Task 1 – Research

Mediterranean food

1. Find out what kinds of food are eaten in the Mediterranean.
2. Choose a Mediterranean country and find out some traditional food that originates from there.
3. Discuss with your family how their food is different to food eaten in Britain.
4. Create your own Mediterranean meal. Try to include a starter and a desert. You can use the plate template (or draw around a dinner plate if you have no printer) to draw and label your meal or even cook it with your family!

Some useful links or recipes:

https://www.bbcgoodfood.com/howto/guide/top-10-dishes-try-greece
https://www.nhs.uk/live-well/eat-well/what-is-a-mediterranean-diet/
https://www.bbcgoodfood.com/recipes/collection/italian