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| <p>1) – Omega 3 is a polyunsaturated fat that should be present in a balanced diet. It has an anti-inflammatory action, stimulates brain function and has a protective effect on cardiovascular health. Which of the following foods is not rich in omega 3?</p> <ul style="list-style-type: none">a) Chicken meat;b) Sardine;c) Walnutsd) Salmon <p>Resposta – a) Chiken meat</p> | | <p>2) – According to the data provided by FAO (United Nations Food Organization) what is the approximate number of hungry people worldwide</p> <ul style="list-style-type: none">a) 1.9 billion people;b) 900 million people;c) 100 million people;d) 5 million people <p>Resposta - b) 900 million people</p> |
| <p>3) – A sustainable diet should have low environmental impact, contribute to the nutritional food security of the population and ensure health. Thus, to have a sustainable diet we should prefer:</p> <ul style="list-style-type: none">a) frozen food in good food safety condition;b) Local and seasonal foods;c) Organic foods;d) The cheapest foods <p>Resposta – b) Local and seasonal foods</p> | | <p>4) – - The water footprint of a food corresponds to the amount of fresh water needed to produce that food. Of the following foods which have the largest water footprint (ie which implies the largest amount of water for their production):</p> <ul style="list-style-type: none">a) A pound of rice;b) A pound of chickenc) A pound of beef;d) One liter of milk <p>Resposta - c) A pound of beef</p> |

5) – A sustainable food pyramid (which promotes health but has a low environmental impact) is based on foods that should be eaten in greater quantities:

- a) milk and its derivatives;
- b) red meat;
- c) Bread, pasta, potatoes and rice;
- d) fruit and vegetables.

Resposta - d) . fruit and vegetables.