

Breakfast Quiz

1. Breakfast is the most skipped meal of the day?
True or False
2. What type of sauce gives Eggs Benedict its flavoring?
Horseradish Hollandaise Italian
3. Besides bread, what other ingredients is required to make French toast?
Cinnamon syrup eggs
4. Is Canadian bacon technically bacon?
Yes or no
5. Which breakfast is most likely to keep you from overeating later in the day?
 - a. Cold cereal and milk
 - b. Bagel and cream cheese
 - c. Eggs and whole grain toast
 - d. Big bowl of fruit salad
6. What is the most popular breakfast food among American adults?
 - a. Cold cereal
 - b. Bagel and cream cheese
 - c. French toast
7. Which of the following is NOT a common breakfast food in Japan?
 - a. Natto
 - b. Miso soup
 - c. Kimchi
 - d. Yogurt
8. Who is responsible for debuting donuts to the world?
 - a. Americans
 - b. The Dutch
 - c. The French
 - d. Italians