

- What is the national dish of Austria ?
- True or false? In Norway an average family waste 204 kg food in a year.
- Is genetic engineering allowed in Europe ?
- When was McDonald's founded ? a) 1920 b) 1970 c) 1940
- In which comenius-country does most of the people watch TV while eating ?
- How many malnourished people are there in the world ? a) 1 Billion b) 1 million c) 100.000

- (Wiener)Schnitzel
- true
- No
- c)
- Italy
- a)

- What is the national dish of Bavaria ?
- How many fresh fruit and vegetables are thrown away, even before reaching the supermarket (percentage) ?
- In which country does the «AMA Gütesiegel» exist ? a) Austria b) Germany c) Italy
- Do frozen vegetables lose their vitamins ?
- In which comenius-country does the most people eat breakfast before going to school ?
- How many hours sleep should you have?

- Weißwurst (white sausage)
- 20-40%
- a)
- no
- Norway
- 8-9 hours

- How many members has «Slow Food» in Austria ? a) 400 b) 1200 c) 30 000
- How much money does the average UK family waste in a month ? a) 60£ b) 100£ c) 200£
- What does the food label MSC stand for ? a) fish b) pigs
- What should you consider when buying frozen food ?
- In which comenius-country does the most people eat snacks between the main meals?
- How many people are over weight ? a) 2 billion b) 1 million c) 1.4 billion

- 1200
- a)
- a)
- Temperature, cleanliness
- Germany
- c)

- What kind of oil is typical for the country Italy ?
- How many school meals are thrown away (percentage) ? a) 25-35% b) 10-20% c) 35-40%
- What is the only **fruit** that is certified by FairTrade ?
- Where should you defrost frozen food ?
- Which recipe did Italy provide in the brochure?
- Mention two consequences of an unhealthy diet.

- Olive oil
- a)
- bananas
- fridge
- Swordfish skewers
- Diabetes, obesity

- Name one famous wine area in France ! a) Aquitaine b) Normandie c) Bretagne
- How many food waste is globally (percentage) ? a) 20-30% b) 30-50% c) 10-20%
- What are E numbers?
- Where was fast food first sold ?
- What can you find at the bottom of the food pyramid ?
- How much water should you drink a day?

- a)
- b)
- Number codes for food additives
- On antique markets
- Water and fruit juice
- 1,5-2 litres of water

- What kind of bread is famous for France ?
- A problem among many people is that they eat food for an unnecessary reason, what reason is that?
- What is KJ and what does it mean?
- Where do you find vitamin C?
- Where was the biggest picture on the last page of the brochure taken ? a) Austria b) France
- What kind of nutrient is important to consume after training?

- Baguette
- They are bored
- Kilo Joule, amount of energy found within food and drinks
 - Fruits, berries and vegetables.
- a)
- protein

- What are the original toppings of the first Pizza ?
- Which television-program can you watch to see celebrities making food?
- What did the Vikings eat?
- Where do you find vitamin A?
- How much water should you consume per day ?
- How often should you eat fish?

- Tomatoes, oregano and olive oil
- Master chef
- The Vikings ate what they produced, hunted for, fished or gathered.
- Carrots, vegetables, butter and liver.
- 1,5-2 Litres
- At least two times a week.

- What is the typical fish in Norway ?
- In which Disney movie does the story line evolve around French food?
- What did they use to chew on, instead of gum, back in the old days?
- What is the name of a song that is about a yellow fruit?
- What is the name of a lifestyle disease that can develop because of an unhealthy diet ?
- What type of food does a typical Norwegian bring when skiing in the Easter holiday?

- Salmon
- Ratatouille
- Bark, from the trees.
- Lemon tree
- Diabetes
- ‘‘kvikklunsj’’ chocolate and orange.