

Name _____

Savoring the Artistry of French Cuisine

Short Answer Key

1. Escargot are small, spiral-shaped snails with a unique texture. They are typically prepared in French cuisine with garlic, parsley, and butter, creating a rich and savory flavor.
2. Salade Niçoise is balanced and nutritious because it includes ingredients like tuna, olives, hard-boiled eggs, green beans, and tomatoes, providing a mix of protein, healthy fats, and vegetables. It is associated with the French Riviera.
3. Cheese is a significant part of French cuisine, offering a wide variety of flavors and textures. When consuming cheese, moderation is key, as it can be high in saturated fats.
4. The "French paradox" refers to the observation that the French have relatively low rates of heart disease despite their indulgent cuisine. It relates to the French approach to food, which emphasizes moderation and portion control, along with a diet rich in fresh produce and quality ingredients.

