

Foods from Greece



Seed
Learning

Let's learn about Greece



Where is Greece?



Flag of Greece



Have you tried Greek food before?



The Olive Tree

DOLMADAKIA

All dolmadakia are served with Greek salad.



Lamb	\$10
Beef	\$10
Vegetable	\$9

DOLMADES

All dolmades are served with Greek salad.



Lamb	\$14
Beef	\$14
Vegetable	\$12

DIPS



Hummus	\$5
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Tzatziki	\$4
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MOUSSAKA



Lamb	\$11
Beef	\$12
Vegetable	\$10

GYROS

All gyros are served with tzatziki and pita bread.



Lamb	\$8
Beef	\$9
Chicken	\$8

DESSERT



Melomakarona (<i>Christmas cookies</i>)	\$7
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Galaktoboureko (<i>Custard cake</i>)	\$8
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DRINKS

Tsai tou vounou (<i>Greek mountain tea</i>)	\$3
Espresso freddo (<i>ice coffee</i>)	\$4

Here are some Greek foods:



Dolmadakia



Tzatziki



Moussaka

A Taste of Greece

Where is Greece?

It is a country in Europe.



What do tourists do in Greece?

They visit ancient sites and try the exciting foods.



What is spanakopita?

This is a pastry filled with feta cheese and spinach.



What are some famous Greek dishes?

Some famous dishes include spanakopita, tarama, falafel, and hummus. It is famous for salad dishes like Greek salad.



Dolmadakia

What is dolmadakia?

It is food wrapped in vine leaves?
It is usually rice, onion, and herbs. Sometimes dolmadakia are filled with meat.



How are dolmadakia served?

They are often served as an appetizer. They are eaten with lemon or a yogurt dip.



What is the origin of dolmadakia?

Many years ago, Greece was not a free country. The Greeks could not learn about their history. So, a man named Adamantios Korais tried to teach the people in secret. He wrapped pieces of paper in dolmadakia. The papers had stories about famous people and ideas.



Dolmadakia

What other leaves are used to make dolmadakia?

Sometimes cabbage leaves are used.



What kind of meat is used in dolmadakia?

Beef and lamb are popular meats in Greece.



Tzatziki

What is tzatziki?

It is a type of dip.



What are the ingredients of tzatziki?

It is made with yogurt, cucumber, garlic, lemon, dill, and mint.



Why is Greek yogurt thicker than yogurt from other countries?

It is boiled to remove some of the water in it. This is what makes it so thick and creamy.



When do Greek people eat tzatziki?

They eat it with salad, bread, meat, and seafood.



Tzatziki

Why did the Persians like raita?

They liked it because it made spicy Indian food easier to eat.



What is tzatziki served with?

Tzatziki is often served with small dishes. It's a great dip for lots of different foods. It is often served with bread, chicken, and kebabs. Tzatziki is also great with gyros. Gyros are meat in pita bread.



Moussaka

What is moussaka?

It is a dish made with lamb meat, cheese, and slices of eggplant. It also has a layer of white sauce.



What do people like to add to moussaka?

Some like vegetables and some like meat. Some people like to eat it with potatoes or zucchini. You can even have a pepper moussaka!



Who was Nikolaos Tselementes?

What change did Tselementes make to moussaka? He was a famous Greek chef. He added white sauce to moussaka.



Moussaka

How do you make a vegetarian moussaka?

You can make it with lentils instead of meat.



When was moussaka first made?

The Persians made moussaka over 1,000 years ago. They made it for the leaders of the country.



What is good to eat with moussaka?

Greek salad and bread are good with moussaka. It is also great with spanakopita or lemon potatoes.



New Words



❖ **ancient** *adj.*

This is an **ancient** castle in Europe.

★ very old; from long, long ago



❖ **appetizer** *n.*

The restaurant serves tiny burgers as an **appetizer**.

★ a small plate of food eaten at the start of a meal;
the first course of a meal

New Words



❖ **eggplant** *n.*

My grandad grows **eggplant** in his garden!
★ a type of long, purple vegetable



❖ **origin** *n.*

They say the Big Bang was the **origin** of the universe.
★ the beginning or start of something

New Words



❖ pita bread *n.*

I filled the **pita bread** with salad and chicken.
★ a flat Greek bread which you can fill



❖ slice *n.*

I cut a few **slices** of cheese.
★ a thin piece of something that was cut,
usually from something bigger

New Words



❖ **tourist** *n.*

Tourists take photos of their holidays.

★ a person who is visiting another place or country for fun or for a holiday



❖ **vegetarian** *n.*

She has been a **vegetarian** for many years!

★ a person who only eats vegetables (and no meat)

New Words



❖ **wisdom** *n.*

The teacher tries to share his **wisdom** with his students.

★ the ability to make good decisions; the knowledge that you gain over a long time



❖ **yogurt** *n.*

I like to have banana in my **yogurt**.

★ a soft food made from milk

Reading Quiz

1. Dolmadakia, moussaka, and tzatziki are from _____.



(a)



Greece

(b)



Brazil

(c)



Germany

2. Adamantios Korais put paper in _____.

(a) spanakopita

(b) dolmadakia

(c) moussaka

3. The key ingredient in tzatziki is _____.

(a)



(b)



(c)



Reading Quiz

4. Dolmadakia are only served as a main dish.

True

False

5. Tzatziki is a type of dip.


True

False

6. Moussaka is usually made with fish.

True

False

