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The Mediterranean Diet



FUNDACIÓN
EROSKI

contigo



SCHOOL OF
NUTRITION



Energy to grow



1/ Introduction

Tix and Loy have taught us to adopt healthy habits and eat a balanced diet according to the food pyramid. The pyramid is based on the “Mediterranean Diet”. Have you heard of it?

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**.





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.


All this guarantees a varied, balanced diet!

Did you know... ?




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

2/ 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.



That is why it is important to know the chief features of this diet so you can follow it and grow up much healthier!

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... ?



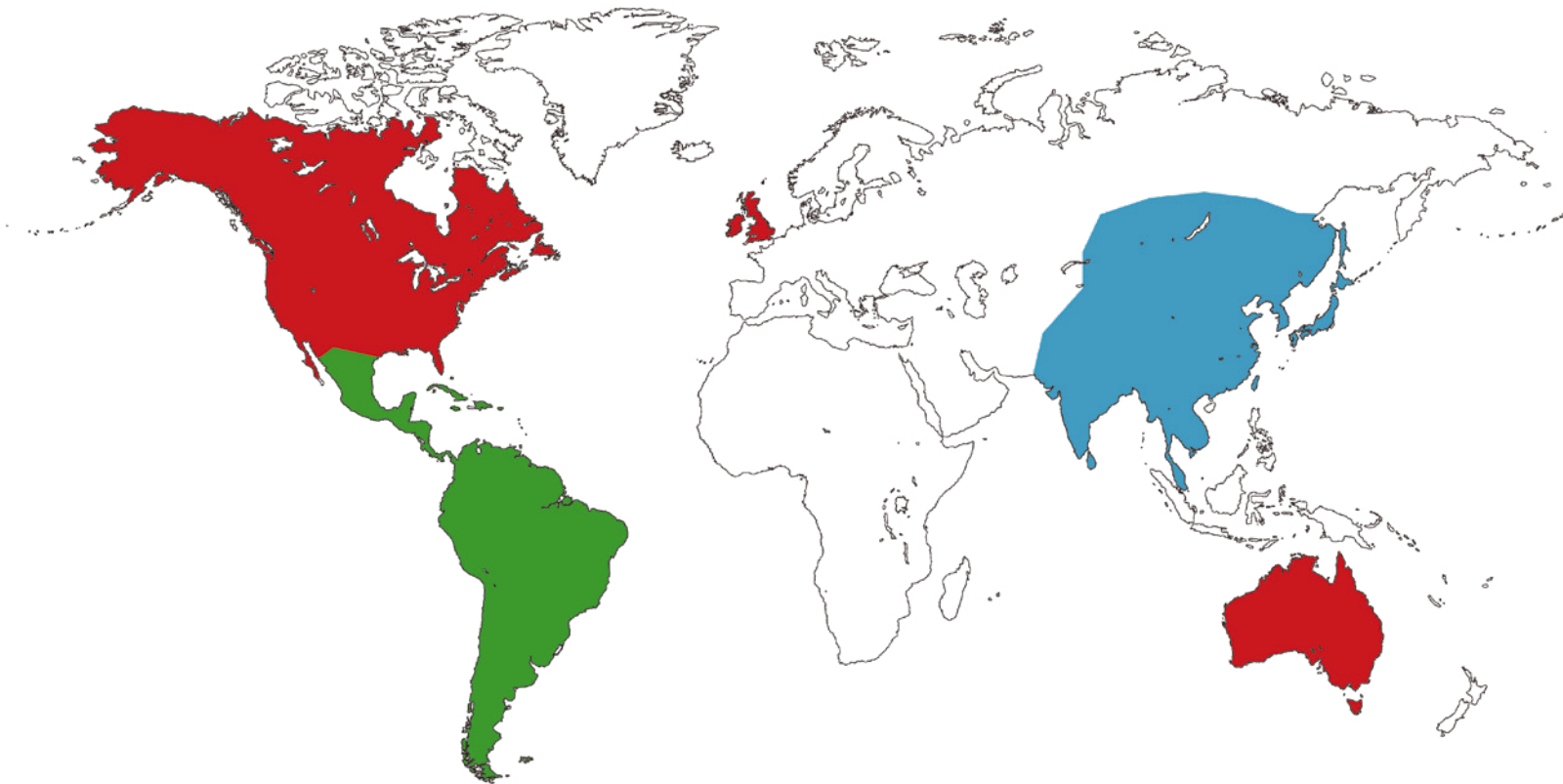
The World Health Organisation (WHO) recommends these principles of the Mediterranean Diet as an example of a good way to eat.

3/ 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.**

Can you name any? We are going to teach you a little bit about 3 other diets eaten in the world:

- 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 American Diet.

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.



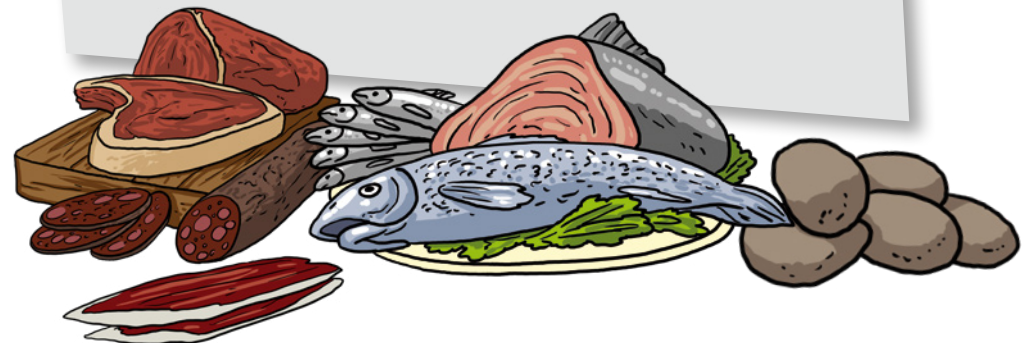
The British Diet

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 involves 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?

Throughout this chapter, Tix and Loy have taught us that 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 the Mediterranean Diet 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**, with its characteristic strong flavours and lots of pulses, vegetables and tropical fruit like mango and passion fruit.
- **The British Diet**, which is well known for roast meat and fish, and fried food to go with them, like chips.
- **The Asian Diet**, which uses a lot of rice and pulses, and a wide variety of fish.

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.

1

One person can be the journalist.

2

Guest.

3

Guest.

4

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.