



! GREECE

Welcome to Greece!

Theme Overview: Greek cuisine is known for its strong flavors, but it's also known for being one of the healthiest diets in the world. This is due to the consumption of fruit and vegetables, mixed with an adequate amount of protein from meat and nuts. Greece is a nation of small farmers who produce cheeses, oils, fruits, nuts, grains, legumes, and vegetables. These are the foods that form the base of the traditional Greek diet.

With 20% of Greece made up of islands — and no part of the Greek mainland more than 90 miles from the sea — fish and seafood also are a popular and common part of the Greek diet. Lamb and goat (kid) are the traditional meats of holidays and festivals, and poultry, beef, and pork are also in plentiful supply. Greece's climate is perfect for growing olive and lemon trees, two of the most important elements of Greek cooking.



Food Allergies: Recipes can be modified to accommodate food allergies and preferences. The recipes included in Food, Fun, 4-H are intended to introduce new recipes and food combinations to participants. **Note this month's Baklava dessert includes walnuts. Do not prepare if you or a family member have a nut allergy.*

Recommended Cooking Order: 1. Baklava; 2. Marinate Chicken; 3. Zucchini Salad; 4. Hummus; 5. Grill Chicken for Gyros

Reporting: To receive the May Food, Fun, 4-H meal kit, we need you to report back about your April experience. Reporting is easy and will take less than 5 minutes. Visit the link below to complete a brief survey by May 8, 2025. The survey will ask you to provide:

- 1 photo preparing one of the dishes
- 1 photo of family meal

Respond to the following statements about this month's theme, activities and recipes:

- "I like..."
- "I wish..."
- "I wonder..."

SURVEY LINK: <https://bit.ly/FF4HSurvey>



Dinner Conversation Topics:

- If you could eat dinner with anyone (dead or alive) who would it be and why?
- If you had the attention of the world for just 10 seconds, what would you say?
- What is the craziest thing you have ever eaten?
- What do you want to be when you grow up and why?

Family Challenge:

- Don't drink any soda or pop for a week. Try drinking only water.
- Donate non-perishables to your local food bank.
- Have a 5-minute family dance party.
- No phones during dinner.
- Try at least one bite of everything.

Fair Entry Idea: It's fun to learn about food from other countries like Greece. Create a poster or demonstration to teach others about foods from Greece. Topics could be a bread or cheese from Greece or a Greek celebration. Join 4-H today and use your new found knowledge of Food Preparation! Additional resources for 4-H Enrollment and the Foods Project can be found at: bit.ly/LCFoodFun4H.

Civic Engagement: It is important for 4-H members to give back to their communities. This month, try these ideas to show your community you care.

- Clean out your toys or books. Donate unwanted or unused items to a homeless shelter, youth shelter, or other agency in your community.
- Volunteer to help an elderly neighbor. Consider mowing their lawn, taking garbage cans to the road, making a special treat and delivering it to them, or doing some arts and crafts with them.
- Start your own community service project and send us a picture of you completing the project.

Let's Learn About Greece!

Location: Greece is a country in southeastern Europe on the southern part of the Balkan Peninsula. Greece is bordered by the Mediterranean Sea on the south and the Ionian Sea on the west.

Distance from Indianapolis: If you traveled from Indianapolis (Indiana's state capitol) to Athens (Greece's capitol), you would fly 5,471 miles and travel across the Atlantic Ocean. This amounts to more than 10 hours by airplane!

Major Landmark: Located in Greece is the site of the very first Olympic Games, dating back to 776 BC. The site in ancient Olympia is only 697 feet long and 112 feet wide. This historic site still has the original tunnel where the athletes entered the stadium, the "exedra" which is the stone platform where the judges sat, and the original white starting blocks for track events.

Holiday Celebration: Greek Independence Day is March 25. This is the day Greek citizens celebrate their independence from the Ottoman Empire and marked the start of the War of Greek Independence in 1821. They celebrate Independence Day similar to the 4th of July in the United States. On Greek Independence Day, it is customary to eat fried cod with garlic sauce.

Languages Spoken:

Greek is the official national language of Greece and is spoken by nearly 99% of the population. In fact, the word "alphabet" is derived from Greek in which the first two letters in Greek are "alpha" and "beta."



The Flag of Greece