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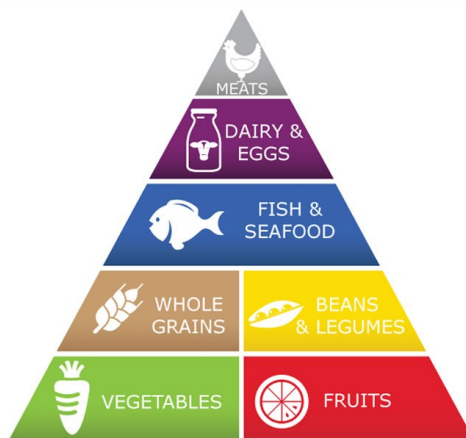


Greek salad



*when taste meets
health*

Mediterranean Diet Pyramid



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TRADITIONAL GREEK FOOD



Media Education: From Passive
Consumers to Active Creators

the “taste of nature”



Souvlaki

Greek passion

Feta

Souvlaki is a popular Greek fast food consisting of small pieces of meat and sometimes vegetables grilled on askewer. It is usually served in a pita sandwich with garnishes and sauces, or on a dinner plate, often with fried potatoes.

The meat usually used in Greece is pork, but chicken and lamb are also common. In other countries and for tourists, souvlaki may be made with meats such as lamb, beef, chicken and sometimes fish.



Olive



Extra-virgin Greek olive oil is one of the most versatile foods on the planet. It's the building block of one of the world's most healthy (and delicious) diets and, unlike other oils, isn't just for frying pans. Modern science confirms what the ancient Greeks knew all along: Using Greek olive oil is one of the single healthiest food choices a person can make.



Benefits: It is not only the purest variety of olive oil available, but has the richest flavor and aroma. If you replace butter and vegetable oils with olive oil while cooking recipes, you will gain a wealth of healthy benefits.

Natural Anti-Inflammatory

Extra-virgin olive oil contains a natural chemical with special properties: The oleocanthal which keeps inflammation from getting out of hand.

Feta is a brined curd white cheese made in Greece from sheep's milk, or a mixture of sheep and goat's milk. Similar brined white cheeses produced outside the European Union are often made partly or wholly of cow's milk, and they are also sometimes called feta. It is commonly produced in blocks, and has a slightly grainy texture. Feta is used as a table cheese, as well as in salads and pastries. It is also used in the popular spanakopita and tyropita, or served with some olive oil or olives and sprinkled with aromatic herbs such as oregano. It is mostly delicious when served cooked or grilled, as part of a sandwich, in omelettes, or as a salty alternative to other cheeses in a variety of dishes.

