

Name _____

Savoring the Flavors of Spanish Cuisine

Short Answer Key

1. Gazpacho is made with tomatoes, bell peppers, cucumbers, and onions. It is refreshing in hot weather because it is served cold and has a combination of hydrating vegetables, making it a perfect choice to beat the heat.
2. Tapas are small, flavorful dishes that can be enjoyed as appetizers or combined to create a full meal. They are typically shared among friends and family, allowing everyone to try a variety of dishes during a meal.
3. The Mediterranean influence in Spanish cuisine emphasizes the use of olive oil, whole grains, fruits, vegetables, and lean proteins. This dietary pattern is associated with potential health benefits, including heart health and longevity, thanks to its focus on nutrient-rich ingredients.

