

1. The name Starbucks was inspired by what novel?

- A. The Adventures of Tom Sawyer and Huckleberry Finn
- B. The Old Man and the Sea
- C. A Tale of Two Cities
- D. Moby Dick >Answer D

Answer: Moby Dick: the first mate's name is Starbuck and the book was loved by one of the founders.

<http://radio-weblogs.com/0118865/stories/2004/08/03/theConciseAndCorrectExplanationOfTheStarbucksNamingMyth.html>

2. True or False:

Drinking water is essential to avoid dehydration and stay healthy. The Institute of Medicine recommends 92-124 ounces per day, a virtual ocean of water. The only way to comply with this requirement is load up on bottles, glasses, etc. of good water.

- A. True
- B. False > Answer: False

-many foods can also supply part of the daily requirement of water. For example, one cup of the following foods will provide additional hydration – iceberg lettuce – 1.8 oz., cooked spaghetti – 3 oz., boiled green beans – 3.8 oz, watermelon – 4.7 oz. fruit flavored

lowfat yogurt – 5.7 oz., cooked oatmeal- 6.6 oz., and unsweetened applesauce – 7.3 oz.

So, remember to “eat” some of your water!

Matthew Ganio, Ph.D., research fellow at the Institute for Exercise and Environmental Medicine, Dallas, Texas published in Publix GreenWise Market magazine, Summer 2010 Issue, www.publix.com/greenwise

2. To satisfy our “sweet tooth” , we consume sugar laden products and foods. What can be used to ramp up the sweetness we crave without the sugar load?

- A. Use unprocessed sugar
- B. Molasses
- C. Miracle Fruit > Answer: C
- D. Sweet and Low

Miracle Fruit – this exciting fruit and its berries make everything taste sweet. The miracle is, while this fruit has no taste of its own, its effect on other foods is remarkable. If you suck on the fruit berry for a while, everything you eat afterwards tastes sweet. Raw lemons taste like lemonade and radishes like candy. (The fruit itself is fat free with very few calories – wonder what is could do with brussel sprouts?)

Reported by Casilda Grigg on Telegraph.co.uk, www.foodchannel.com

3. Which of the following is not acceptable at a Japanese restaurant?

- A. Wiping your hands on a towel at the table
- B. Standing chopsticks upright in your rice >Answer: B
- C. Mixing wasabi into your soy sauce

Standing chopsticks upright in your rice (done only for a dead person, at a funeral).

<http://www.japan-guide.com/e/e2039.html>

3. A new demand for a healthier and tastier version of a common seasoning is affecting of

the following spice?

- A. Salt > Answer: A
- B. Oregano
- C. Chile powder
- D. Pepper

Salt- Culinary Industry professionals and “foodies “are claiming the quality of basic table salt has diminished due to additives, often tasting bitter or having a chemical taste. The results: regional, gourmet and hand-harvested specialty sales are growing in popularity. . Gourmet salts can be pricy, i.e. a rare salt called amabito no moshio, hand cultivated in Japan of seaweed from the Japanese coastline costs \$8.50/ounce.

5. True or False

Sleep troubles and fatigue can signal dehydration.

- A. True > Answer: True
- B. False

so can dry mouth, thirst, muscle fatigue, headaches, dizziness and light headedness.

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6. If I say “potato” and you say “chip” , it’s time to broaden your snack habits.

Another exciting chip choice is:

- A. Spinach
- B. Kelp
- C. Parsnip >Answer: C

D. Beets

Parsnip – slightly sweet and earthy, great with spinach dip and Beet – super tasty with bold color. Also explore kabocha, yucca, taro and batata!

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7. President Barack Obama's favorite chocolate is:

- A. Dark Chocolate seasoned with smoked sea salt >Answer: A
- B. Hershey's milk chocolate with almonds
- C. Snickers bar

Answer: Dark Chocolate seasoned with smoked sea salt; he also loves chili, nuts, and vegetables. He dislikes mayonnaise, asparagus, and salt & vinegar potato chips.

<http://www.eatmytrivia.com/food-fact/celebrity-food-facts/>

8. What were the first words that Mickey Mouse said in a film?

- A. Yummy
- B. Hot Dog >Answer: B
- C. Chocolate

Answer: Hot Dog

<http://www.cinematical.com/2010/04/07/stars-in-rewind-mickey-mouses-first-speaking-role/>

9. When eating Indian food, why do you only eat with your right hand?

- A. It's considered evil

B. You could hit someone next to you if you're not careful

C. It's considered unclean or unhygienic >Answer: C

Answer: it's considered unclean or unhygienic (you wipe with your left hand!)

<http://ayearinindia.wordpress.com/2008/05/28/right-hand-left-hand/>.

10. According to Scandinavian culture, what happens when a boy and a girl eat from the same loaf of bread?

A. It brings bad luck to the family

B. They will fall in love > Answer: B

C. They'll get a fungus

Answer: According to Scandinavian traditions, if a boy and girl eat from the same loaf of bread, they are bound to fall in love.

http://ebizarre.com/Category/Food_and_Drink/2/