

Mediterranean Diet – Multiple Choice Worksheet

Read each question carefully and choose the correct answer (A, B, C, or D).

1. What is the main source of fat in the Mediterranean diet?
 - A. Butter
 - B. Olive oil
 - C. Coconut oil
 - D. Sunflower oil
2. Which of the following foods are eaten most often in the Mediterranean diet?
 - A. Red meat and sweets
 - B. Processed foods
 - C. Vegetables, fruits, and legumes
 - D. Fast food
3. According to studies, following the Mediterranean diet can help:
 - A. Increase cholesterol levels
 - B. Prevent heart disease and diabetes
 - C. Cause weight gain
 - D. Reduce energy levels
4. Apart from improving health, the Mediterranean diet also helps to:
 - A. Support local agriculture and sustainability
 - B. Promote fast food culture
 - C. Reduce biodiversity
 - D. Eliminate traditional foods
5. Which of the following statements is not true about the Mediterranean diet?
 - A. It has antioxidant and anti-inflammatory effects.
 - B. It encourages eating more processed meats.
 - C. It may help prevent certain cancers.
 - D. It includes moderate wine consumption in some cases.

Answer Key

- 1. B. Olive oil** – Olive oil is the main fat source in the Mediterranean diet.
- 2. C. Vegetables, fruits, and legumes** – These are the most common foods in the diet.
- 3. B. Prevent heart disease and diabetes** – Studies show these are key health benefits.
- 4. A. Support local agriculture and sustainability** – The diet supports environmental and cultural values.
- 5. B. It encourages eating more processed meats.** – This is false; processed meats are limited.