

Hg Mercury
Atomic Number: 80
Atomic Mass: 200



The Problem with Mercury



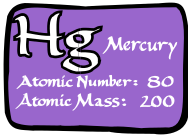
1. Which mineral or rock does mercury come from?

2. What is the largest cause of mercury pollution?

3. Why do we find mercury in the San Francisco Bay today?

4. Which kinds of fish contain a lot of mercury in their body fat?

5. What do you think are some of the ways that we can avoid eating mercury? What are some of your favorite plant-based foods?



The Problem with Mercury



Answers:

1. What mineral, or rock, does mercury come from?

Cinnabar.

2. What is the largest cause of mercury pollution?

The largest cause of mercury pollution comes from the burning of coal and other fossil fuels.

3. Why do we find mercury in the San Francisco Bay today?

Mostly because of gold mining in the region during the 1800's.

4. Which kinds of fish contain a lot of mercury in their body fat?

Tuna, mackerel, shark, marlin and swordfish.

5. What do you think are some of the ways that we can avoid eating mercury? What are some of your favorite plant-based foods?

We can eat lower on the food chain by eating more plant-based foods and eating less meat - especially fish like tuna that is high in mercury content. Examples of plant based foods include peanut butter, pasta, bread, corn, beans, oatmeal, apples, almonds, asparagus, broccoli, lettuce, carrots, etc.