

## Quiz: Trivia Questions and Answers about Food

1. What do you call food that is eaten directly using the hands without a knife and fork or a spoon?

- Finger food
- Hands food
- Simple food

2. Which one is a classic French dish?

- Chicken Marengo
- Acquacotta
- Schweinshaxe

3. What is the main purpose of food for the human body?

- To be a source of energy
- To be a source of protein
- To be a source of vitamins

4. How many types of cooking methods are there?

- 5
- 3
- 7

5. How often should you eat vegetables?

- Once a week
- Three times a week
- Every day

6. Which kitchen utensil is used for straining such foods as pasta or rice?

- Funnel
- Grater
- Colander

7. Maple syrup is usually made from the xylem sap of ...

- Honey maple
- Sugar maple
- Sweet maple

8. What is a popular food in India?

- Biryani
- Tofu
- Feijoada

9. Which vegetables are high in carbs?

- Radishes, onions, tomatoes
- Cucumber, zucchini
- Sweet potatoes, Beets, Corn

10. Are bananas suitable for low-carb diets?

- No
- Yes

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### Right answers

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