B  
  *Feedback*: "Correct! Porridge made with fresh milk is low in sodium compared to processed options."

**18. Which is a high-sodium seasoning commonly used in African cooking?**

* **Options**:  
  A. Garlic  
  B. Fresh ginger  
  C. Bouillon cubes  
  D. Curry leaves  
  **Correct Answer**: C  
  *Feedback*: "Correct! Bouillon cubes are a significant source of sodium in many recipes."

**19. How can you reduce sodium in fried rice without losing flavour?**

* **Options**:  
  A. Add extra soy sauce  
  B. Use fresh vegetables and herbs  
  C. Cook with salted butter  
  D. Include processed meats like sausage  
  **Correct Answer**: B  
  *Feedback*: "Correct! Fresh vegetables and herbs enhance flavour without adding sodium."

**20. Which condition is most commonly linked to high salt intake?**

* **Options**:  
  A. Diabetes  
  B. Hypertension  
  C. Anaemia  
  D. Malaria  
  **Correct Answer**: B  
  *Feedback*: "Correct! High salt intake is strongly associated with hypertension."

**21. How can you reduce sodium in your egusi soup?**

* **Options**:  
  A. Avoid using salted crayfish or stockfish  
  B. Add multiple bouillon cubes  
  C. Use canned tomato paste  
  D. Sprinkle salt generously  
  **Correct Answer**: A  
  *Feedback*: "Correct! Avoiding salted ingredients helps keep egusi soup lower in sodium."

**22. What is one teaspoon of salt roughly equivalent to in grams?**

* **Options**:  
  A. 2 grams  
  B. 5 grams  
  C. 8 grams  
  D. 10 grams  
  **Correct Answer**: B  
  *Feedback*: "Correct! One teaspoon of salt is approximately 5 grams."

**23. Which leafy vegetable is naturally sodium-free?**

* **Options**:  
  A. Spinach  
  B. Kale  
  C. Lettuce  
  D. All of the above  
  **Correct Answer**: D  
  *Feedback*: "Correct! Most fresh leafy greens are naturally sodium-free."

**24. How does sodium contribute to the risk of stroke?**

* **Options**:  
  A. It damages brain cells  
  B. It increases blood pressure  
  C. It reduces oxygen levels in the blood  
  D. It causes blood clotting  
  **Correct Answer**: B  
  *Feedback*: "Correct! High sodium raises blood pressure, which is a leading risk factor for stroke."

**25. Which condiment adds sodium to a dish?**

* **Options**:  
  A. Vinegar  
  B. Soy sauce  
  C. Fresh ginger  
  D. Lime juice  
  **Correct Answer**: B  
  *Feedback*: "Correct! Soy sauce is high in sodium and should be used sparingly."

**LEVEL 2: Practical Knowledge (25 Questions)**

**1. You’re preparing jollof rice. Which step helps reduce sodium?**

* **Options**:  
  A. Use fresh tomatoes instead of canned tomato paste  
  B. Add extra bouillon cubes for flavour  
  C. Cook with salted margarine  
  D. Sprinkle table salt after cooking  
  **Correct Answer**: A  
  *Feedback*: "Correct! Using fresh tomatoes reduces sodium compared to canned tomato paste, which often contains added salt."

**2. You’re shopping for plantain chips. Which option has the lowest sodium?**

* **Options**:  
  A. Salted plantain chips  
  B. Lightly salted plantain chips  
  C. Unsalted plantain chips  
  D. Spiced plantain chips with salt  
  **Correct Answer**: C  
  *Feedback*: "Correct! Unsalted plantain chips are the lowest sodium option."

**3. You’re cooking egusi soup. How can you lower sodium content?**

* **Options**:  
  A. Use salted crayfish  
  B. Avoid using bouillon cubes  
  C. Add table salt generously  
  D. Use canned tomatoes  
  **Correct Answer**: B  
  *Feedback*: "Correct! Avoiding bouillon cubes helps reduce sodium while maintaining flavour with fresh ingredients."

**4. You’re preparing yam porridge. What’s the best way to reduce sodium?**

* **Options**:  
  A. Use low-sodium stock  
  B. Add powdered bouillon cubes  
  C. Sprinkle salt generously  
  D. Cook with salted fish  
  **Correct Answer**: A  
  *Feedback*: "Correct! Low-sodium stock provides flavour while keeping sodium content low."

