

Name _____

Greek Cuisine: A Feast of Mediterranean Flavors

Open-Ended Response Answer Key

1. Olive oil is a cornerstone of Greek cuisine, providing rich, monounsaturated fats and a unique flavor. It is associated with potential health benefits, including heart health and anti-inflammatory properties. Its use in cooking and dressings contributes to the overall appeal and potential healthfulness of Greek dishes.
2. Greek cuisine achieves a balance between hearty and healthy options by incorporating vegetables, legumes, and lean proteins. Vegetables play a crucial role in providing essential nutrients, fiber, and vitamins while adding vibrant colors and flavors to dishes. They contribute to the overall nutrition and appeal of Greek cuisine.
3. Herbs and spices are significant in Greek cuisine as they add depth of flavor and unique aromas to dishes. Herbs like oregano, dill, and mint are commonly used and contribute to the distinct taste of Greek food. They enhance the overall dining experience by infusing dishes with a Mediterranean flair.
4. Enjoying sweet treats like Baklava in moderation is important because they can be rich in calories and sugar. While they are delicious, excessive consumption can lead to health issues like weight gain and blood sugar spikes. Moderation allows us to savor these treats without compromising our overall health.

