

Name _____

Greek Cuisine: A Feast of Mediterranean Flavors

Short Answer

1. Describe the main components of Greek salad (Horiatiki) and explain why it is considered a nutritious dish.
2. How does the Mediterranean diet influence Greek cuisine, and what are some of its potential health benefits?
3. Explain the role of yogurt in Tzatziki and discuss the health benefits it offers.
4. What makes Spanakopita a flavorful dish, and how does it incorporate leafy greens into Greek cuisine?

