

## Cuisines...



Agreeably all the six countries do eat the same food, just made in different ways. It is noticeable that all these six countries have so many similarities in their food culture. They are all widely using meat and fish, cereals, milk, dairy products, vegetables, bread, oil, herbs, etc. Although a typical dish from one country may not be consisted by the same ingredients they are still getting many of the same nutrients from them. We all definitely use different spices, oils, and cooking methods to create meals, but it's extremely interesting how the food culture between different countries balance off of each other.

Cyprus

