

```
SELECT cat.name,  
       COUNT(*) AS total_rows,  
       AVG(od.quantity) AS average_quantity  
FROM order_details AS od  
INNER JOIN orders AS o ON od.order_id = o.id  
INNER JOIN products AS p ON od.product_id = p.id  
INNER JOIN categories AS cat ON p.category_id = cat.id  
GROUP BY cat.name;
```