

Name _____

Discovering Delicious Italian Cuisine

Short Answer Key

1. Eggplant Parmesan
2. Pasta, rice, and bread
3. Thin and crispy
4. Tomato sauce, mozzarella cheese, fresh basil, and olive oil
5. The Mediterranean diet is a diet that emphasizes fresh ingredients, olive oil, and a balance of flavors. It's associated with Italian cuisine because Italian food shares many similarities with this healthy eating pattern.

