Mediterranean Foods Research Guide and Notes

Name of food item ____________________________ (draw a picture right in box)

In what form or forms is this item eaten?

Describe the characteristics of this food item.

What other products come from this plant or animal?

What components of a good diet does this food provide (e.g. protein, carbs, vitamins & essential substances for health)? How does it contribute to a healthy diet?

Is there potential harm from consuming this item? Explain.

On what kind of terrain does it grow (plants) or feed on (animals)?

How does producing this food item affect the way of life and culture of the people who produce it? (e.g. farmers, pastoral nomads, fishing, etc.) What skills do people need to cultivate and process it?

How is this food item processed for use?

How is it preserved for storage or trade? How long does it keep in storage?

Optional: Find a recipe for using this food item and identify it with the food culture of one or more countries or cultures.