

The History in the dish Mediterranean Diet: Pleasure, wellbeing and culture

Food is culture

Mythical Mediterranean diet based on the fruits of three holy plants, grain, olive and grapevine is a kind of self innovating tradition. Thus bread, *pasta*, oil and wine represent the basic elements in Mediterranean people's traditional alimentation. Beside these articles, it is worthwhile to add a large variety of pulses, vegetables, fruits and to some extent fishing and breeding products such as milk, cheese, eggs and meat, mostly the white one.

Purpose

In order to get a complete alimentary education it is necessary to approach several linking doctrines such as science, history, geography, economy etc. Innovative tools as well as a set of overlying approaches (education, training and participation) may provide an integrated representation of several disciplines such as the scientific and environmental education, health education, multiculturalism, human rights, shared values, correct consumption. Thereby, using proactive strategies offers a whole range of opportunities as concerns the existential element (identity, needs, personal history, wellbeing, desires, choices), the cognitive aspect (contents and skills), the operational approach (projects, actions, behaviours) and finally the methodological tools (techniques, instruments and approaches for analyse, planning and operating)

DIDACTIC AND COGNITIVE AIMS

- History of alimentation may become to a significant extent a real and transversal "trait d'union" which strengthens the connections between the different disciplines. At the same time it contributes to enrich the personal formation as a whole through a general re-examination.
- Activities promotion regarding itself knowledge and the knowledge of our and other's tastes
- Development of studies with respect to the productive chains as well as history and transformation of the products
- Stimulate reflections and researches about the role of advertising and the comparison of the different messages
- Comparison and analysis of agricultural and breeding techniques (conventional/biologic agriculture)

OTHER AIMS

- Promote consumption occasions in order to ease the comparison and the debate.
- Research of mutually shared social behaviours as regards the alimentation from an intercultural perspective: respect of the food, preparation of the table, arrangement of the surrounding area and knowledge of different traditions.
- Stimulate the personal initiative, the formulation of opinions and the promotion of independent thoughts.
- Stimulate the cooperation attitude and the positive emulation through small working teams
- Stimulate the curiosity in the surrounding reality and in a set of new relationships through the intervention of sector experts
- Increase confidence in personal skills of planning, experimentation and production.

CONTENTS

Exploration and study of **pre-Hellenic societies** and particularly the one of the mysterious and surprising **Etruscan people**. Historical analysis of the products, the cooking, the refined way of life, datable from the 19th century BC.

Gastronomic laboratory: The soups.

Opportunities of guided excursions to the Museum and to the "Parco Archeologico di Pontecagnano", former southern outpost of this people.

The Hellenic society and the "Magna Grecia"

This society is the base of the Western culture, politics, philosophy, medicine, art, literature and indeed it is realistic to affirm that it is also the origin of the so called Mediterranean Diet. For this, it is necessary to deepen the alimentary attitudes and to draw attention on the way the food affects health and wellbeing, according to the Hippocrates' thought "Be the food your drug" as well as the Eleatic and Croton' school approach where the eclectic Pitagora had theorised and ordered his students a strictly vegetarian diet.

Gastronomic laboratory: Bread and oil

Opportunities of guided excursions to the Museum and the Archaeological Excavations of Paestum, Elia – Velia and Crotone; visits to the ovens and in the oil-mills.

Rome

The expansionism of Rome speeded up the introduction of products coming from farthest imperial lands. New kind of fruit, vegetables, spices arrived in Italy from various regions of the world and enriched the solid triad of grain, olive and grapevine. With Apicio and his recipe books, the gastronomy acquires artistic and cultural dignity.

Gastronomic laboratory: Wine and cheese

Possibility of guided excursion to Pompei and Ercolano. Visits to wine cellar and to the dairies

The Middle Ages and the Normans

The greatest merit of "Scuola Medica Salernitana", the first medical sciences university, was to encourage an effective knowledge synthesis of three great cultures: the Greek one, the Arab one and the Latin one. Most of its precepts are related to the alimentation, which is considered a fundamental element in the prevention and in the care of several diseases.

Gastronomic laboratory: The herbs and the fish

Possibility of guided excursion to "Castello di Arechi", in Salerno. Fishing-tourism and visits to marketplaces.

The discover of America and the rural society

The Mediterranean cooking enriches itself to a certain extent through the products from the New World. Tomato, peppers, potatoes, pulses and a lot of other bio-diversities multiplied the alimentary opportunities in the Mediterranean area. It was a slow and long lasting process managed by a productive rural society from which the researcher Ancel Keys worked out in the Fifties formule of "Buon Vivere" (Good Living).

Gastronomic laboratory: First and single courses

Possibility of excursion to Pioppi and to the "Museo Vivente della Dieta Mediterranea - Ancel Keys", excursions to the "Parco Nazionale del Cilento e Vallo di Diano"

Lectio magistralis

Dario Giugliano and Katerine Esposito, UNINA researchers - "Eros e Cibo"

Guido Medolla - "The alimentary herbs and the natural remedies"

Salvatore Basile "Organic food – Mediterrean Diet is bio".

Nicola Di Novella "The alimentary biodiversity"
Antonio Vacca, nutritionist and essayist "The formulation of a correct diet".

OPERATIONAL METHODS

The operational model applied to the proposed experiences is the following:

Illustration of the experience

Fulfilment of practical experience in small or individual working teams

Debate and comparison

Reflection and study of several alimentary problems

Participation of expert figures

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FINAL TESTS

At the end of the experience path, the achievement of the cognitive aims will be checked and valued through a final test; the other aims will be verified through the specific observation of teachers and experts who are involved and cooperate in the planning.