



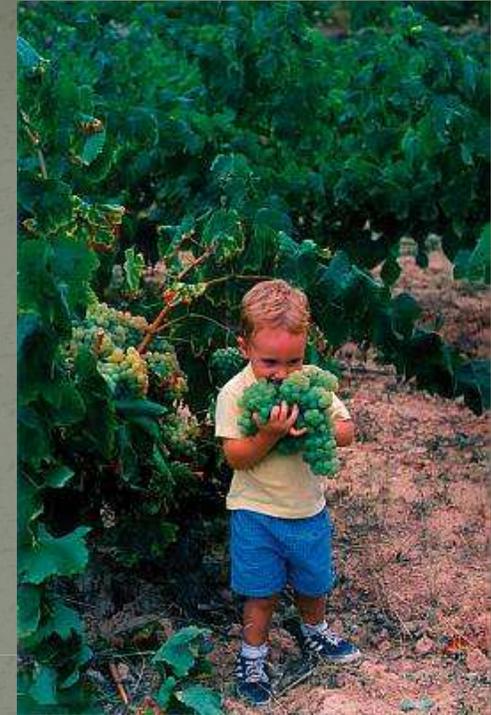
List of the World Heritage

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- ✓ Venice and its Lagoon
 - ✓ City of Vicenza and the Palladian Villas of the Veneto
 - ✓ Botanical Garden (Orto Botanico), Padua
 - ✓ Archaeological Area and the Patriarchal Basilica of Aquileia
 - ✓ City of Verona
 - ✓ The Dolomites



United Nations
Educational, Scientific and
Cultural Organization

List of the Intangible Cultural Heritage



The Mediterranean diet

Spain; Greece; Italy; Morocco



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Intangible
Cultural
Heritage



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Intangible Heritage

About Intangible Heritage

Convention

General Assembly

Intergovernmental Committee

NGO, institutions and experts

Intangible Heritage Lists

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Safeguarding

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Publications &
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The Mediterranean diet

Inscribed in 2010 on the Representative List of the Intangible Cultural Heritage of Humanity

Country(ies): Spain, Greece, Italy, Morocco

Identification

Slideshow

Video

Description

The Mediterranean diet constitutes a set of skills, knowledge, practices and traditions ranging from the landscape to the table, including the crops, harvesting, fishing, conservation, processing, preparation and, particularly, consumption of food. The Mediterranean diet is characterized by a nutritional model that has remained constant over time and space, consisting mainly of olive oil, cereals, fresh or dried fruit and vegetables, a moderate amount of fish, dairy and meat, and many condiments and spices, all accompanied by wine or infusions, always respecting beliefs of each community. However, the Mediterranean diet (from the Greek *diata*, or way of life) encompasses more than just food. It promotes social interaction, since communal meals are the cornerstone of social customs and festive events. It has given rise to a considerable body of knowledge, songs, maxims, tales and legends. The system is rooted in respect for the territory and biodiversity, and ensures the conservation and development of traditional activities and crafts linked to fishing and farming in the Mediterranean communities which Soria in Spain, Koroni in Greece, Cilento in Italy and Chefchaouen in Morocco are examples. Women play a particularly vital role in the transmission of expertise, as well as knowledge of rituals, traditional gestures and celebrations, and the safeguarding of techniques.

The Mediterranean diet... (1/5)

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The Mediterranean diet... (2/5)

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The Mediterranean diet... (3/5)

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The Mediterranean diet... (4/5)

