

<p>36 – Polish cuisine is well-known for being rich in:</p> <ul style="list-style-type: none"> <li>a) Meat and pasta;</li> <li>b) Fish and potatoes;</li> <li>c) Fruits;</li> <li>d) Leguminosae</li> </ul> <p>Resposta – a) Meat and pasta</p>		<p>38 – Podpiwek is a beer known to be low in alcohol. What is the volume of alcohol it contains?</p> <ul style="list-style-type: none"> <li>a) 0,5%</li> <li>b) 5%</li> <li>c) 2,5%</li> <li>d) 1%</li> </ul> <p>Resposta – a) 0,5%</p>
<p>37 – In the middle ages, the most popular drinks were:</p> <ul style="list-style-type: none"> <li>a) Wine and hidromel;</li> <li>b) Beer and hidromel;</li> <li>c) Wine and Beer;</li> <li>d) Brandy and wine;</li> </ul> <p>Resposta – b) Beer and hidromel</p>		<p>39 – What is the soup whose ingredients are sour milk, beet leaves, beets, radishes, cucumbers and chopped fresh dill:</p> <ul style="list-style-type: none"> <li>a) barszcz</li> <li>b) flaki</li> <li>c) żur</li> <li>d) chłodnik</li> </ul> <p>Resposta – d) chłodnik</p>

<p>40 – What is the dessert whose ingredients are honey, flour, chocolate, butter, spices, eggs and ginger?</p> <ul style="list-style-type: none"> <li>a) napoleonka</li> <li>b) budyń</li> <li>c) szarlotka</li> <li>d) pierniki</li> </ul> <p>Resposta – d) pierniki</p>		<p>41 – Which of these practices is used on biological farming?</p> <ul style="list-style-type: none"> <li>a) Herbicide application</li> <li>b) Crop rotation</li> <li>c) Hydroponics</li> <li>d) Use of heavy machinery</li> </ul> <p>Answer - b) Crop rotation</p>
<p>42 – Which of the following principles is not part of the Mediterranean diet:</p> <ul style="list-style-type: none"> <li>a) Wine must be consumed at every meal</li> <li>b) Fish must be consumed more frequently than meat</li> <li>c) The meals must be made at the table, favoring the coexistence</li> <li>d) Oil consume as the main fat source</li> </ul> <p>Answer - a) Wine must be consumed at every meal</p>		<p>43 – Which plant can replace the sugar in a natural way:</p> <ul style="list-style-type: none"> <li>a) Peppermint</li> <li>b) Stevia</li> <li>c) Lemongrass</li> <li>d) Sugar cane</li> </ul> <p>Answer - b) Stevia</p>

44 – The high levels of sodium in the blood can cause:

- a) Respiratory diseases
- b) Heart diseases
- c) Autoimmune diseases
- d) Bone diseases

Answer - b) Heart diseases

45 – How can we recognize organic food?

- a) The fruit and the vegetables are smaller
- b) All the food is organic
- c) Through an european logo
- d) The biological food is heavier

Answer - c) Through an european logo