**5. You’re shopping for frozen vegetables. Which label indicates the best choice?**

* **Options**:  
  A. "With added sauces"  
  B. "Salted for taste"  
  C. "No added salt"  
  D. "Lightly seasoned"  
  **Correct Answer**: C  
  *Feedback*: "Correct! Frozen vegetables with 'no added salt' are the healthiest option."

**6. You’re preparing kenkey. How can you keep it sodium-free?**

* **Options**:  
  A. Add table salt during preparation  
  B. Use unsalted maize flour  
  C. Cook with salted water  
  D. Garnish with salted fish  
  **Correct Answer**: B  
  *Feedback*: "Correct! Using unsalted maize flour ensures kenkey remains sodium-free."

**7. You’re marinating fish for grilling. Which method lowers sodium?**

* **Options**:  
  A. Use soy sauce as a marinade  
  B. Add lime juice and fresh herbs  
  C. Sprinkle salt before grilling  
  D. Use salted oil for brushing  
  **Correct Answer**: B  
  *Feedback*: "Correct! Lime juice and fresh herbs add flavour without adding sodium."

**8. You’re dining out and ordering fried plantains. How can you reduce sodium?**

* **Options**:  
  A. Request no added salt  
  B. Add extra seasoning  
  C. Pair with salted peanuts  
  D. Choose salted plantains  
  **Correct Answer**: A  
  *Feedback*: "Correct! Asking for no added salt reduces sodium in your meal."

**9. You’re making fried rice. What’s the best way to lower sodium?**

* **Options**:  
  A. Use fresh vegetables and herbs  
  B. Add pre-seasoned meats  
  C. Sprinkle salt generously  
  D. Include soy sauce in the recipe  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh vegetables and herbs provide flavour without increasing sodium."

**10. You’re preparing a salad. Which dressing is the best low-sodium choice?**

* **Options**:  
  A. Olive oil and lemon juice  
  B. Store-bought ranch dressing  
  C. Caesar dressing  
  D. Pre-made mayonnaise  
  **Correct Answer**: A  
  *Feedback*: "Correct! Olive oil and lemon juice are naturally sodium-free and enhance flavour."

**11. You’re seasoning meat for suya. What’s the best way to reduce sodium?**

* **Options**:  
  A. Add more chili and less salt  
  B. Use soy sauce as a marinade  
  C. Include salted peanuts in the mix  
  D. Add powdered bouillon cubes  
  **Correct Answer**: A  
  *Feedback*: "Correct! Using chili and other spices reduces the need for salt in your suya seasoning."

**12. You’re cooking okra soup. How can you reduce sodium in this dish?**

* **Options**:  
  A. Use fresh fish instead of stockfish  
  B. Add bouillon cubes for flavour  
  C. Sprinkle salt generously  
  D. Use salted crayfish  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh fish is a lower-sodium alternative to stockfish."

**13. You’re frying akara. How can you ensure it’s sodium-free?**

* **Options**:  
  A. Avoid adding salt to the batter  
  B. Fry in salted vegetable oil  
  C. Sprinkle salt after frying  
  D. Use pre-seasoned beans  
  **Correct Answer**: A  
  *Feedback*: "Correct! Skipping salt in the batter ensures akara remains sodium-free."

**14. You’re cooking spinach stew. How can you keep sodium low?**

* **Options**:  
  A. Use fresh spinach instead of canned spinach  
  B. Add extra bouillon cubes  
  C. Include salted fish for flavour  
  D. Cook with table salt  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh spinach contains no added sodium, unlike canned options."

**15. You’re making cassava chips at home. What’s a low-sodium preparation method?**

* **Options**:  
  A. Fry without adding salt  
  B. Sprinkle salt before frying  
  C. Use salted oil for frying  
  D. Garnish with salted spices  
  **Correct Answer**: A  
  *Feedback*: "Correct! Skipping salt keeps cassava chips naturally low in sodium."

