How many times should we eat a day?

a) 1

b) 3

c) 5 [CORRECT]

How many pieces of fruit and vegetables should we eat a day?

a) 5 in total

b) 5 of each [CORRECT]

c) Less more than the previous ones

How many litres of water should we drink a day?

a) 1L

 b) 1.5L

 c) 2L [CORRECT]

How many calories does an avocado have?

a) +100 [CORRECT]

b) -100

c) -50

Which fruit has more calories?

a) Avocado

 b) Banana [CORRECT]

 c) Apple

 How much sugar should we eat a day?

 a) 0-25g [CORRECT]

b) 25-50g

c) + 50g

 Which food has more protein?

a) Meat [CORRECT]

 b) Fish

C) Fruits and vegetables

What kind of food is healthier?

 a) Homemade food[CORRECT]

b) Precooked food

c) Both are equal

 What fruit has a lot of potassium?

 a) Banana

b) Orange

 c) Chestnut

 Which food group does fish belong to?

 a) Proteins [CORRECT]

b) Carbohydrates

c) Fats