



Mediterranean food & diet as vehicle to promote intercultural dialogue & sustainability

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MIO-ESDE / MEdIES

MEdIES

Μεσογειακή Εκπαιδευτική Πρωτοβουλία
για την Εκπαίδευση και την Αειφορία

Το πρόγραμμα
του MIO-ECSDE
για την Εκπαίδευση



From 1 to 5 write in the CHAT how tired do
you feel right now
(1 = a little) to 5 (absolutely)



The Mediterranean food & diet = a field promoting intercultural dialogue



Mediterranean food & diet to promote intercultural dialogue

- ✓ The Mediterranean diet on the List of the Intangible Cultural Heritage of Humanity (UNESCO).
- ✓ Mediterranean = a "mosaic" of different peoples and cultures with a common historical background, the characteristic foods & traditional food culture is a "living" repository of practices, traditions, cultural heritage and interaction of cultures.
- ✓ Despite all the changes over time, the ancient Mediterranean diet not only survives today, triad of "cereals & bread, olives & oil, grapes & wine", but continues to influence food culture worldwide.

Cereals, grapes and olives = "eternal trinity" (*Fernand Braudel*)

Mediterranean food & diet to promote intercultural dialogue

- ✓ The climatic conditions, regional variations and historical/cultural changes have influenced the "cuisines" in the various Mediterranean parts.
- Currently: the survival of traditional and local production systems (agriculture, livestock, fishing, processing) of not widely known "commercial" species
- &
- the survival of practices & associated cultural elements (customs, traditions, songs, etc.) and traditional cuisines.



Mediterranean food & diet contribution to sustainable production & consumption

In the **CHAT** rate the contribution of the Mediterranean diet in reducing the environmental impact of food production & consumption
1 (not at all) to 5 (absolutely)

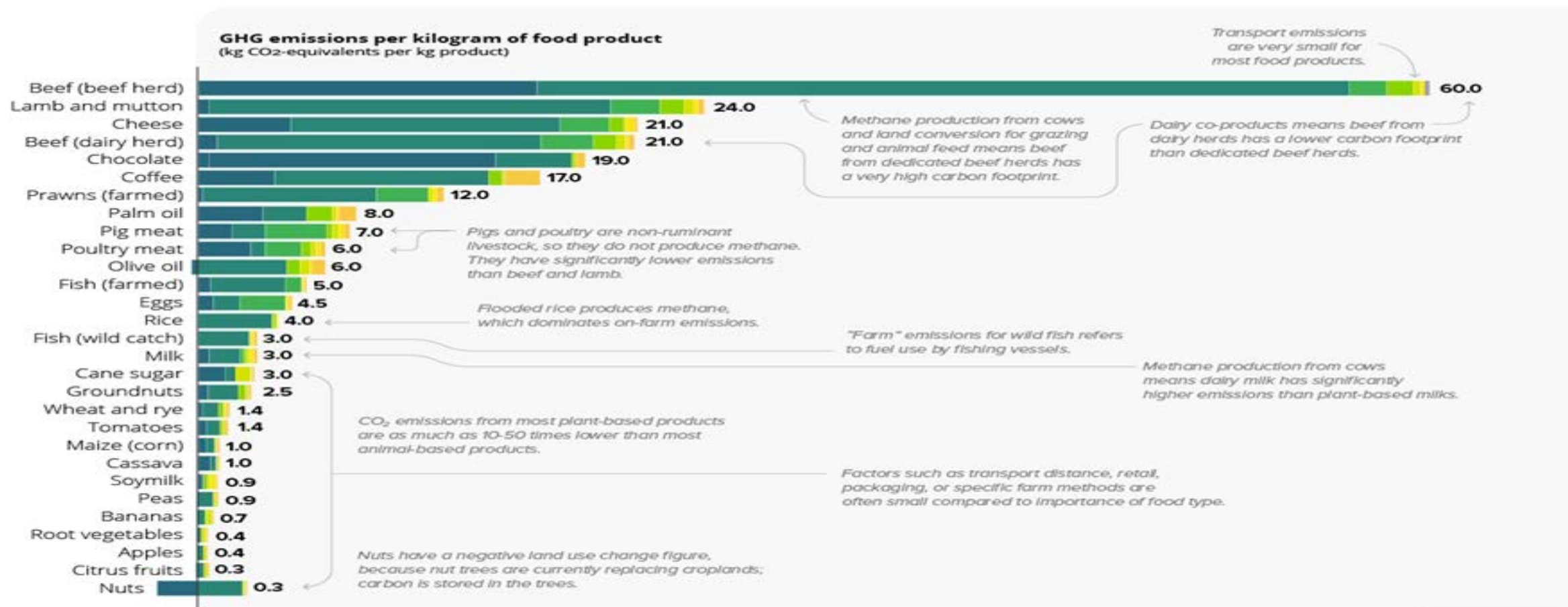
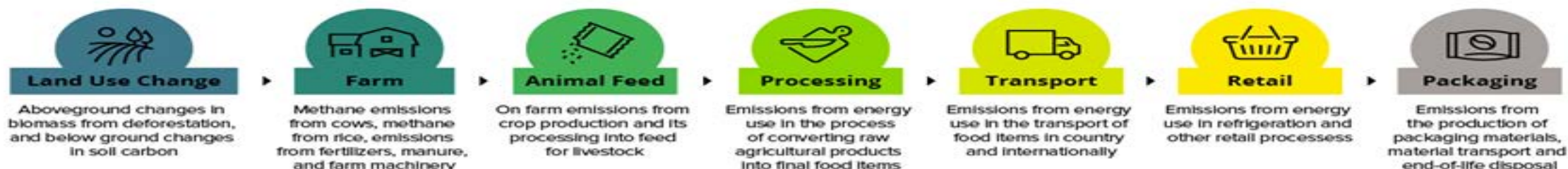


