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Erasmus+ Training

MEDITERRANEAN LIFESTYLE: EAT WELL, LIVE WELL

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OID

Registered Provider

Portugal: E10201112
Poland: E10419682 **Spain:** E10417947

Language:
English

Area:
Cultural Heritage & Museum Learning / Healthy Lifestyles & Nutrition

Level:
Basic to Intermediate
Professional Literacy

Course Description

The Mediterranean Diet, classified as Intangible Cultural Heritage by UNESCO, embodies a holistic concept that encompasses various elements such as knowledge, landscape, rituals, symbols, and traditions. The diet goes beyond a mere dietary regimen and represents a balanced lifestyle with a wide range of recipes and healthy cooking practices. It incorporates centuries of traditional gastronomic customs from Mediterranean countries.

Key components of this cultural heritage include essential products like extra virgin olive oil, along with recipes and customs that contribute to both delicious creations and daily nutritional needs. Embracing the Mediterranean diet has a multitude of benefits, equivalent to taking 4,000 extra steps per day.

It promotes the achievement of Sustainable Development Goals by fostering food safety, a healthy lifestyle, and balanced, accessible eating patterns. Additionally, it has a low environmental impact due to the prominence of plant-based foods and reduced reliance on animal products. Recognizing its sustainability, the United Nations Food and Agriculture Organization has included the Mediterranean diet as one of the World's Most Sustainable Diets. Complemented by regular exercise and sufficient rest, this eating pattern also offers significant advantages for cardiovascular health, stress and burnout reduction.

The Mediterranean Diet's alignment with the objectives of the Erasmus+ Program for teachers' mobilities lies in its promotion of intercultural understanding, fostering healthy eating habits, and encouraging sustainable practices within the realm of education

Learning Outcomes

- Recognize the cultural significance of the Mediterranean Diet as Intangible Cultural Heritage and its role in promoting intercultural understanding among educators;
- Understand its holistic nature as a balanced lifestyle, plan and prepare diverse recipes, healthy cooking techniques, and traditional gastronomic customs;
- Explore key components of the diet, such as essential products along with recipes and customs, and comprehend their contribution to taste and daily nutritional needs;
- Examine its health benefits and alignment with a healthy lifestyle;
- Gain insights into sustainable food practices related to the diet, including the use of local resources, biodiversity preservation, and reduced environmental impact;
- Foster intercultural exchange by engaging with culinary traditions and food practices from different Mediterranean countries, promoting appreciation and dialogue;
- Empower teachers to integrate the principles of the Mediterranean Diet into their teaching practices, promoting healthier eating patterns and sustainable practices within schools and communities;
- Enhance communicative competencies in English and social skills;
- Identify & share good practices that can be implemented at a local level.

course code LTML69

Course Programme

6 DAYS
course code LTML69

All our courses include a daily standard Coffee Break

DAY 1

Cross-Cultural Exchange, European Educational Context & Course Orientation

- Pre-Session work: Self Preparation to share your school's context, cultural background and completion of the Cultural Quiz.
- Welcome Session: Networking between participants and Erasmus+ team
- Icebreaking activities and sharing of European core values.
- Open space for participants to share ideas and discuss current challenges in the Education sector; collaborative opportunity to exchange future goals (activity).
- Week briefing and planning.

DAY 2

- Introduction to the Mediterranean Diet, History and its classification as Intangible Cultural Heritage by UNESCO.
- The importance of intercultural understanding in education and the role of the diet in fostering it.
- Group and cooking activities promoting dialogue and appreciation of different food practices.

DAY 3

- Overview of the holistic approach of the Mediterranean Diet, emphasizing fresh, whole foods and mindful eating.
- Presentation on traditional recipes, cooking techniques, and cultural rituals associated with the diet.
- Hands-on cooking workshop: Preparing and tasting Mediterranean Portuguese dishes using traditional recipes and techniques.

***Day 1** (Sunday) combines flexible pre-session self-work with an in-person evening session starting at 19:00.*
***Days 2-6** typically run from 08:30 to 13:30.*

This schedule is a tentative framework. Specific activities, session order and timings are subject to adjustments by the trainer/provider's discretion & objectives.

Course Programme

6 DAYS

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DAY 4

- In-depth exploration of key components of the. Mediterranean Diet, including macronutrients, extra virgin olive oil, whole grains, fruits, vegetables, legumes, herbs.
- Nutritional and health benefits - their role and integration in a well-rounded diet and routine.
- Interactive cooking session on incorporating Mediterranean ingredients and recipes into daily meals.

DAY 5

- Engaging in moderate-intensity exercises, stress management and relaxation techniques, complementing the Mediterranean Diet's emphasis on an active lifestyle.
- The sustainable aspects of the Mediterranean Diet, including the use of local and seasonal ingredients and organic farming practices.
- Discussion on the environmental impact of dietary choices and the importance of sustainable food systems.
- Final Work preparation and meal planning.

DAY 6

- Final Dish Presentations.
- Future cooperation and follow-up activities.
- Course roundup & review.
- Learning outcomes' validation.
- Certification Ceremony.

__Day 1__ (Sunday) combines flexible pre-session self-work with an in-person evening session starting at 19:00.
__Days 2-6__ typically run from 08:30 to 13:30.

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Full Documentation Learning Agreement; **Certificate of Attendance** (with detailed Learning Outcomes); Europass validation; and other required Erasmus+ supporting paperwork.

100% Eligible for Erasmus+ Funding (2021–2027) - Our courses are eligible to be completely funded by the Erasmus+ program.

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