Cyprus & Italy Traditional Foods Activity

Erasmus+ KA122 Programme 2025–2027
Cyprus - Italy

Task

Discuss with your team and place each traditional food on the correct level of the Mediterranean Diet Pyramid. Explain your choice.

Traditional Cypriot Foods

☐ Halloumi

☐ Tahini

☐ Olive oil

☐ Olives

☐ Village salad

☐ Lentil soup

☐ Fasolada (bean soup)

☐ Grilled fish

☐ Chicken souvlaki

☐ Pastitsio

☐ Koupepia (stuffed vine leaves)

☐ Loukoumades

Traditional Italian Foods

☐ Mozzarella

☐ Parmigiano Reggiano

☐ Bruschetta

☐ Minestrone

☐ Whole-wheat pasta

☐ Pizza Margherita

☐ Risotto

□ Prosciutto

□ Grilled seafood

□ Olive oil

□ Gelato

□ Tiramisu

Reflection

1. Which Cypriot food is the healthiest? Why?
2. Which Italian food is the healthiest? Why?
3. Which foods belong in the DAILY level?
4. Which foods should be eaten only OCCASIONALLY?
5. Which traditional food would you like to taste?