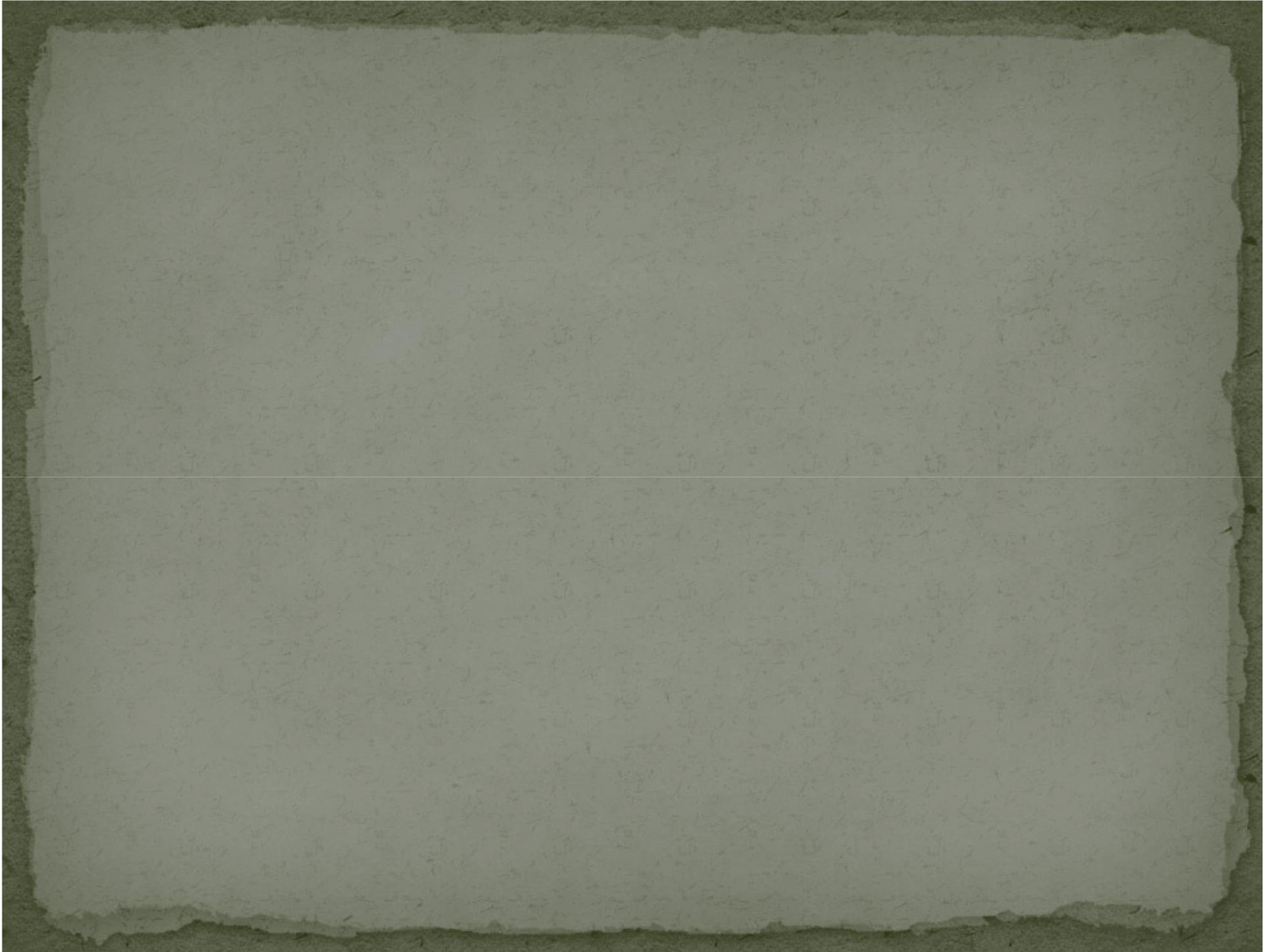
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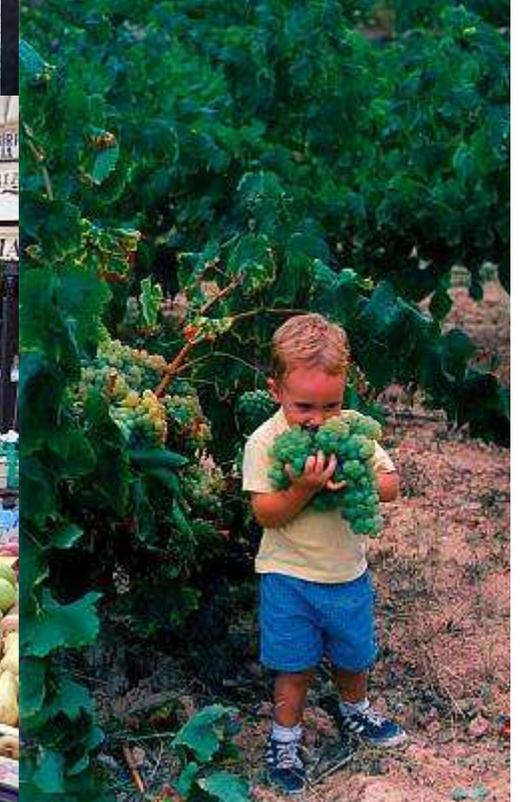


The Mediterranean diet... (5/5)

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