

6- This dish is adapted from a recipe of a French becoming especially famous in the city of Porto, Usually serves with French fries and its sauce is slightly spicy. The dish in question is...

- a) Cozido à portuguesa (Portuguese Stew)
- b) Grilled octopus
- c) Tripas à Moda do Porto (Oporto Guts)
- d) Francesinha

Answer: D) Francesinha

7- Portugal is known as a country with a great variety of fish. What are the most popular fish dishes in Portugal?

- a) Boiled codfish and roasted sardines
- b) Cod with cream and horse mackerel
- c) Codfish Gomes Sa and grilled salmon
- d) Sardine rice and eel stew

Answer: A) Boiled codfish and roasted sardines

8- In Portugal there are two dishes with "à lagareiro" in the name. Which of the following dishes have this designation?

- a) Meat "à lagareiro" and shrimp "à lagareiro"
- b) Codfish "à lagareiro" and clams "à lagareiro"
- c) Octopus "à lagareiro" and codfish "à lagareiro"
- d) Octopus "à lagareiro" and fish stew "à lagareiro"

Answer: C) Octopus "à lagareiro" and Codfish "à lagareiro"

9- Which of the following meat dishes is typical of Portugal?

- a) Spaghetti Bolognese
- b) Alentejo pork
- c) Risotto
- d) Estrogonofe

Answer: B) Alentejo Pork

10-The folded is a typical dish from the north of the country accompanied by white beans and pasta.

What part of the animal is bent?

- a) Bucho
- b) Leg
- c) Tongue
- d) Ear

Answer: A) Bucho

11- What is the cake that has crispy puff pastry on the outside and creamy cream inside and, is typical of France what is it?

- a) Cupcake
- b) Croissant
- c) Pastel de Nata
- d) A thousand sheets

Answer:B) Croissant

12-There are people who choose a vegetarian diet and we know that the protein is a very necessary nutrient for the human organism, for this reason there are several foods that can replace it. Which of these foods has this ability?

- a) Yogurt
- b) Olives
- c) Goat cheese
- d) mushrooms

Answer:D

13- Calcium is an essential mineral to improve the structure of bones and teeth, improve muscle strength and contraction, assist in the coagulation process and maintain blood pH balance.

What are calcium-rich foods?

- a) milk and cheese
- b) Almond and pasta
- c) Grain and meat
- d) flaxseed and fish

Answer:A

14-Water is the main chemical component of our organism. The human being can survive much longer without consuming food than without drinking water. We need so much water, that about 60% of the weight of our body is composed only by it.

What is the ideal amount of liters of water that should be consumed?

- a) 5-6 liters
- b) 4 liters
- c) 1.5-2.5 liters
- d) 1.5-3 liters

Answer:D) 1,5 – 3 literes

15- Diabetes is a disease that is strictly related to people's eating habits. It is clear that alone no food does miracles, but on a balanced diet some can

promote many benefits for those with diabetes. Which food is good for controlling them?

- a) avocado
- b) Sweets
- c) Cheese
- d) Honey

Answer:A) Avocado