1.

One mole of substance consists of $6.022*10^{23}$ molecules.

Molar mass $CaCO3$ = 100g/mol
5g = 5/100 = 0.05mol
No of molecules: $0.05*6.022*10^{23} = 3.011*10^{22}$ molecules

Molar mass H_2O = 18g/mol
5g = 5/18 = 0.278mol
No. of molecules = $0.278*6.022*10^{23} = 1.67*10^{23}$ molecules

Answer: with 5g water you consume more molecules.

2.

The number of molecules is the same, because one mole of substance consists of $6.022*10^{23}$ molecules.