



ACTIVITY

MEDITERRANEAN DIET QUIZ

Test your knowledge of traditional Mediterranean dishes, seasonings, and ingredients. Let Mediterranean Diet Month be your inspiration to try one or two unfamiliar items from the quiz during the month of May - or anytime, year-round!

-
- | | |
|-----------------|--|
| A Hummus | 1 Red, spicy paste used in North African cooking made from red chili peppers, garlic, coriander, caraway seeds, dried mint, fresh cilantro leaves, salt, and olive oil |
| B Baba Ghanoush | 2 A fine, granular pasta that resembles rice, frequently used in North African and Middle Eastern cuisine |
| C Tabbouleh | 3 Creamy dip or spread made of chickpeas, garlic, and lemon, and commonly tahini |
| D Polenta | 4 A traditional rice dish that originated in Valencia, Spain, and is seasoned with saffron, often made with seafood, but can also be made with combinations of vegetables and meat |
| E Tapenade | 5 Salad made with fresh parsley, mint, and bulgur from Lebanese cuisine |
| F Dolma | 6 Paste of crushed sesame seeds |
| G Couscous | 7 A thick paste or spread made of olives, capers, and anchovies that originated in Provence, France |
| H Tahini | 8 A sweet confection made primarily of sesame and honey |
| I Paella | 9 Small dishes and snacks, often served in combination at meals |
| J Harissa | 10 Creamy dip made of eggplant and tahini with lemon and garlic |
| K Meze | 11 Cornmeal porridge commonly featured in Italian cooking and served soft or cooled until firm, then sliced for baking, grilling, or frying |
| L Halva | 12 Grape leaves stuffed with meat, grains, and/or vegetables found in Turkish and Greek cuisine |

Answer Key: A - 3, B - 10, C - 5, D - 11, E - 7, F - 12, G - 2, H - 6, I - 4, J - 1, K - 9, L - 8

Brought To You By



www.oldwayspt.org

OLDWAYS NUTRITION EXCHANGE: RESOURCES FOR SPREADING THE WORD ABOUT DELICIOUS AND HEALTHY EATING

This information may be reproduced for educational purposes. Please credit the Mediterranean Foods Alliance and the Oldways Nutrition Exchange.