The footprint of food production & consumption

- Depletion of resources (soil, water, biodiversity, energy)
- Pollution of natural resources (water, soil, greenhouse emissions)
- GMO
- Food loss & waste
- Health issues (obesity/childhood obesity – malnutrition, etc.)
- The heritage related to Mediterranean food 'in danger'

FOOD / Greenhouse gas emissions across the supply chain

There is a vast difference in greenhouse gases (GHG) that are produced across various food types.



Note: Greenhouse gas emissions are given as global average values based on data across 38,700 commercially viable farms in 119 countries.

Revising the Mediterranean food production & consumption (diet) patterns:

According to FAO (UN Food & Agriculture Organisation) a sustainable diet is:

- Respectful of biodiversity and ecosystems,
- Culturally acceptable,
- Accessible, economically fair and affordable,
- Nutritionally adequate, safe and healthy.

The Mediterranean diet fully corresponds to the sustainability patterns.

Revising the Mediterranean food production & consumption (diet) patterns:

FAO and CIHEAM (2015) “Med Diet 4.0 model” highlighted:

- The qualities related to health,
- The low environmental impact and sustainability,
- The positive economic local return,
- The high socio-cultural recognition of food value.

Write in the CHAT one idea (KEY WORDS) on how to engage students & youth in sustainable food consumption & production



MIO-ECSDE/MEdIES about Med.food & diet in
the context of awareness raising & ESD

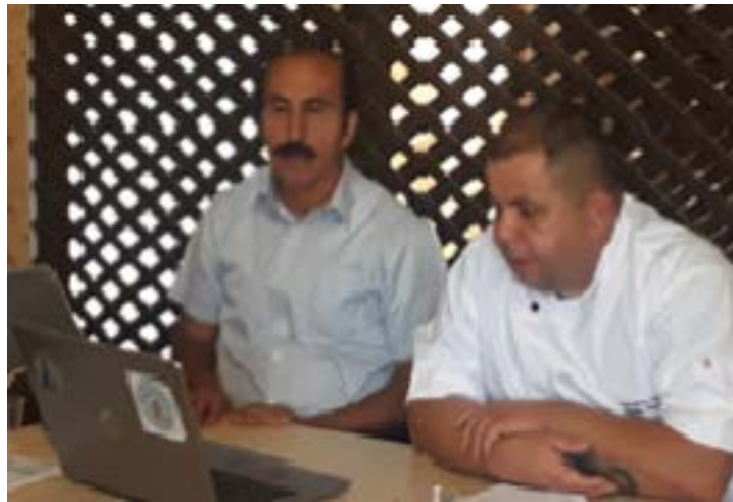
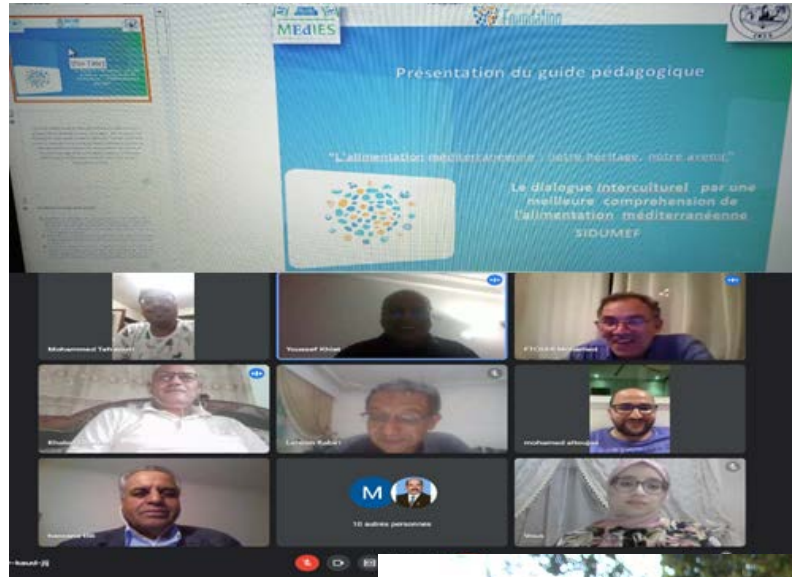
a. Sustaining Intercultural Dialogue through the Mediterranean Food

