

British Council * International Synergy Between:

* *Belton C.O.E.Primary School*
Sadlers Wells, Belton,
Loughborough, Leicestershire, United Kingdom

* *I Circolo Didattico Statale San Filippo,*
San Filippo I.P.S.
Città Di Castello, Umbria Region, Italy

SHARING WITH YOU ABOUT THE MEDITERRANEAN DIET,
ITALIAN AND UMBRIAN FOOD





THE ITALIAN STANDARD MENU STRUCTURE:

- * STARTERS > On Special Days, With Special Guests
- * The PRIMO (First) > Carbohydrates
 - * The SECONDO > Proteins
- * The CONTORNO (Side) > Vitamins, Minerals, Fibres
 - * FRUIT
- *The DESSERT > On Special Days

The So Called MEDITERRANEAN DIET (By Ancel Benjamin Keys 1960 _ 1975) From Italy And Greece To The World

A diet inspired by the eating habits of Italy (Campania, Calabria) And Greece > **FEATURES**

- * regular consumption of 'extra virgin' olive oil,
legumes, unrefined cereals, fruits, and vegetables;

- * moderate to high consumption of fish,

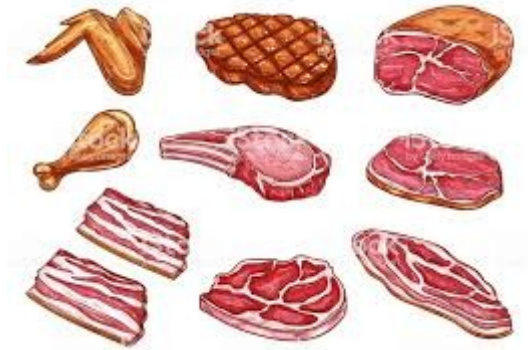
- * moderate consumption of dairy products
(mostly as cheese, yogurt),

- * moderate red wine consumption,

- * low consumption of non-fish meat products.

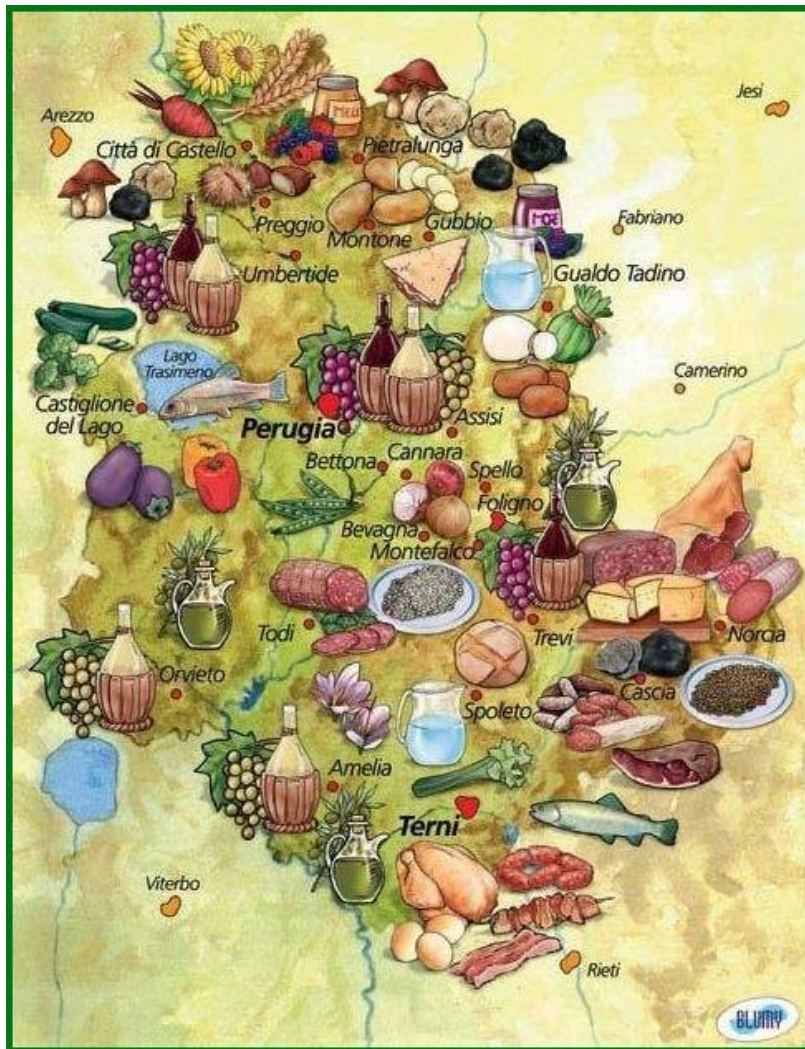
Extra virgin Olive Oil has been studied
as an important risk prevention and a health factor.

Some Symbol Dishes Of The Italian Cuisine: Spaghetti, Pizza, Fiorentina Steak, Pesce Azzurro



Pictures From *San Filippo* IPS Canteen





Umbria Region
Major Towns: Perugia,
Terni, Foligno, Città
Di Castello, Spoleto,
Gubbio, Assisi,
Bastia Umbra,
Corciano, Orvieto,
Narni, Marsciano,

Dear Children, Here Are Some Very
Special, Characteristic, Unique
Products Of Our Region UMBRIA.

They Have Received Official
Recognition At Regional, National,
European Level.

We Kindly Invite You And Your
Family To Visit Us
And Enjoy The Beauty Of Our
Territory!



Bean Secondo Of Pian D'Orvieto



Salted Ricotta
Cheese Of Valnerina



Crescia Or Torta Al Testo
With Herbs



Onion Of Cannara



Black Celery Of TREVI



The TRUFFLE

CHIARA

L'ARCOBALENO DELLA PACE



THANK

you !