



KEY
VOCABULARY

mezze

a **selection of small, savoury dishes** which people can share from countries such as Greece, Bulgaria, Turkey, Iran and Iraq – a mezze is an example of a balanced meal

savoury

something which might **taste salty, sour or spicy** (the opposite of sweet)

tzatziki

a dish made out of **yoghurt, cucumber and garlic**

baba ghanoush

a dish made out of **mashed aubergine**

tabbouleh

a **salad** made mostly of **chopped parsley, mint and onion**

kofta

a **spicy meatball**

seasoning

using **salt, pepper and spices** in small quantities to add flavour to food

herbs

a **plant used for flavouring food** – herbs can be used fresh or dried (examples of herbs are mint and parsley)

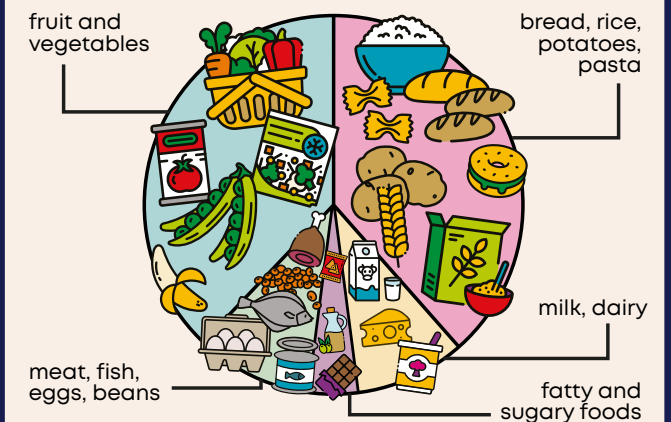
spices

a **strongly flavoured vegetable substance** – spices can be used fresh or dried and are often ground up into a powder (examples of spices are cumin and cinnamon)



a mezze

the eatwell plate



kofta



tzatziki



tabbouleh



baba
ghanoush



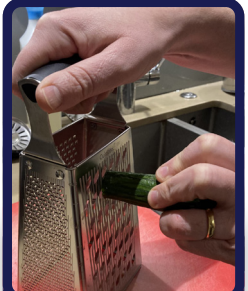
aubergine



fresh
parsley (a herb)



ground
cinnamon
(a spice)



grating a
cucumber