**Nutrition & Hydration Quiz**

1. What is the best drink to improve your hydration?

a) Water b) Alcohol c) Fizzy Drinks

2. Which film star is famous for wearing a hat made out of fruit?

3. How many portions of fruit and vegetables a day should you eat ?

a) 3 b) 5 c) 7

1. What are the 2 unusual ingredients in a Bloody Mary cocktail?
2. Who sold the 'worst pies in London'?

a) Gordon Ramsay b) Sweeney Todd

1. Which type of cherry do you traditionally put in a cocktail?

7. True or False: Your sense of thirst can decrease as you get older.

a) True b)False

8. Which MI6 spy liked their martini shaken but not stirred?

9. What does rub-a-dub-dub in Cockney rhyming slang mean?

10. Which nuts are used in marzipan?

a.Pine b.Almonds c.Walnut

**Answers**

1. Water
2. Miranda in 1943's film Busby Berkeley 's The Gang's All Here
3. 5
4. Tomato juice and Worcestershire sauce
5. Sweeney Todd
6. Maraschino cherry
7. True
8. James Bond
9. Pub or public house
10. Marzipan