

Chia Seeds Quiz: 10 Trivia Questions and Answers

1. Where is the chia seed native to?

- Central America
- Europe
- Asia

2. What is the color of a chia seed?

- Grey with black and white spots
- Blue with pink dots
- Blue and red with purple spots

3. Which tribe is known for cultivating chia seeds?

- Incas
- Aztecs
- Cherokees

4. What is the chia seed known for?

- Being dangerous
- Being very nutritive
- Being toxic

5. What is chia loaded with?

- Berries
- Antioxidants
- Banana

6. How big is a chia seed?

- 0.08 inches
- 0.9 inches
- 1.5 inches

7. Chia seeds is a source of:

- Protein
- Fat
- Sugar

8. Chia seeds comes from:

- Salvia hispanica
- Lavandula angustifolia
- Mentha citrata

9. In baking recipes, chia seeds can easily replace which ingredient?

- Eggs
- Milk
- Flour

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Right answers

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