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THEME SONG
ON/OFF



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Which of the following items
Is part of the Unesco Heritage List?

A. Only food

C. Only drinks

B. Foods and drinks

D. None of the previous
answers

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Which national cuisine is the Mediterranean Diet based on?

A. French, Italian, Greek, Spanish

C. Spanish, Italian, Portuguese, Greek,

B. Moroccan, Portuguese, Greek, Albanian

D. Germany, Italian, Spanish, Greek

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What are the main ingredients to make pizza Margherita?

A. flour, butter, yeast, tomato sauce, mozzarella cheese

B. flour, olive oil, yeast, tomato sauce, mozzarella cheese

C. flour, olives, yeast, tomato sauce, mozzarella cheese

D. flour, water, yeast, tomato sauce, mozzarella and parmesan cheese

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Which of the following recipes does NOT belong to the Mediterranean Diet?

A. Pasta and tomato sauce

C. Fried chickens and fries

B. Bangers and eggs

D. Fish and chips

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Which eating habit is part of the Mediterranean Diet?

A. Chewing slowly

C. Eating with family and friends

B. Eating five times a day

D. Drinking water while eating

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According to the Mediterranean Diet how many portions of fruit should be eaten daily?

A. Three

C. Two

B. Six

D. One

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What are “arancini”?

A. Oranges filled with cream

C. Pasta with courgettes

B. Rice balls with meat sauce
cheese peas

D. A type of sandwiches

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Which ingredient is not listed in Spaghetti alla Carbonara?

A. Egg yolks

C. Cream

B. Cheek lard

D. Pecorino cheese

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Lasagne comes originally from...

A. Naples

C. Rome

B. Bologna

D. Florence

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What is the staple cereal in Tuscany cuisine?

A. Spelt

C. Wheat

B. Corn

D. Rice

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What should you order in a restaurant in Milan?

A. Dumplings and meatballs

C. Saffron rice and veal shank

B. Rice and sausages

D. Ravioli ricotta and spinach

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Which of the following is not an Italian recipe?

A. Knödel

C. Cassoeula

B. Abbacchio

D. Fettuccine Alfredo

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Pesto is a sauce made of...

**A. basil, parmesan, olive oil,
pine nuts**

**C. tomatoes, olives,
mozzarella cheese**

**B. oregano, parmesan, olive
oil, nuts**

D. butter and sage

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What is *Melanzane alla parmigiana*?

A. Layers of fried aubergines, mozzarella, parmesan, tomato sauce

C. Fried squid rings with roasted potatoes

B. Salad, ham, cheese, olives

D. Sliced tomatoes, mozzarella, basil, olive oil

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Which nutrient doesn't parmesan cheese contain?

A. Proteins

C. Calcium

B. Lactose

D. Fats

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What is *gorgonzola*?

A. Goat cheese with herbs

C. Blue mold cheese

B. Sheep cheese

D. Cheese covered in pepper

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CONGRATULATIONS! YOU WIN!

