

Name \_\_\_\_\_

## Savoring the Artistry of French Cuisine

### Open-Ended Response Answer Key

1. French pastries like croissants and éclairs are visually appealing with their flaky and buttery layers and delicate decorations. They are considered indulgent treats because they are high in butter and sugar, making them rich and satisfying, but best enjoyed in moderation.
2. Ratatouille is a Provençal vegetable stew made with ingredients like tomatoes, eggplant, zucchini, and bell peppers. It is nutritious due to the abundance of vegetables, and it captures the essence of southern France with its vibrant colors and flavors.
3. Wine is an integral part of French cuisine and is often enjoyed in moderation with meals. It can be a source of antioxidants, particularly in red wine, but excessive alcohol consumption should be avoided to maintain overall health.
4. The French approach to food emphasizes using quality ingredients and culinary techniques to create flavorful and satisfying dishes. This focus on balance and portion control contributes to a balanced and enjoyable dining experience, allowing individuals to savor indulgent treats in moderation while prioritizing overall nutrition.

