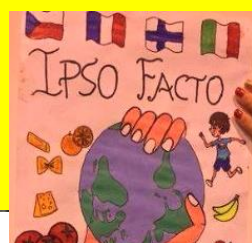


We are what we eat

HIGH SCHOOL COLLABORATIVE MAGAZINE ON FOOD AND HEALTH



The Mediterranean Diet

FIRST
STUDENTS
REPORT
IN CALABRIA
ITALY

IPSO FACTO – 1st semester 2018 – N°1 – Innovative Pedagogical Scenario On Food And Consumption Trend Opportunities



Erasmus+

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Partager un repas, un acte citoyen

Le projet IPSO FACTO est né de l'association de professeurs de 4 lycées d'Europe. Finlandais, Français, Italiens ou Tchèques, nous souhaitons promouvoir la citoyenneté européenne. Pour aborder cette notion abstraite, quoi de mieux qu'un projet sur nos habitudes alimentaires ?

Depuis une décennie, l'alimentation est devenue un enjeu de santé publique européen. A ce titre, l'école joue un rôle préventif. Manger, c'est aussi faire des choix de consommation. En rédigeant ce magazine, les lycéens venus des quatre coins de l'Europe, ont réalisé qu'il est possible de faire des choix de consommation citoyens.

Ce premier numéro, baptisé « We are what we eat », nous emmène en Calabre, région du sud de l'Italie qui a su préserver ses traditions culinaires ancestrales. Ils ont ainsi mené en groupe internationaux une enquête sur les vertus du régime méditerranéen et rencontré des associations qui militent pour une alimentation plus citoyenne et plus équitable.

Ce premier échange interculturel est l'opportunité de raviver une valeur un peu oubliée : l'hospitalité. En étant gratuitement hébergés dans une famille d'accueil, les élèves apprennent que l'hospitalité est à la fois un acte d'ouverture aux autres et de compromis, de générosité et d'adaptation, de solidarité et de sacrifice. Une expérience qui incite à dépasser ses propres limites.

Benoit GUIGNARD - Coordonnateur du
Projet IPSO FACTO

Sharing a meal, a citizen act

The IPSO project FACTO was born from the teachers' association of 4 high schools of Europe. Whether Finnish, French, Italian or Czech, we want to promote European citizenship. To approach this abstract notion, what better than a project on our eating habits?

For a decade, food has become a European public health issue. As such, the school plays a preventive role. Eating is also making consumer choices. Writing this magazine, high school students from all over Europe realized that it is possible to make citizen consumption choices.

For this first issue, which they named "We are what we eat", the students traveled to Calabria, a region in southern Italy that has preserved its ancestral culinary traditions. They have conducted in international groups a survey on the virtues of the Mediterranean diet and met associations that advocate for a more citizen and more equitable diet.

This first intercultural exchange is the opportunity to revive a forgotten value: hospitality. Hosted free of charge, students learn that hospitality is both an act of openness to others and compromise, generosity and adaptation, solidarity and sacrifice. An experience that encourages students to go beyond their own limits

Benoit GUIGNARD - IPSO FACTO project coordinator

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Libera: fighting the Mafia together

Libera helps us to bring back justice and peace

Caselinuovo Antonella, Miriello Martina, Eloranta Erin,
Vattini Ilaria, Jamoneau Laurine 10/01/2018

“Libera Terra” is one of Libera’s projects. It includes various cooperatives, which produce organic food on lands confiscated from illegal organizations (Mafia). It fights “Agromafie”, illegal activities which involve agriculture. The goal of this work is to encourage the birth of a legal economy circuit together with the workers and the environment. Products like wine, oil and vegetables grown on these confiscated lands can be bought in Italian supermarkets. In Calabria, Libera’s cooperatives called Terre Joniche has confiscated lands in Cirò and Isola Capo Rizzuto from Mafia. These lands were given back to the communities. According to the website of Libera Terra, “The mission of Libera Terra project is to give dignity to territories with a strong Mafia presence”.

One of the most important Libera initiatives is “Estate Liberi”, which is crucial, because it allows people to volunteer to work in the fields or help the families affected by Mafia. People can also study this phenomenon, for example by talking to the family members of the victims killed by Mafia. Estate Liberi is trying to spread a culture based on legality and justice. “Libera Formazione” is a project that teaches young people about Mafia. They work with schools, universities and various associations.

Libera is an Italian association that was founded on 25th of March in 1995 to encourage the civil society against Mafia. It promotes democratic legality and justice. It was founded by Luigi Ciotti, a priest interested in the social sphere. Over the years, Libera created numerous projects and initiations.





