

**The Westminster School, Dubai**

**2014-15**

**Year : 3** **Topic:** **Greek Food Habits Date: 18.11.14**

Farming has been important to the Greeks since ancient times when, because of the mountains which separated the city-states, it was difficult to trade foods with others. The ancient Greeks had to grow all of their own food. Ancient Greek foods predominantly included vegetables that were grown on the rocky and mountainous terrain of the Greek islands and the peninsula.

Greece food and wine are famous for their good quality and amazing taste. They picked grapes to make wine, they would add water and squeeze the juice from the grapes.

The most basic ingredient of Greek food is olive oil. This explains the cultivation of olives in the country on such a huge scale. The ancient Greeks believed the olives were the symbol of strength and peace. The other main ingredients are wheat, yogurt, honey, meat, vegetables, fruits, wine and fish. Greek food uses a lot of spices that originally came from various parts of the world. All these together, with some other ingredients and loads of spices make up for the vast variety that Greek cuisine.

The Greeks principally relied on bread, small amount of vegetables, wine and olives for their daily consumption. At times, especially in the coastal settlements, fish was also used as a staple diet by many people.

 The Greeks often ate raw fruits and olives as side dishes with the regular meal. It was also a common practice to eat food with ones hand.

