

1. What kind of ingredients did Elena Paravantes' mother use in her Greek cooking? What ingredients do you (or your family) usually use when cooking? Are they similar or different? Explain.
2. How has the diet of Greece changed over the years? Has it been for better or for worse?
3. What is the nutrition transition? How have you seen this in your own life or in the life of someone you know?
4. The Seven Countries Study is referenced in the study? Why is it important?
5. What was the role of extra virgin olive oil in the traditional Mediterranean diet? How did this affect the health of people following this diet?
6. How would you work to give credit to the diet of Crete for providing the basis of the Mediterranean diet?
7. If you were Greek or Cretan, would you be more inclined to follow the traditional Mediterranean diet or the typical American diet? Why?
8. What would you include in a Mediterranean Diet workshop if you were in charge of creating it?
9. Pick one of the key ingredients of the Mediterranean diet and research the health benefits.