

## SESSION 5

# The Mediterranean Diet

TEACHER'S GUIDE



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**EROSKI**  
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The Mediterranean Diet



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Energy to grow

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## Breakdown

### SESSION SUMMARY

Information on the Mediterranean Diet.

- Information on other diets from around the world.
- Comprehension questions on the Mediterranean Diet for the group.
- Activity: locate the countries on the photocopiable map of the world.

### SPECIFIC OBJECTIVE

To learn about and understand the Mediterranean Diet.  
To appreciate other diets from around the world.

### CONTENTS

The Mediterranean Diet.  
Other diets from around the world: Latin American Diet, British Diet and Asian Diet.

### KEY COMPETENCIES

1. Comunicación lingüística.
2. Competencia matemática y competencias básicas en ciencia y tecnología.
3. Competencia digital.
4. Aprender a aprender.
5. Competencias sociales y cívicas.
6. Sentido de iniciativa y espíritu emprendedor.
7. Conciencia y expresiones culturales.

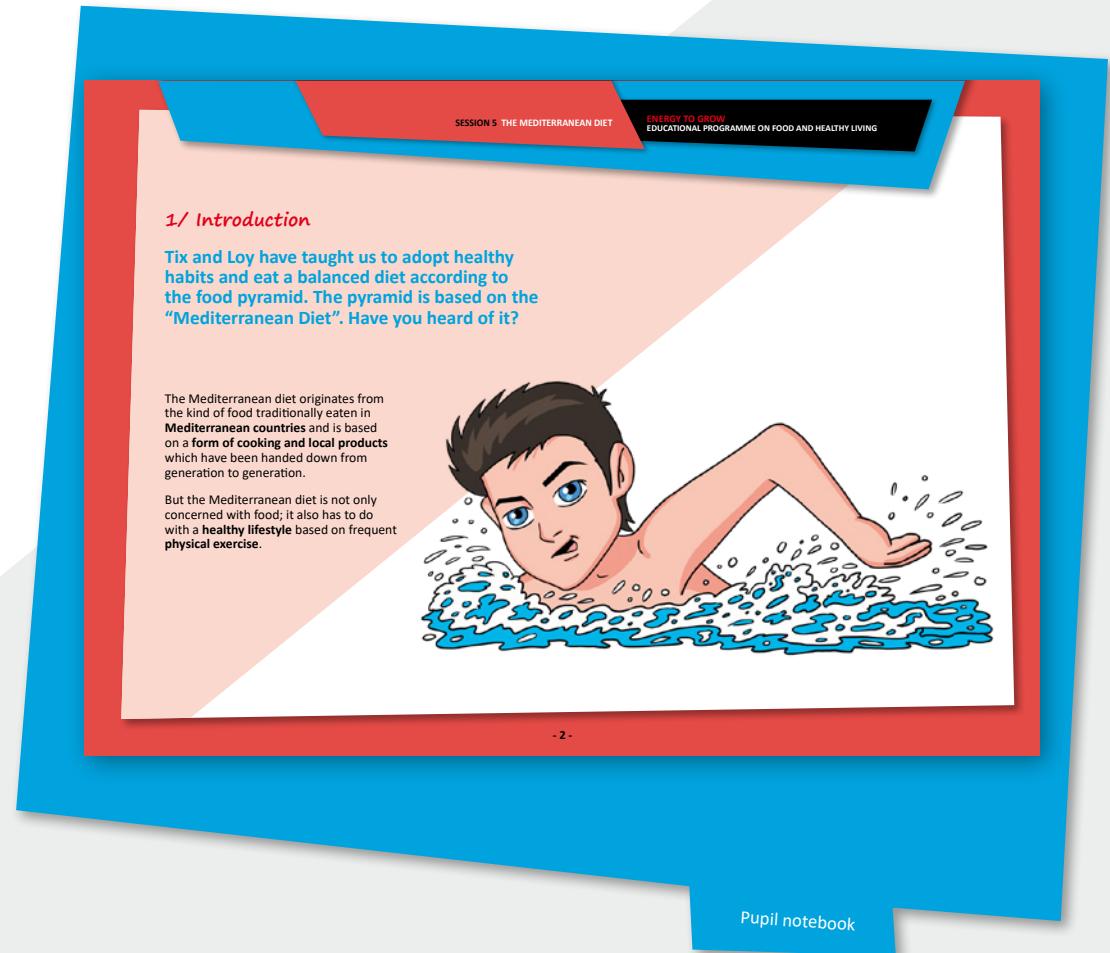
## Session plan

### Mediterranean Diet

The Mediterranean diet originates from the kind of food traditionally eaten in Mediterranean countries and is based on a form of cooking and local products which have been handed down from generation to generation.

