

B1

What are some examples of healthy breakfast options?

Answer: _____

How can you make a salad more nutritious?

Answer: _____

What are some popular types of cuisine from around the world?

Answer: _____

What are some common food allergies and intolerances?

Answer: _____

What are some factors to consider when planning a balanced diet?

Answer: _____

Can you explain the concept of 'farm-to-table' dining?

Answer: _____

What are some environmentally friendly eating habits?

Answer: _____

How does food advertising influence our choices?

Answer: _____

What are the benefits of eating organic foods?

Answer: _____

What are some tips for reducing food waste?

Answer: _____

Answers

What are some examples of healthy breakfast options?

Answer: Examples of healthy breakfast options include oatmeal, yogurt with berries, and whole w

How can you make a salad more nutritious?

Answer: You can make a salad more nutritious by adding a variety of colorful vegetables, nuts, s

What are some popular types of cuisine from around the world?

Answer: Popular types of cuisine from around the world include Italian, Mexican, Chinese, Indian

What are some common food allergies and intolerances?

Answer: Common food allergies and intolerances include dairy, gluten, nuts, shellfish, and soy.

What are some factors to consider when planning a balanced diet?

Answer: Factors to consider when planning a balanced diet include portion sizes, macronutrient r

Can you explain the concept of 'farm-to-table' dining?

Answer: 'Farm-to-table' dining refers to the practice of sourcing ingredients directly from local farm

What are some environmentally friendly eating habits?

Answer: Environmentally friendly eating habits include reducing meat consumption, choosing loca

How does food advertising influence our choices?

Answer: Food advertising can influence our choices by using persuasive techniques, promoting u

What are the benefits of eating organic foods?

Answer: Benefits of eating organic foods include higher nutrient content, reduced exposure to pe

What are some tips for reducing food waste?

Answer: Tips for reducing food waste include meal planning, using leftovers creatively, compostin