**16. You’re preparing pepper soup. Which ingredient keeps sodium low?**

* **Options**:  
  A. Fresh fish and herbs  
  B. Salted crayfish  
  C. Bouillon cubes  
  D. Salted dry fish  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh fish and herbs are naturally low in sodium."

**17. You’re at a buffet. Which dish is likely to have the highest sodium?**

* **Options**:  
  A. Grilled fish without sauce  
  B. Vegetable salad without dressing  
  C. Jollof rice with stockfish  
  D. Fresh fruit slices  
  **Correct Answer**: C  
  *Feedback*: "Correct! Jollof rice with stockfish is typically high in sodium due to the salted fish."

**18. You’re seasoning roasted vegetables. Which method reduces sodium?**

* **Options**:  
  A. Add olive oil and garlic  
  B. Sprinkle table salt before roasting  
  C. Use soy sauce as a marinade  
  D. Include salted butter  
  **Correct Answer**: A  
  *Feedback*: "Correct! Olive oil and garlic add flavour without adding sodium."

**19. You’re making pounded yam and egusi soup. How can you reduce sodium in the soup?**

* **Options**:  
  A. Use fresh fish instead of salted crayfish  
  B. Add more bouillon cubes  
  C. Sprinkle salt generously  
  D. Use canned stock for the base  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh fish is a lower-sodium alternative to salted crayfish."

**20. You’re preparing fufu. What’s a low-sodium cooking strategy?**

* **Options**:  
  A. Use plain cassava flour and water  
  B. Add salt while kneading  
  C. Use pre-seasoned flour  
  D. Include salted oil  
  **Correct Answer**: A  
  *Feedback*: "Correct! Plain cassava flour and water ensure fufu remains sodium-free."

**21. You’re shopping for pre-packaged soup. What should you avoid?**

* **Options**:  
  A. "No added salt" soups  
  B. "Low-sodium" soups  
  C. "Ready-to-eat" soups with bouillon  
  D. "Organic" soups without salt  
  **Correct Answer**: C  
  *Feedback*: "Correct! Ready-to-eat soups with bouillon are typically high in sodium."

**22. You’re preparing tilapia stew. How can you reduce sodium?**

* **Options**:  
  A. Use fresh tilapia and herbs  
  B. Add extra bouillon cubes  
  C. Include salted fish for taste  
  D. Use canned tomatoes with salt  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh tilapia and herbs are healthier, lower-sodium options."

**23. You’re choosing a side dish. Which option is naturally low in sodium?**

* **Options**:  
  A. Fresh steamed vegetables  
  B. Fried yam with salt  
  C. Canned green beans  
  D. Mashed potatoes with salted butter  
  **Correct Answer**: A  
  *Feedback*: "Correct! Steamed vegetables are naturally sodium-free."

**24. You’re preparing akara. What’s a low-sodium frying option?**

* **Options**:  
  A. Use unsalted oil and fresh ingredients  
  B. Sprinkle salt before frying  
  C. Add soy sauce for flavour  
  D. Fry in pre-seasoned oil  
  **Correct Answer**: A  
  *Feedback*: "Correct! Unsalted oil and fresh ingredients ensure akara remains low in sodium."

**25. You’re preparing groundnut soup. What’s a healthier choice?**

* **Options**:  
  A. Use unsalted peanut butter  
  B. Add salted peanuts for flavour  
  C. Include bouillon cubes  
  D. Use pre-packaged soup bases  
  **Correct Answer**: A  
  *Feedback*: "Correct! Unsalted peanut butter keeps groundnut soup low in sodium."

**LEVEL 3: Advanced Knowledge (25 Questions)**

**1. How does excess sodium affect the blood vessels over time?**

* **Options**:  
  A. It strengthens the blood vessel walls  
  B. It stiffens and narrows blood vessels  
  C. It improves blood flow  
  D. It reduces oxygen delivery  
  **Correct Answer**: B  
  *Feedback*: "Correct! Excess sodium causes blood vessels to stiffen and narrow, leading to increased blood pressure."

**2. What role does sodium play in nerve signalling?**

* **Options**:  
  A. It inhibits the transmission of signals  
  B. It helps generate and transmit electrical impulses  
  C. It reduces nerve activity  
  D. It has no role in nerve function  
  **Correct Answer**: B  
  *Feedback*: "Correct! Sodium is essential for generating and transmitting electrical impulses between nerve cells."

