



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**

**kofte**

a **spicy meatball**

**seasoning**

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

**herbs**

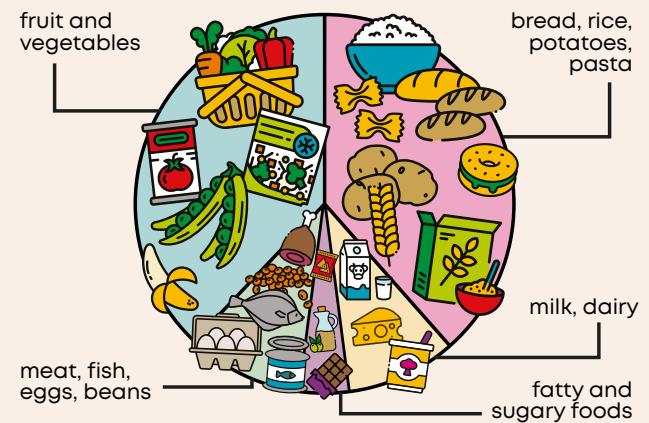
a **plant used for flavouring food** – herbs can be used fresh or dried (examples of herbs are mint and parsley)

**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)



the eatwell plate



kofte



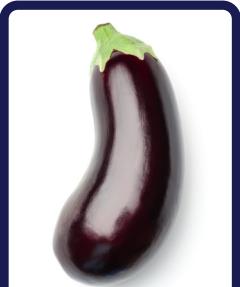
tzatziki



tabbouleh



baba  
ghanoush



aubergine



fresh  
parsley (a herb)



ground  
cinnamon  
(a spice)



grating a  
cucumber