## THE MEDITERRANEAN DIET

**PART 1: REGIONAL ORIGINS**

**Read the article ‘The Mediterranean Diet – An Up-Close Look at its Origins in Pantelleria’, and answer the questions below.**

1. **Where is Pantelleria located?**
2. **What makes Pantelleria so special? Focus on its size, landscape, and lifestyle.**
3. **Why was the traditional diet in countries around the Mediterranean Sea called a “poor man’s” diet?**
4. **How did the landscape on Pantelleria a thousand years ago help grapevines and caper plants grow?**
5. **List some vegetables that were commonly grown on the island.**
6. **Describe 2-3 ways in which the Mediterranean diet was influenced by other cultures and regions. HINT: See section ‘The Birth of Local Dishes’.**
7. **Identify some of the health benefits provided by the Mediterranean diet.**
8. **What are the main lessons to be learned from the Mediterranean diet?**

**PART 2: SELF-REFLECTION & GOAL SETTING**

**Identify your current diet, and then find 2-3 specific ways you can incorporate aspects of the Mediterranean diet into your diet. Use the pyramid from Part 2 to guide your thinking**

**A. Think about a typical school day in your life. Identify all food and drink you consume for each of the following meals.**

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**B. Based on what you wrote above, what do you think you do well with your current diet?**

**C. What about your current diet do you believe needs to be improved?**