**3. How does sodium intake influence kidney function?**

* **Options**:  
  A. Excess sodium decreases kidney workload  
  B. High sodium increases the risk of kidney damage  
  C. Sodium has no effect on the kidneys  
  D. Low sodium improves calcium absorption  
  **Correct Answer**: B  
  *Feedback*: "Correct! Excess sodium strains the kidneys, increasing the risk of long-term damage."

**4. What happens to the body when sodium levels are too low?**

* **Options**:  
  A. Blood pressure rises  
  B. Muscle cramps and confusion may occur  
  C. Fluid retention increases  
  D. Heart rate improves  
  **Correct Answer**: B  
  *Feedback*: "Correct! Low sodium levels, or hyponatremia, can lead to symptoms like muscle cramps, fatigue, and confusion."

**5. Why is high sodium intake a risk factor for stroke?**

* **Options**:  
  A. It weakens blood vessel walls  
  B. It increases blood pressure, which stresses the brain's arteries  
  C. It reduces brain oxygen levels  
  D. It causes blood clotting  
  **Correct Answer**: B  
  *Feedback*: "Correct! High sodium raises blood pressure, which increases the risk of stroke."

**6. Which organ is primarily responsible for regulating sodium levels in the body?**

* **Options**:  
  A. Liver  
  B. Heart  
  C. Kidneys  
  D. Pancreas  
  **Correct Answer**: C  
  *Feedback*: "Correct! The kidneys regulate sodium levels and maintain fluid balance in the body."

**7. True or False: Sodium intake directly affects calcium loss in the body.**

* **Correct Answer**: True  
  *Feedback*: "Correct! Excess sodium can lead to calcium loss, increasing the risk of osteoporosis."

**8. How does excess sodium cause fluid retention?**

* **Options**:  
  A. It reduces water absorption in the intestines  
  B. It causes the kidneys to retain more water  
  C. It increases urination frequency  
  D. It improves hydration levels  
  **Correct Answer**: B  
  *Feedback*: "Correct! Sodium retains water, leading to fluid retention and bloating."

**9. What percentage of dietary sodium comes from added table salt?**

* **Options**:  
  A. 10%  
  B. 25%  
  C. 50%  
  D. 75%  
  **Correct Answer**: A  
  *Feedback*: "Correct! Only about 10% of sodium intake comes from added table salt; most comes from processed foods."

**10. How does reducing sodium improve blood pressure?**

* **Options**:  
  A. It increases heart rate  
  B. It relaxes blood vessel walls  
  C. It removes cholesterol from arteries  
  D. It improves oxygen absorption  
  **Correct Answer**: B  
  *Feedback*: "Correct! Lower sodium reduces blood pressure by relaxing and widening blood vessels."

**11. True or False: Sea salt is a healthier alternative to regular table salt.**

* **Correct Answer**: False  
  *Feedback*: "Correct! Both sea salt and table salt contain similar amounts of sodium per weight."

**12. Why are people of African descent at higher risk for hypertension related to salt intake?**

* **Options**:  
  A. Genetic predisposition to salt sensitivity  
  B. Higher consumption of sodium-rich foods  
  C. Reduced access to low-sodium options  
  D. All of the above  
  **Correct Answer**: D  
  *Feedback*: "Correct! Genetics, dietary habits, and access to healthier options contribute to the higher risk."

**13. What is one way sodium can indirectly affect heart health?**

* **Options**:  
  A. By lowering cholesterol levels  
  B. By increasing blood pressure  
  C. By improving circulation  
  D. By strengthening the heart muscles  
  **Correct Answer**: B  
  *Feedback*: "Correct! Sodium indirectly affects heart health by raising blood pressure, a key risk factor for heart disease."

**14. What is the role of potassium in counteracting high sodium intake?**

* **Options**:  
  A. It increases sodium retention  
  B. It helps relax blood vessels and excrete sodium  
  C. It reduces fluid balance  
  D. It inhibits sodium absorption  
  **Correct Answer**: B  
  *Feedback*: "Correct! Potassium helps the kidneys excrete excess sodium, reducing blood pressure."

