**THE MEDITERRANEAN DIET**



Watch the Video on youtube <https://youtu.be/o5aof7UI3yg> and read the text about the Mediterranean diet (The Mediterranean diet – What is it?).

Then answer the questions:

1. In which countries do people eat the Mediterranean diet? Give some examples.

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1. What food is in the Mediterranean diet? What should you always or often eat?

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1. What food should you only seldom eat?

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1. Is alcohol, for example red vine ok?

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1. How often should you eat dairy products?

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1. Is it all about food & drink? What else is important?

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1. Why is the Mediterranean diet healthy?

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Describe your eating habits (Essgewohnheiten). What do you often eat?

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Find out the life expectancy of your country: Check the following website. Compare with Mediterranean countries.

<https://ourworldindata.org/life-expectancy>

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