

Name _____

Around the World in a Gap Year

Short Answer Key

1. Lily learned about the use of spices, the significance of fresh vegetables, and the health benefits of certain spices in Indian cuisine.
2. Lily joined a dance class to stay active in Greece and gained an appreciation for the Mediterranean lifestyle, which emphasizes exercise, fresh air, and community.
3. The traditional tea ceremony taught Lily the importance of mindfulness, focus, and finding moments of calm in her life.
4. In Italy, Lily discovered that Italian cuisine emphasized fresh, seasonal ingredients, portion control, and the enjoyment of meals with loved ones.
5. Lily prepared for her trek by hiking in the Peruvian mountains to acclimate to the altitude and build stamina. She gained a sense of accomplishment and the realization that physical activity and determination could lead to incredible achievements.