**15. Which African dish is naturally low in sodium if prepared without additives?**

* **Options**:  
  A. Boiled plantains  
  B. Fried plantains with salt  
  C. Jollof rice with stockfish  
  D. Groundnut soup with bouillon cubes  
  **Correct Answer**: A  
  *Feedback*: "Correct! Boiled plantains are naturally sodium-free unless salt or seasonings are added."

**16. True or False: Excess sodium increases the risk of kidney stones.**

* **Correct Answer**: True  
  *Feedback*: "Correct! High sodium causes calcium loss, which can lead to kidney stones."

**17. How does sodium affect muscle function?**

* **Options**:  
  A. It inhibits muscle contraction  
  B. It supports muscle contraction and relaxation  
  C. It weakens muscle fibres  
  D. It reduces muscle endurance  
  **Correct Answer**: B  
  *Feedback*: "Correct! Sodium is essential for muscle contraction and relaxation."

**18. Which African beverage is naturally sodium-free?**

* **Options**:  
  A. Palm wine  
  B. Fresh hibiscus tea (zobo)  
  C. Malted drinks  
  D. Bottled soft drinks  
  **Correct Answer**: B  
  *Feedback*: "Correct! Hibiscus tea is naturally sodium-free and a healthier choice."

**19. What happens to excess sodium that isn’t excreted by the kidneys?**

* **Options**:  
  A. It builds up in the blood, increasing pressure  
  B. It is stored in fat cells  
  C. It strengthens blood vessels  
  D. It evaporates from the skin  
  **Correct Answer**: A  
  *Feedback*: "Correct! Excess sodium builds up in the bloodstream, raising blood pressure."

**20. Which condition is NOT linked to high sodium intake?**

* **Options**:  
  A. Hypertension  
  B. Stroke  
  C. Type 1 diabetes  
  D. Heart failure  
  **Correct Answer**: C  
  *Feedback*: "Correct! Type 1 diabetes is not directly linked to sodium intake."

**21. How can cooking with fresh herbs benefit sodium levels?**

* **Options**:  
  A. They add flavour without sodium  
  B. They increase salt absorption  
  C. They enhance sodium content  
  D. They require more salt for seasoning  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh herbs are a sodium-free way to add flavour."

**22. How does sodium affect bone health?**

* **Options**:  
  A. It strengthens bones  
  B. It reduces calcium absorption  
  C. It prevents bone density loss  
  D. It has no effect on bones  
  **Correct Answer**: B  
  *Feedback*: "Correct! Excess sodium causes calcium loss, increasing the risk of osteoporosis."

**23. What is the link between sodium and dehydration?**

* **Options**:  
  A. High sodium retains water in the body  
  B. Sodium pulls water into the bloodstream, causing dehydration  
  C. Sodium directly increases urine output  
  D. Sodium replaces electrolytes lost through sweat  
  **Correct Answer**: B  
  *Feedback*: "Correct! High sodium can lead to dehydration by pulling water into the bloodstream."

**24. True or False: Reducing salt intake lowers the risk of hypertension.**

* **Correct Answer**: True  
  *Feedback*: "Correct! Lowering sodium intake is a proven way to reduce the risk of high blood pressure."

**25. Which traditional food is most likely to raise sodium levels?**

* **Options**:  
  A. Egusi soup with salted fish  
  B. Plain fufu  
  C. Fresh fruit salad  
  D. Boiled yam without salt  
  **Correct Answer**: A  
  *Feedback*: "Correct! Egusi soup with salted fish is a high-sodium dish due to the salted fish."

**LEVEL 4: Behavioural Challenges (25 Questions)**

**1. You’re making jollof rice for a family dinner. Which adjustment reduces sodium?**

* **Options**:  
  A. Use fresh herbs and tomatoes instead of bouillon cubes  
  B. Add salted crayfish for extra flavour  
  C. Cook with pre-seasoned meats  
  D. Sprinkle extra salt during cooking  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh herbs and tomatoes are sodium-free alternatives for flavour enhancement."

**2. You’re buying plantain chips at the market. How can you choose a healthier option?**

* **Options**:  
  A. Choose chips labelled “lightly salted”  
  B. Select unsalted chips or make your own  
  C. Buy pre-packaged chips with seasoning  
  D. Add extra salt to the chips  
  **Correct Answer**: B  
  *Feedback*: "Correct! Unsalted chips or homemade options give you control over sodium content."

