



# Mediterranean Diet For Flavor & Health

## Answer Key

- 1<sup>o</sup> What are some of the key aspects of a Mediterranean diet? **Mediterranean cuisine is characterized by a high consumption of fruits, vegetables, olive oil and olives. It also has a low intake of red meat. Olives and olive oil are the key flavoring ingredients for the many delicious vegetables and grains in this cuisine.**
- 2<sup>o</sup> Name some vegetables in the crucifer family. **Brussels sprouts, cabbage, cauliflower, collard greens, mustard greens, radishes, watercress, rutabaga, kale, and turnips.**
- 3<sup>o</sup> Name some vegetables in the melon/squash family. **The Melon/Squash Family includes cucumbers, summer squash, zucchini, pumpkin, winter squashes such as acorn and butternut, and cantaloupe and honeydew melons.**
- 4<sup>o</sup> Name some vegetables in the legume family. **The legume family includes alfalfa sprouts, beans, peas and soybeans.**
- 5<sup>o</sup> Name some vegetables in the lily family. **Asparagus, chives, garlic, leeks, onions and shallots.**
- 6<sup>o</sup> Name some vegetables in the citrus family. **The citrus family includes grapefruits, lemons, limes, oranges and tangerines.**
- 7<sup>o</sup> Name some vegetables in the solanum family. **The Solanum family includes eggplant, peppers, potatoes, and tomatoes.**
- 8<sup>o</sup> Name some vegetables in the umbel family. **It includes the carrots, celeriac, celery, parsley, and parsnips.**
- 9<sup>o</sup> Create a menu, with recipes, that use ingredients that have maximum protective nutrients against cancer.
- 10<sup>o</sup> What are phytoestrogens? What kind of food are they found in? **Phytoestrogens are plant estrogens found in foods like soybeans, tofu, whole grains, fruits and vegetables and certain spices and herbs.**
- 11<sup>o</sup> The FDA has approved the use of hormones in some animals. Give one example of an animal that can be given hormones, and one that cannot. **Cattle & Sheep can be given hormones. Poultry & hogs cannot.**