The last of the four projects is "Libera Memoria". It organizes an event for people to gather, to remember the victims and to say "NO" to the cruelty of Mafia. Every year, on March 21st, Libera celebrates a memory day which has the purpose to remember the innocent victims of Mafia. This has been done since 1996. The initiative stems from the pain of a mother who lost her son in a massacre. Every year, in a different city, a long list of names of Mafia's victims is read not to forget them.

Free lands for a free world

Fighting “Ndrangheta” to start a new life

M.Viale, A.Auramo , M.De Luca, A.Chiarella, A.Giacobbe,
E.Gentile

The social cooperative “TERRE JONICHE” was born on January 31st 2013 thanks to the dialogue between “Libera” association and the “Prefettura di Crotone”. from Ndrangheta. The cooperative TERRE JONICHE-LIBERA TERRA manages land confiscated in the towns of Isola di Capo Rizzuto and Cirò; produces Barley Moka Libera Terra. It is part of LIBERA TERRA MEDITERRANEO, an ONLUS consortium that groups together social cooperatives of Libera Terra, together with other operators who have married the cause.

On Thursday 11th January 2018 we visited Isola capo Rizzuto. Near this town there are a lot of grounds confiscated to the MAFIA. We were received by Raffaella Conci (leader of the social cooperative) who explained what they do and the social role of their acting. They use these grounds confiscated from mafia to start up factories and farms. Despite the difficulties generated by organized crime, this association succeeded in starting a company and running it.



All the pictures come from cooperative association "Terre Ioniche" and this is the "memory garden".



They practise an biological agriculture. They organize visits for groups of students and not only for them but also for disabled people. Every summer young people go to this place to do some activities. These groups can realize the value of what they do, above all thanks to the experience of planting a memory tree. A memory tree is a beautiful experience. People can honor the innocent victims of the mafia by planting a memory tree dedicated for them.

What about mediterranean diet, its history and who is Ancel Keys ?

Giorgia, Vojta, Alice, Diego, Valeria, Valtteri, 12. 1. 2018

Ancel Keys launched the Seven Countries Study in 1958 after exploratory research on the relationship between dietary pattern and the prevalence of coronary heart disease in Greece, Italy, Spain, South Africa, Japan and Finland. Keys was professor and director of the laboratory of Physiological Hygiene at the University of Minnesota, School of Public Health between 1940 and 1972. He received various honors from the countries he worked in. Formal pilot field surveys were conducted in the fall of 1957 in Nicotera, a village in southern Italy and in six villages on the island of Crete.

Connection with Unesco?

The Mediterranean diet belongs to the heritage of the Unesco.

What is Unesco ?

UNESCO is responsible for coordinating international cooperation in education, science, culture and communication. Thanks to it, each child and citizen is able to : • has access to quality education • may grow and live in a cultural environment rich in diversity and dialogue • can fully benefit from scientific advances • and can enjoy full freedom of expression; the basis of democracy.



References :

<https://www.sevencountriesstudy.com/about-the-study/>

<https://en.unesco.org/about-us/introducing-unesco>

Nicotera : Temple of health

International Academy of Mediterranean Diet

E.Borelli, M.Kuncova, A.Fabritius, W.Catacchio,
M.Gualtieri, A.Charre, I.Nisticò

We met Mr. Antonio Leonardo Montuoro who is the president of Academy of Mediterranean Diet in Nicotera. He told us the story of Nicotera. It is the centre of the Mediterranean diet. This diet is full of fruits, vegetables and other healthy food. The Mediterranean diet contains also things like pasta, bread, potatoes and other carbohydrates. Let's have a look at the Mediterranean diet.

In the Mediterranean diet we can eat everything but in a small quantity. It means we can eat sweets, cakes and so on, too.



The protagonist of the Mediterranean diet is the extra virgin olive oil, in fact, Italy is the second biggest producer in the world.



Italian people use the oil for cooking every time. Antonio also told us about scientist Ancel Keys. Keys came to Nicotera with Keys's scientific and medical teams. He found a close relationships between eating healthy and being well. He questioned himself whether the secret of health, longevity of those people. Keys called the Mediterranean diet "food system of the people of the Mediterranean." That food system is the result of centuries of observations and experiments.



Eat well, live better

The Mediterranean diet is a traditional food practice in several countries around the Mediterranean sea.