**3. You’re preparing egusi soup. What’s the best low-sodium protein option?**

* **Options**:  
  A. Fresh fish  
  B. Stockfish  
  C. Salted meat  
  D. Dried crayfish  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh fish is naturally low in sodium compared to salted or dried options."

**4. You’re frying akara (bean fritters). Which step reduces sodium?**

* **Options**:  
  A. Avoid adding salt to the batter  
  B. Use salted vegetable oil for frying  
  C. Add bouillon cubes to the batter  
  D. Sprinkle salt after frying  
  **Correct Answer**: A  
  *Feedback*: "Correct! Skipping salt in the batter keeps akara sodium-free."

**5. You’re making yam porridge for dinner. What’s a healthy low-sodium adjustment?**

* **Options**:  
  A. Use fresh tomatoes and unsalted stock  
  B. Add bouillon cubes for taste  
  C. Garnish with salted crayfish  
  D. Include canned tomato paste  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh tomatoes and unsalted stock keep sodium levels low."

**6. You’re choosing a snack. Which option has the least sodium?**

* **Options**:  
  A. Salted peanuts  
  B. Roasted corn without salt  
  C. Plantain chips with seasoning  
  D. Fried yam with salt  
  **Correct Answer**: B  
  *Feedback*: "Correct! Roasted corn without salt is naturally sodium-free and a healthier choice."

**7. You’re seasoning roasted vegetables. Which option reduces sodium?**

* **Options**:  
  A. Use olive oil and fresh garlic  
  B. Add table salt before roasting  
  C. Use soy sauce for marination  
  D. Cook with salted butter  
  **Correct Answer**: A  
  *Feedback*: "Correct! Olive oil and garlic add flavour without adding sodium."

**8. You’re preparing pepper soup for a guest with hypertension. What’s the best adjustment?**

* **Options**:  
  A. Use fresh herbs and lime juice for flavour  
  B. Add powdered bouillon cubes  
  C. Include salted fish in the soup  
  D. Sprinkle extra salt before serving  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh herbs and lime juice are flavourful, low-sodium choices."

**9. You’re hosting a barbecue. How can you reduce sodium in your suya seasoning?**

* **Options**:  
  A. Use fresh spices like ginger and paprika  
  B. Add soy sauce to the spice mix  
  C. Sprinkle table salt on the meat before grilling  
  D. Use pre-packaged spice blends  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh spices reduce sodium while keeping suya tasty."

**10. You’re shopping for canned soup. Which label indicates the healthiest option?**

* **Options**:  
  A. "No added salt"  
  B. "With sea salt"  
  C. "Low calorie"  
  D. "Lightly salted"  
  **Correct Answer**: A  
  *Feedback*: "Correct! Canned soups labelled 'no added salt' are the best choice for sodium reduction."

**11. You’re making fufu and soup for dinner. How can you keep the meal sodium-free?**

* **Options**:  
  A. Use fresh vegetables and avoid bouillon cubes  
  B. Add salted fish for flavour  
  C. Cook with canned vegetable stock  
  D. Sprinkle salt on the fufu dough  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh vegetables and no bouillon cubes ensure a low-sodium meal."

**12. You’re choosing snacks for children. Which is the healthiest low-sodium option?**

* **Options**:  
  A. Fresh fruit slices  
  B. Salted plantain chips  
  C. Cheese-flavoured crackers  
  D. Fried yam with seasoning  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh fruits are naturally sodium-free and a nutritious choice."

**13. You’re preparing groundnut soup. Which choice reduces sodium?**

* **Options**:  
  A. Use unsalted peanut butter  
  B. Add salted peanuts for taste  
  C. Include bouillon cubes for seasoning  
  D. Use canned stock for the base  
  **Correct Answer**: A  
  *Feedback*: "Correct! Unsalted peanut butter helps keep groundnut soup low in sodium."

**14. You’re making kenkey. What’s a low-sodium adjustment?**

* **Options**:  
  A. Use fresh maize and avoid adding salt  
  B. Sprinkle salt into the maize dough  
  C. Cook with salted water  
  D. Garnish with salted fish  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh maize and no added salt make kenkey a low-sodium choice."

