



Mediterranean in Action: From Snack to Full Meal

OBJECTIVE

Explore principles of **Mediterranean food**, promoting simple, balanced and inclusive choices, with **plant-based and flexible options**.

YOUR MISSION

Carry out the following three stages, respecting the ingredients and the Mediterranean spirit.

Step 1- Balanced snack

Do a **quick tzatziki** with:

- natural yogurt
- grated cucumber
- Garlic
- Mint
- olive oil
- A pinch of salt

Serves with **carrot sticks**.

What makes this snack balanced?



Step 2 - Complete Mediterranean meal

Prepare a meal that includes:

- **Chickpea salad** with tomato, cucumber, herbs and fresh cheese
- **fruit** as a dessert

Describe your meal:

Step 3 - Plant-based alternative

If you need a plant-based option:

- swap out plain yogurt for a fortified soy drink.

Which nutrients should you check on the label of the plant-based drink?



Final reflection

It answers the following questions:

1. What elements of this meal reflect the **Mediterranean eating pattern**?

2. Why is it important to have **plant-based alternatives** in everyday meals?

3. In what other situations could you use this type of snack or meal?

Extra challenge (optional)

Adapt this meal to a **picnic, shared snack or school meal**, maintaining nutritional balance.