But the Mediterranean diet is not only concerned with food; it also has to do with a healthy lifestyle based on frequent physical exercise.

In this session, the pupils learn about the Mediterranean Diet and other diets from around the world. At the end, comprehension activities are performed on the contents worked on in the session.



## The Mediterranean Diet

The Mediterranean Diet is based on eating four types of food:

1. Eating a lot of food of plant origin, like vegetables, fruit, cereals, pulses, potatoes and nuts.
2. Eating a moderate amount of fish, eggs and dairy products like yoghurt and cheese.
3. Not eating too much meat.
4. And using olive oil and adding herbs instead of salt.

### Did you know... ?

UNESCO decided to include the Mediterranean Diet in its Intangible Cultural Heritage list in 2010.



## The key features of the Mediterranean diet

Several scientific studies show that the lifestyle associated with the Mediterranean Diet helps reduce obesity and prevent a number of diseases and medical conditions such as diabetes, high blood pressure and heart disease.

According to the Mediterranean Diet....

- ... Food which has not been processed at all or only a little is the best.
- ... Raw olive oil is the best fat to add to your food.
- ... Food of plant origin tastes great.
- ... Bread and cereal-based food must always form part of your diet.
- ... Milk and dairy products are always on your side.
- ... Eggs and red meat, better when in small quantities.
- ... When you are thirsty, fresh water is a must.
- ... Best not to be lazy and do a bit of exercise every day.
- ... There should always be fish and fresh fruit in the fridge.

## Did you know... ?

The World Health Organisation (WHO) recommends these principles of the Mediterranean Diet as an example of a good way to eat.



## Other diets around the world

Although the Mediterranean Diet is known all over the world as an example of a good way to eat, **there are lots of different kinds of food and diets on the planet.**

There are other diets in the world, for example:

- the Latin American Diet
- the British Diet
- the Asian Diet



## The Latin American Diet

**Geographical location:** Central and South America: Mexico, Argentina, Brazil, Chile...

### General characteristics:

Have you ever heard of the Mayas? And what about the Aztecs? Their culinary traditions were the origin of what is now the Latin

Latin American food has a lot of flavour and is rich in all the nutrients.

This diet consists of a lot of pulses (lentils, chick peas, beans...), vegetables (green beans, peppers...), meat (beef, chicken, lamb...), fish and fruit.

### Some typical products:

Potatoes and corn are the most popular products. Avocado pears, papaya and mango are well known too.

## The British Diet

**Geographical location:** North America, Great Britain, Ireland, Australia.

### General characteristics:

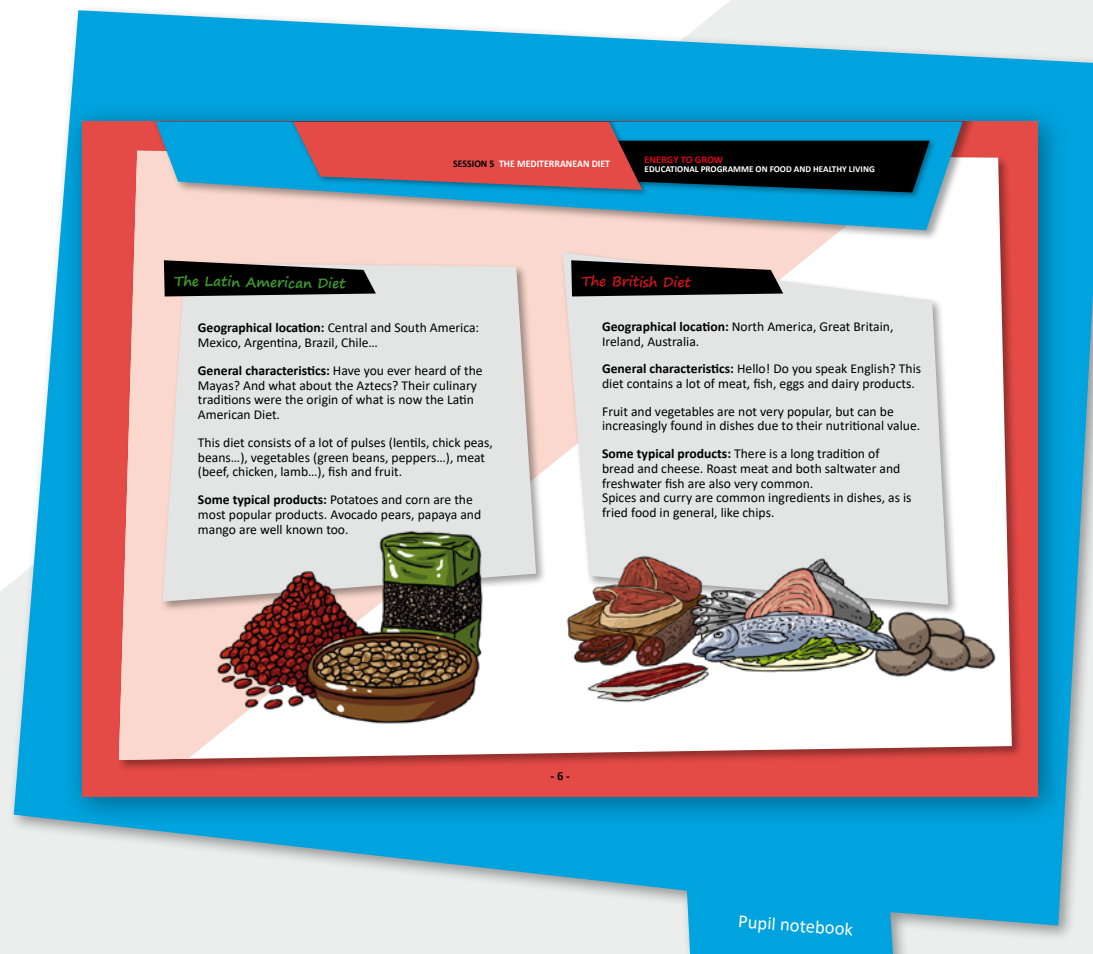
Hello! Do you speak English? This diet contains a lot of meat, fish, eggs and dairy products.

