

Name _____

Greek Cuisine: A Feast of Mediterranean Flavors

Open-Ended Response Questions

1. Discuss the importance of olive oil in Greek cuisine and its potential health benefits.
2. How does Greek cuisine strike a balance between hearty and healthy options, and what role do vegetables play in achieving this balance?
3. Explain the significance of herbs and spices in Greek cuisine and how they enhance the flavor of dishes.
4. Why is it important to enjoy sweet treats like Baklava in moderation, despite their deliciousness?

