

# FOOD AND HEALTH QUIZ

## Answer these questions:

- 1) If children don't get the right food at the right time, their problem of malnutrition can be irreversible. They need to get the right food in their first ..... of life.
- 2) If we want to save the life of millions of people we have to prevent malnutrition. To give right food to these children is less than what Europeans spend in eating .....
- 3) The Mediterranean diet is a very good way to prevent ..... attacks.
- 4) The Mediterranean diet was the popular diet in Mediterranean countries. Write the names of three Mediterranean countries:  
  
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- 5) The Mediterranean diet is more than a diet. It is a ..... style.
- 6) The secret for a healthy diet is to eat .....
- 7) The most famous ingredient used in the Mediterranean diet for cooking and dressing dishes is .....
- 8) We should eat three times a week: meat, fish and .....
- 9) It is better to eat ..... than ..... meat. And it is better to eat ..... fish than ..... fish.
- 10) Write the name of three fruits and three vegetables saying what colour are they and what vitamins can you get from each one of them.  
  
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