

Name \_\_\_\_\_

## Greek Cuisine: A Feast of Mediterranean Flavors

### Short Answer Key

1. Greek salad (Horiatiki) includes tomatoes, cucumbers, bell peppers, red onions, olives, and feta cheese, drizzled with olive oil and sprinkled with oregano. It is considered nutritious because it is packed with vitamins, minerals, and healthy fats from olives and olive oil.
2. The Mediterranean diet heavily influences Greek cuisine by emphasizing fresh vegetables, legumes, whole grains, and olive oil. It is associated with potential health benefits, including heart health, longevity, and overall well-being, thanks to its focus on monounsaturated fats and nutrient-rich foods.
3. Yogurt in Tzatziki provides creaminess and a source of probiotics. It offers health benefits by promoting gut health and providing essential nutrients like calcium and protein.
4. Spanakopita is flavorful due to its filling made of spinach, feta cheese, and herbs, enclosed in flaky phyllo dough. It incorporates leafy greens into Greek cuisine by featuring spinach as a central ingredient, providing vitamins and minerals.