**15. You’re preparing fried rice. What’s the best way to keep sodium low?**

* **Options**:  
  A. Use fresh herbs and vegetables  
  B. Add soy sauce for seasoning  
  C. Include processed meats like sausages  
  D. Cook with salted butter  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh herbs and vegetables enhance flavour without adding sodium."

**16. You’re at a buffet. Which dish likely has the highest sodium?**

* **Options**:  
  A. Jollof rice with stockfish  
  B. Grilled chicken without sauce  
  C. Steamed spinach with garlic  
  D. Fresh fruit salad  
  **Correct Answer**: A  
  *Feedback*: "Correct! Jollof rice with stockfish is high in sodium due to the salted fish."

**17. You’re preparing snacks for a cultural event. Which is a low-sodium choice?**

* **Options**:  
  A. Roasted peanuts without salt  
  B. Salted plantain chips  
  C. Cheese-flavoured crackers  
  D. Fried yam with salted seasoning  
  **Correct Answer**: A  
  *Feedback*: "Correct! Unsalted roasted peanuts are a sodium-free snack option."

**18. You’re shopping for condiments. Which is the best low-sodium choice?**

* **Options**:  
  A. Vinegar  
  B. Soy sauce  
  C. Ketchup  
  D. Pre-made mayonnaise  
  **Correct Answer**: A  
  *Feedback*: "Correct! Vinegar is naturally sodium-free and a healthier condiment choice."

**19. You’re making okra soup. How can you lower sodium?**

* **Options**:  
  A. Use fresh okra and skip bouillon cubes  
  B. Add salted fish for flavour  
  C. Include canned vegetable stock  
  D. Sprinkle table salt generously  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh okra and no bouillon cubes keep sodium levels low."

**20. You’re shopping for snacks. Which label indicates a low-sodium option?**

* **Options**:  
  A. "No added salt"  
  B. "Lightly salted"  
  C. "With sea salt"  
  D. "Seasoned for taste"  
  **Correct Answer**: A  
  *Feedback*: "Correct! Snacks labelled 'no added salt' have the lowest sodium content."

**21. You’re hosting a brunch. Which food option keeps sodium levels low?**

* **Options**:  
  A. Fresh fruit salad with lime juice  
  B. Smoked salmon with bread rolls  
  C. Fried plantains with salted seasoning  
  D. Cheese omelette with extra salt  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh fruit salad with lime juice is naturally sodium-free and a healthier choice."

**22. You’re preparing a barbecue for family and friends. Which adjustment reduces sodium?**

* **Options**:  
  A. Marinate meat with fresh ginger, garlic, and lime juice  
  B. Use soy sauce and pre-packaged spice blends  
  C. Sprinkle table salt on grilled meats  
  D. Serve salted fried snacks as sides  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh ginger, garlic, and lime juice add flavour without sodium."

**23. You’re making egusi soup with pounded yam. How can you lower sodium in the soup?**

* **Options**:  
  A. Use fresh fish and herbs for seasoning  
  B. Add salted crayfish for taste  
  C. Include canned tomato paste with added salt  
  D. Use powdered bouillon cubes generously  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh fish and herbs keep sodium levels low while maintaining a rich flavour."

**24. You’re shopping for snacks at a local market. Which snack is naturally low in sodium?**

* **Options**:  
  A. Salted roasted cashews  
  B. Fresh roasted groundnuts without salt  
  C. Pre-packaged plantain chips  
  D. Fried yam with table salt  
  **Correct Answer**: B  
  *Feedback*: "Correct! Fresh roasted groundnuts without salt are a healthier, low-sodium snack."

**25. You’re preparing fried rice for a large gathering. How can you ensure the dish is lower in sodium?**

* **Options**:  
  A. Use fresh vegetables and avoid soy sauce  
  B. Add pre-seasoned chicken for extra taste  
  C. Use salted butter for frying  
  D. Sprinkle salt on top after cooking  
  **Correct Answer**: A  
  *Feedback*: "Correct! Fresh vegetables and avoiding soy sauce reduce sodium while enhancing the dish's nutritional value."