



Mediterranean Diet Insights from Greek Trip

Description

A dietitian on the Mediterranean diet found inspiration during a visit to Greece. This experience led to several changes in her eating habits, which incorporate more elements of the Mediterranean lifestyle.

The Mediterranean diet is known for its health benefits, featuring fresh food like lean proteins, seafood, and whole grains. However, following this diet can be challenging in the US, especially in the South, where the local cuisine differs significantly.

In Greece, the diet seemed like a natural part of life. The dietitian enjoyed many fresh dishes, enhanced with quality olive oil and wine. This inspired her to adopt simple practices that she could easily integrate into her routine back in the US.

She now includes salads with breakfast to boost her vegetable and fibre intake. Starting the day with a salad is simple to incorporate and provides numerous nutrients early on.

Honey has also become a staple in her kitchen, used to sweeten nutrient-rich dishes like yogurt without relying on refined sugars. Furthermore, grilled sardines have become her go-to snack due to their omega-3 fatty acids and lower mercury levels.

The dietitian has introduced small glasses of wine at dinner, embracing the Mediterranean tradition of enjoying meals with company. This helps create a relaxed dining experience.

Lastly, she has added grilled calamari to her recipe rotation, offering a healthier choice compared to fried foods. These changes reflect her aim to follow a heart-healthy and sustainable eating pattern, inspired by her experiences in Greece.

Vocabulary List:

1. **Dietitian** /daɪ.ə'tɪʃ.ən/ (noun): A person who gives advice about food.
2. **Mediterranean** /,mɛd.i.tə'reɪ.ni.ən/ (adjective): Related to a sea and its regions.
3. **Inspiration** /,ɪn.spə'reɪ.fən/ (noun): A spark of creativity or motivation.
4. **Eating habits** /'iː.tɪŋ 'hæb.ɪts/ (noun): The way a person regularly eats.
5. **Cuisine** /kwɪ'ziːn/ (noun): Cooking style typical to a region.
6. **Olive oil** /'ɒl.ɪv ɔɪl/ (noun): Oil made from olives for cooking.

Comprehension Questions



Multiple Choice

1. What inspired the dietitian to change her eating habits?
 - Option: A visit to Italy
 - Option: A cooking class
 - Option: A visit to Greece
 - Option: A health seminar
2. Which of the following is a key component of the Mediterranean diet?
 - Option: Lean proteins
 - Option: Fast food
 - Option: Sugary desserts
 - Option: Processed snacks
3. What type of oil is mentioned as important in the Mediterranean diet?
 - Option: Coconut oil
 - Option: Canola oil
 - Option: Quality olive oil
 - Option: Vegetable oil
4. What snack has the dietitian adopted for its omega-3 fatty acids?
 - Option: Fried fish sticks
 - Option: Grilled sardines
 - Option: Potato chips
 - Option: Chocolate bars
5. What is one benefit of including salads at breakfast?
 - Option: Increased sugar intake
 - Option: Boosted vegetable and fibre intake
 - Option: Decreased nutrient absorption
 - Option: Higher calorie consumption
6. What beverage did the dietitian start to include at dinner?
 - Option: Water
 - Option: Soft drinks
 - Option: Small glasses of wine
 - Option: Beer



True-False

7. The Mediterranean diet is primarily based on processed foods.
8. Grilled calamari has been added to the dietitian's recipe rotation.
9. Following the Mediterranean diet is easy in the Southern United States.
10. The dietitian uses honey to sweeten yogurt instead of refined sugars.
11. The dietitian avoids vegetables at breakfast.
12. The Mediterranean diet features high amounts of red meat.

Gap-Fill

13. The Mediterranean diet is known for its health benefits and includes fresh foods like lean proteins, seafood, and _____.
14. In Greece, the diet seemed like a natural part of _____.
15. Salads are now included with breakfast to boost vegetable and _____ intake.
16. Grilled sardines are favored for their omega-3 fatty acids and lower _____ levels.
17. The dietitian has adopted the practice of enjoying small glasses of wine at _____.
18. Grilled calamari is seen as a healthier choice compared to _____ foods.

