

Name _____

Savoring the Flavors of Spanish Cuisine

Open-Ended Response Answer Key

1. Paella holds cultural significance as a traditional Spanish dish, especially in the Valencia region. It brings people together and showcases regional ingredients. Paella can feature a variety of ingredients such as saffron, vegetables, chicken, rabbit, seafood, or a combination of these, reflecting the diversity of Spanish cuisine.
2. Gazpacho incorporates a variety of vegetables like tomatoes, bell peppers, cucumbers, and onions, providing vitamins and antioxidants. Tortilla Española includes potatoes and onions, adding vegetables to the dish and contributing to its nutritional value. Both dishes showcase how vegetables can enhance the taste and nutritional profile of Spanish cuisine.
3. The Mediterranean diet emphasizes the consumption of olive oil, whole grains, fruits, vegetables, and lean proteins, which closely align with the principles of Spanish cuisine. Spanish dishes often incorporate these ingredients, making Spanish cuisine a delicious and nutritious choice that resonates with the Mediterranean diet's healthful qualities.
4. It is important to enjoy sweet treats like churros in moderation because they are typically fried and can be high in calories and sugar. While they are delicious, overindulgence can lead to health issues like weight gain and blood sugar spikes. Moderation allows us to savor these treats without compromising our overall health.

