

```
SELECT categories.name, COUNT(order_details.order_id) AS total_rows,  
AVG(order_details.quantity) AS avg_quantity  
FROM order_details  
INNER JOIN products ON order_details.product_id = products.id  
INNER JOIN categories ON products.category_id = categories.id  
GROUP BY categories.name  
HAVING AVG(order_details.quantity) > 21  
ORDER BY total_rows DESC  
LIMIT 4 OFFSET 1;
```