Answer

Multiple Choice: 1. A visit to Greece 2. Lean proteins 3. Quality olive oil 4. Grilled sardines 5. Boosted vegetable and fibre intake 6. Small glasses of wine

True-False: 7. False 8. True 9. False 10. True 11. False 12. False

Gap-Fill: 13. whole grains 14. life 15. fibre 16. mercury 17. dinner 18. fried



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the primary function of ionocaloric cooling?
Option: To heat substances
Option: To cool substances using ions
Option: To increase pressure
Option: To evaporate liquids
2. Which of the following are commonly used as refrigerants?
Option: Dichloromethane
Option: Hydrofluorocarbons
Option: Ethanol
Option: Acetone
3. What does the melting point refer to?
Option: Point where a substance starts boiling
Option: Temperature at which a solid becomes a liquid
Option: Temperature at which a liquid becomes a gas
Option: Temperature at which gases condense
4. What is it called when prices for goods and services rise?
Option: Deflation
Option: Recession
Option: Inflation
Option: Stagnation
5. What type of diet emphasizes fruits vegetables and olive oil?
Option: Ketogenic diet
Option: Paleo diet
Option: Mediterranean diet
Option: Vegetarian diet
6. What is a common cause of an outbreak in a population?
Option: Vaccination
Option: Infection
Option: Hygiene practices
Option: Contamination
7. What is essential for effective disease outbreak detection?



- Option: Vigilance
- Option: Ambiguity
- Option: Fatigue
- Option: Indifference

8. What system helps reduce transmission of airborne diseases?

- Option: Insulation
- Option: Ventilation
- Option: Heating
- Option: Cooling

9. What term describes contact with harmful substances?

- Option: Withdrawal
- Option: Exposure
- Option: Defense
- Option: Immune response

10. Which hormone regulates sleep-wake cycles?

- Option: Cortisol
- Option: Adrenaline
- Option: Melatonin
- Option: Serotonin

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Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The _____ effect can be used to cool materials rapidly.

12. _____ are often considered more environmentally friendly alternatives to older refrigerants.

13. The _____ diet is known for its heart-healthy benefits.

14. The _____ of ice is 0 degrees Celsius.

15. The _____ of diseases can be significantly reduced with good hygiene.

16. Adequate _____ in buildings helps improve air quality.

17. Prolonged _____ to pollutants can lead to serious health issues.



18. Food _____ can arise from improper handling and storage practices.
19. Chronic _____ can be a response to long-term exposure to irritants.
20. The _____ effects of stress can impact overall health.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Ionocaloric cooling is an innovative technology leveraging ion movement for efficient temperature control.
22. Hydrofluorocarbons are synthetic compounds used as refrigerants that are considered less harmful to the ozone layer.
23. The Mediterranean diet emphasizes the consumption of healthy fats like olive oil and fresh produce.
24. The melting point of a substance is the specific temperature at which it changes from solid to liquid.
25. Transmission of pathogens can occur through various routes such as airborne direct contact or waterborne.
26. Good ventilation in indoor spaces helps to reduce the concentration of airborne contaminants.
27. Exposure to high levels of pollution can lead to respiratory problems over time.
28. Food contamination can lead to serious illnesses if not addressed promptly.
29. Inflammation is a natural response of the body to injury or infection helping to initiate healing.
30. Cumulative effects of exposure to toxins can lead to chronic health issues over time.

Answer

Multiple Choice: 1. To cool substances using ions 2. Hydrofluorocarbons 3. Temperature at which a solid becomes a liquid 4. Inflation 5. Mediterranean diet 6. Infection 7. Vigilance 8. Ventilation 9. Exposure 10. Melatonin

Gap-Fill: 11. ionocaloric 12. Hydrofluorocarbons 13. Mediterranean 14. melting point 15. transmission 16. ventilation 17. exposure 18. contamination 19. inflammation 20. cumulative

Matching sentence: 1. ionocaloric 2. hydrofluorocarbons 3. Mediterranean 4. melting point 5. transmission 6. ventilation 7. exposure 8. contamination 9. inflammation 10. cumulative



CATEGORY

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Date Created

2026/02/27

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