Co-creation of the Handbook: *"MEDITERRANEAN FOOD: OUR HERITAGE, OUR FUTURE"*

to Promote Intercultural Dialogue and Sustainability through the Mediterranean Food & Diet"

- In 4 languages Arabic, English, Italian, French
- Awareness Events: Webinars, Workshops, Campaigns, for citizens, local officials and teachers and non-formal educators, etc. in the partner countries | **300 participants.**
- November 2020 – August 2021
- Partners from **five countries**: Greece, Italy, Palestine, Morocco and Egypt
- Supported by the Anna Lindh Euro-Mediterranean Foundation for the Dialogue between Cultures





Feedback

- *“It is beautifully handbook and it comes to conclude ecological impacts and remedies in view of the fact that the food in the Mediterranean is unique in all aspects with the testimony of religions and researchers” (participant of the CMED-Morocco event).*
- *Intercultural dialogue is so much needed to be enhanced in our region, in our time and this project (SIDUMEF) is a concrete effort towards this end and in strengthening the creative partnerships between schools, teachers, civil and local society” (participant of the PWLS-Palestine event)*
- *“The Mediterranean diet, food components, history paths, and environmental and health benefits is unique means to bringing together the various cultures, as well as to recognizing shared responsibility for sustainable food consumption” (participant of the AOYE -Egypt event)*
- *“Mediterranean cuisine presents a long culinary tradition which needs to be preserved and promoted”. **(participant of the MIO-ECSDE - Greek event)***

b. “Mediterranean Diet: Our heritage & future

- Extension & adaptation of SIDUMEF in Greece.
- To enhance knowledge & competences of formal and non-formal educators, and the general public, regarding the potential of the Mediterranean food products, and diet in promoting Sustainability and Intercultural Dialogue.
- January 2023 – December 2023.
- ✓ Adaptation and production in Greek of the SIDUMEF book (available [here](#))
- ✓ Awareness raising and dialogue actions for teachers, trainers and the public: Public Event on 7 November with 30 participants ; Online session of today (27 November); Communication e-campaign (<https://medies.net/project/sidumef>; social media posts, etc.)
- Supported by the UNESCO Participation Programme 2022-2023.



The Handbook

Mediterranean Food: our legacy, our future



A Resource Handbook to Promote
Intercultural Dialogue and Sustainability
through the Mediterranean Food & Diet

Μεσογειακή Διατροφή: η κληρονομιά και το μέλλον μας



Οδηγός για τη Μεσογειακή Διατροφή
ως Όχημα για την Προώθηση του
Διαπολιτισμικού Διαλόγου & την Αειφορία

The Handbook

1. Our common ground: the Mediterranean triad (vines, olives, cereals)
 - Biodiversity-Landscapes-Diet
 - The historical trail of the triad
2. The vine and its products
 - Raisins, vine leaves, vinegar, must, wine
 - Harvesting time
3. Olive trees across the region
 - The olive tree's paths of history (from antiquity to Middle Ages and today)



The Handbook

4. The big family of cereals

- Bread from the Med!
- Pasta, a modern dish with an ancient story

5. Pulses: the missing fourth member?

- Small grains with big history!

6. So many fruits!

Short historical facts (origin), characteristic uses, traditions

7. Nuts and Roots

Short historical facts (origin), characteristic uses, traditions

8. Vegetables in the Mediterranean diet

Short historical facts (origin), characteristic uses, traditions



The Handbook

9. Salt

- Saltpans and Salinas of the Mediterranean
- *sa- or sal or milh, sel, kripë, sare, sale, melach*

10. Famous cheeses of the region

11. Hot drinks

- tea, coffee, sahlab, tamararind, etc.

12. Sweeteners

Honey, carob syrup, fruit made products, sugar



The Handbook

13. Fasting and festive food in the Mediterranean

- Feasts, fasting & dietary traditions in the three big religions of the region

14. Typical Mediterranean dishes

-bouijabess, couscous, falafel, kebab, kibbeh, mansaf, paella, pizza, tajines, quidra.