Fruit and vegetables are not very popular, but can be increasingly found in dishes due to their nutritional value.

### Some typical products:

There is a long tradition of bread and cheese. Roast meat and both saltwater and freshwater fish are also very common.

Spices and curry are common ingredients in dishes, as is fried food in general, like chips.





## The Asian Diet

**Geographical location:** Japan, China, India, Thailand.

### General characteristics:

Do you know what sushi is? Do you like rice?

Chinese, Indian, Thai and Japanese cuisine is considered healthy because it does not contain a lot of fat and rice is the staple food.

The food is boiled, steamed, stewed or stir-fried. They do not fry their food like we fry food, at least not often.

Sauces are used to add flavour and colour to the dishes.

They eat a wide variety of fish and pulses.

### Some typical products:

Rice is a basic component of the diet and is used in lots of recipes. Pasta and vegetables can also be found in a lot of starters.

## What have we learned today?

The Mediterranean Diet is considered by many to be one of the healthiest diets in the world. It is a diet whose chief characteristics include eating a lot of food of plant origin, eating a moderate amount of fish, eggs and dairy products, like yoghurt and cheese, and not eating much meat.

We have also learned that it is not the only diet on earth, because there are lots of other kinds in different parts of the world, such as

- The Latin American Diet.
- The British Diet.
- The Asian Diet.





This activity consists in the simulation of a gastronomic program based on the Mediterranean diet.

It will be an enriching experience in which the contents are worked in a dynamic and motivating way. At the same time this activity gives us the chance to also work on education in values, learning from the gastronomic culture of the different countries in the Mediterranean region.

### 1. 3,2,1, recording

For the simulation of the radio program we will distribute the students in groups of three or four children. One can be the journalist and the rest the guests. The guests will talk about the typical products of their country, typical recipes, etc. The students can share their own experiences.

It would be helpful if, previous to the radio program, the students look for and collect information, either at home with their family or at school in the computer room.

SESSION 5 THE MEDITERRANEAN DIET

ENERGY TO GROW  
EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

## Activities

### The Mediterranean Diet

1

3,2,1, recording

Today you are going to prepare and record live a gastronomic program based on Mediterranean cuisine. What are you going to call it?

Remember!

As you already know, the origin of the Mediterranean Diet is found in the gastronomy that, traditionally, was practiced in the countries of the Mediterranean region, linked to a specific cooking style and products from the region, which have been passed on from generation to generation.

The Mediterranean Diet is based on the consumption of four types of food: In the abundant consumption of foods of vegetable origin, such as vegetables, fruits, cereals, legumes, potatoes and nuts. In the moderate consumption of fish, eggs and dairy products such as yogurt and cheese. In a lower consumption of meats. Use of olive oil and in the general consumption of aromatic herbs as a substitute for salt.

We will prepare it in groups of three or four students.

- One person can be the journalist.
- Guest.
- Guest.
- Guest (optional).

Prepare the questions for the journalist between all of you. Do not let the journalist be the only one to prepare their questions. Since this is team work, it's better that you prepare the different contents together. The guests will talk about the typical products of the Mediterranean Diet, popular recipes, etc.

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Pupil notebook