

- Quote 1 speciality from Bordeaux
- What is the quantity of current wastage a year in Europe ?
- What is the meaning of DLC
- What can of proteins can replace meat ?
- How many vegetables and fruits do we have to eat each day ?
- What kind of food do you have to eat after training ?

- Cannelés, foie gras, wine , ...
- 89 Millions tons a year
- The limit date you can eat something. After it is bad !
- Insects !!
- 5
- proteins

- Caramel is the result of heating sugar: right or wrong?
- How long can you keep sugar: 5 years? 100 years? forever?
- How many labels exist in the EU: between 100 and 500? Between 500 and 1000? Between 1000 and 1500?
- Chocolate is healthy: right or wrong?
- Which vegetable contains the highest amount of water? Spinach, cucumber or tomato?
- If you walk rapidly 30 minutes a day, it's enough to protect your health: right or wrong?

- Right
- Forever !
- Between 1000 and 1500
- Right, in a small amount !
- cucumber
- Right

- What is the best way to cook fish: vapour? Fried? In a oven?
- Every four seconds, a person on Earth dies because of pollution or because of the lack of water: right or wrong?
- Who has invented the pasteurisation process: Marie Curie, Louis Pasteur, Thomas Edison
- Which fruit contains the highest amount of C vitamin: pineapple? Tomato? Coco
- "Nutrition "concerns of: A/ the alimentation; B/ the sport; C/ energy; D/ all of them.

- Vapour
- Right.
- D
- Louis Pasteur, a French scientist.
- pineapple
- D : all of them

- In Mongolia, people drink: A/ goat milk; B/ cow milk; C/ horse milk?
- What can you do with the vegetable or fruits you can't eat : compost? Decoration? Jam?
- Which appellation doesn't exist: **Protected Designations Origin? Traditional Specialities Guaranteed? Certified origin of green vegetables?**
- Ketchup is healthy: right or wrong?
- Are tin cans of vegetable are as rich of vitamins as fresh ones: right or wrong?
- Gardening can be considered as sport: right or wrong?

- C
- Compost and jam
- **Certified origin of green vegetables**
- Wrong, it contains a lot of sugars, which hides the real taste of the aliments.
- wrong
- Right

- Where do potatoes come from?
- Quote an animal which helps to prevent wasting food
- What are the goals of the labels
- What are the GMOs?
- Fruits and vegetable are the only aliments which contain C vitamin: right or wrong?
- What would happen if I ate a chocolate bar while jogging?

- Peru, south america.
- Poultry, pig, earth-worm...
- To protect the product and know the origin
- Genetically modified organisms.
- wrong
- I would feel more tired.

- What is the origin of Bread?
- Which group wastes the most: households? Industries? Restaurant?
- What is a food policy ?
- Who is the inventor of the tin can: Nicolas Appert? Louis Pasteur? Marie Curie?
- You can eat as many fruits as you want because they don't make you become fat: right or wrong?
- What can I eat just before practising sport: complete bread? Candies? Yoghourt?

- Egypt.
- Households.
- A policy that affects how food is produced.
- Nicolas APPERT
- Wrong, they contain sugar
- Complete bread.

- Where does the "quiche Lorraine" come from?
- What do people throw away the most: bread? Fruits? Remains of the meal?
- What is the purpose of an organic food label ?
- Who is the father of "molecular gastronomy"?
- I am a fruit. I can be yellow, green, or other colours: am I an apple? A peach? A banana?
- When you do sports, you transform your fat in: water? Energy? Muscles?

- France
- Remains of meal.  
An organic label indicates that a product has been certified against specific organic standards
- Hervé THIS
- An apple
- Muscles

- The "foie gras" is made from the liver of an animal: which one?
- When a tomato is damaged, I put it at the compost: is it a waste?
- What is the daily value ?
- What is junk food?
- You miss magnesium. What is better for you? Chocolate, banana or almonds?
- If I would practice a sport activity, when would I be supposed to drink ?

- Duck.
- Yes.
- The Daily Value is how much of a specific nutrient you need to eat in a day.
- Not healthy food: too fat, too sugared or too salty!
- Almonds
- After sport.