The Handbook

15. The Mediterranean diet and health

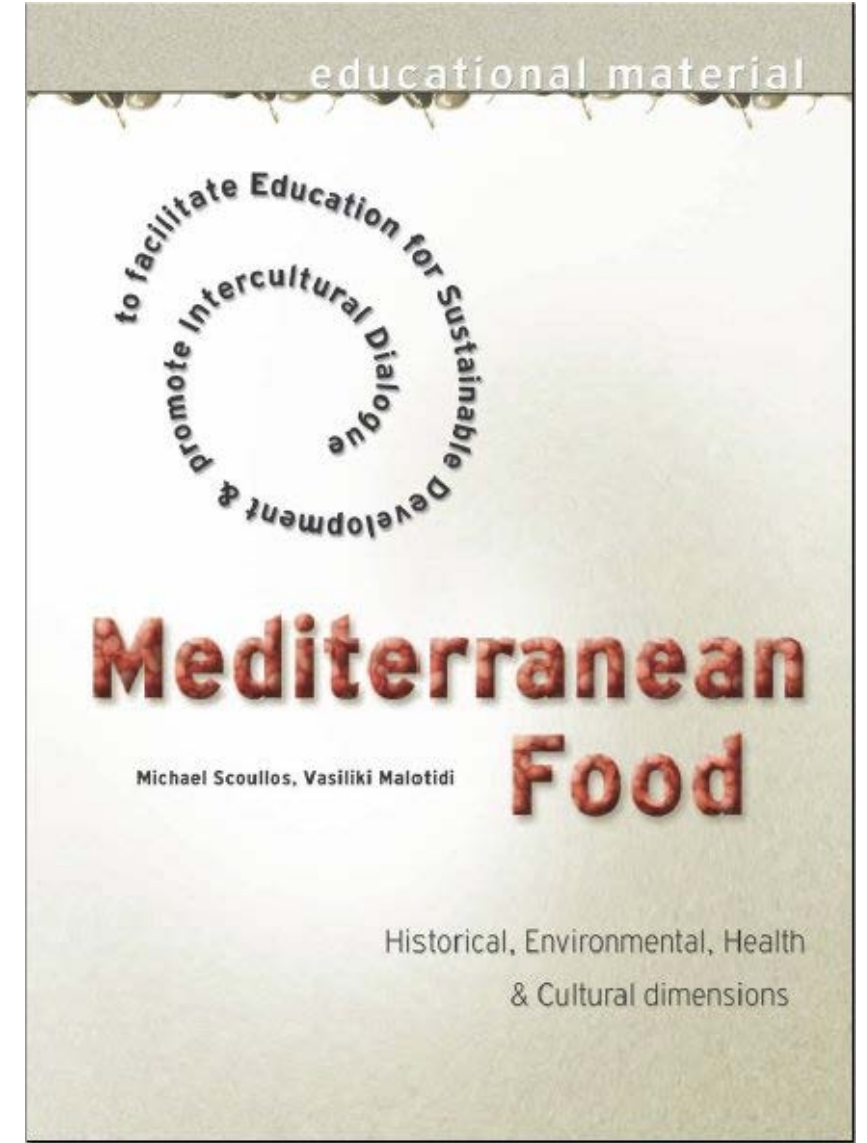
16. The environmental impact of food and sustainability challenges

17. Mediterranean food and diet contribution to sustainable development



c. Med.food to facilitate ESD & Intercultural Dialogue

- Educational Project supported by the Anna Lindh Euro-Mediterranean Foundation for the Dialogue of Civilizations (ALF).
- 2006-2008
- Production educational material
- Seminars for 400 teachers
- Participation of 20 schools from Greece, Egypt, Morocco, Tunisia, Portugal, Italy, Jordan
- <https://medies.net/mediterranean-food>



22 learning activities

- 1.1 The precious olive oil
- 1.2 The daily bread
- 1.3 Meat in the diet 1
- 1.4 The poor man's meat: legumes
- 1.5 Fresh is best
- 1.6 Sweet as honey
- 1.7 All the salt of the earth
- 1.8 Fish in the water!
- 1.9 Vines around the Mediterranean
- 1.10 Water in food
- 1.11 Food resources
- 1.12 Working for food
- 1.13 The sustainable gardener
- 2.1 The Mediterranean diet through time
- 2.2 Is it only about food?
- 2.3 A food pot tells its story
- 2.4 Our Mediterranean cookbook
- 3.1 Why so much fuss about the Mediterranean diet
- 3.2 We are what we eat
- 3.3. "Researching" food
- 3.4. Food waste
- 3.5 Food trade: fair or not
- 3.6. From field to fork
- 3.7 Food & health problems

Thank you very much!