



The mediterranean diet

SKIMMING

1. What kind of text is this?
 - a) A quiz
 - b) An infographic
 - c) An article



CONTEXT CLUES. Match the underlined words with the next meanings.

2. a diet that has few animal products _____
3. the food that you serve or eat at one time _____
4. products that are made from milk _____
5. sweet food that you eat after your main meal _____
6. a plant used for adding flavour _____
7. a substance made from a plant to add flavour _____
8. a small quantity of food that you eat between meals _____
9. type of cake that is usually round, hard and sweet _____

UNDERSTANDING DETAILS

10. **Where is the Mediterranean diet from?**
 - a) Asia
 - b) America
 - c) Europe
11. **According to this diet, you should eat more**
 - a) dairy products
 - b) seafood
 - c) pasta
12. **This diet is based on**
 - a) Meat
 - b) Fruit
 - c) Plants
13. **In this diet you**
 - a) drink a lot of water
 - b) eat a lot of potatoes
 - c) use a lot of salt

Choose true or false.

- | | | |
|--------------------------------------|------|-------|
| 14. Never eat sweets and meat. | True | false |
| 15. It's important to work out. | True | false |
| 16. Eat fish two times a week. | True | false |
| 17. Never eat meat. | True | false |
| 18. Eat healthy snacks | True | false |
| 19. Use butter instead of olive oil. | True | false |
| 20. Eat more bread than chicken. | True | false |