Riccardo Montanaro, Jesse Jurvanen, Chiara Crescenzi, Cristina Barberio, Francesca Gregorace, Danila Bongarzone, Julie Caquineau.

Why are Italians and their neighbours in such a good shape compared to other people living in Central Europe and the Americas? The secret behind their magnificent health lies in their culture and way of eating. The Mediterranean diet has been proven to prolong life and prevent lethal diseases such as cancer and cardio-vascular complications. Usage of virgin olive oil, fish, nuts and different kinds of vegetables is their secret. The origins of the Mediterranean diet root all the way back to ancient Greece and their culinary traditions.

When the Greek colonised Italy about 2800 years ago, they brought their own culinary traditions and foods with them. Calabria was seen as a very fertile land for growing crops so the Greek started growing different cereals such as spelt, emmer and corn. The cereals were mostly used for bread. Only the rich families could afford white bread so the poor citizens had to eat black bread made from scrap flours made from different kinds of cereals.



Mediterranean diet temple was created by the Professor Flaminio Fidanza, this diagram summarizes some food to eat, using the graphical representation of a Greek-roman temple as to recall the origins of the food model. In the first two steps of the temple we find the basic rules of eating behaviour.



The third step is dedicated to extra virgin olive oil. The two large external collums are reserved to bread, cereals, fish and vegetables. Finally above the entire temple we can find milk, eggs, meat and sugar.

The Mediterranean diet consists of many different parts such as fish, vegetables, fruit, herbs, spices, nuts and most importantly oil, virgin olive oil to be exact. An important part of the diet is making the food together with family members and talking about the food while eating it. The oil is very important, because it is the main source of lipids, the reserve energy that need our body to perform vital functions.



The Mediterranean diet is based on the food pyramid. This type of system is used by everybody.

- In the Mediterranean diet what you must eat everyday are vegetables, salad and fruit, cereals, breads, pasta and rice.

- What you eat less are dairy products and meat, but the fish is eaten several times a weeks.

- While fats are always present in the Mediterranean diet and in the food pyramid but in small portions.

- The trick of the lifestyle is also to eat everything, except junk food, and to do physical activity every day.

- The true Mediterranean diet is based on a portion, a single meal dish accompanied by vegetables. In short, the secret lies in addition to the ingredients, in the moderate quantity.
(3)

(1) –Thomas Alva Edison.

(2) –Mario Pappagallo, Wikiquote.

(3) –Mario Pappagallo, Wikiquote.

And now there are some quotes by some people that made Mediterranean diet:

“The doctor of the future won’t give medicines but will motivate his patients to take care of their body.” (1)

“The best diet? Certainly the Mediterranean more tending to the vegetarian style and to be followed especially with advancing age.” (2)

Is taking EVO healthy ?

The benefits of extra virgin olive oil

T.Citraro , L.Dutilly, G.Lima , G.Palaia , V.Moscatello

“Extra virgin olive oil is the highest quality and most expensive olive oil classification .It should have no defects and a flavor of fresh olives . It must be produced entirely by mechanical means without the use of any solvents , and below temperatures that might degrade the oil .Extra virgin olive oil is made simply by crushing olives and extracting the juice .”¹

On January 11th some students from our school visited an oil factory in Calabria . Oil workers showed us how they pick olives up and produce extra-virgin olive oil ; besides , they talked to us about benefits of this precious ingredients.

Some of the most important ones are :

- Antioxidant activity: antioxidants are substances that help prevent damage to our body's cells, caused by hazardous oxygen molecules, known as “ free radicals” (which contribute to heart diseases).
- Anti-bacterial properties: extra-virgin olive oil has been shown to fight certain types of bacteria.
- Anti-inflammatory effects: tank to its inflammation fighting properties, extra.virgin olive oil can play a role in a healthy meal plan.



Main source :
<https://legionathletics.com>



- It prevents heart diseases : it has been shown to reduce high blood pressure level.
- It reduces stroke risk: 2 large bodies of research have shown EVO can offer protection against the risk of stroke.
- It promotes brain health: Evo may just help protect your brain against Alzheimer's disease.
- It fights cancer: the incidence of cancer in Mediterranean countries is lower than in Scandinavian countries, UK and USA.
- It treats Rheumatoid Arthritis : it is resonable to conclude that EVO can relieve the pain and swelling associated with RA.
- It maintains a healthy weight: despite eating lots of EVO , a two-year study showed that those who follow a Mediterranean diet have 88% lower risk of obesity.
- It prevents type -2 diabetes: EVO can have a stabilizing effect on blood sugar and insulin levels.

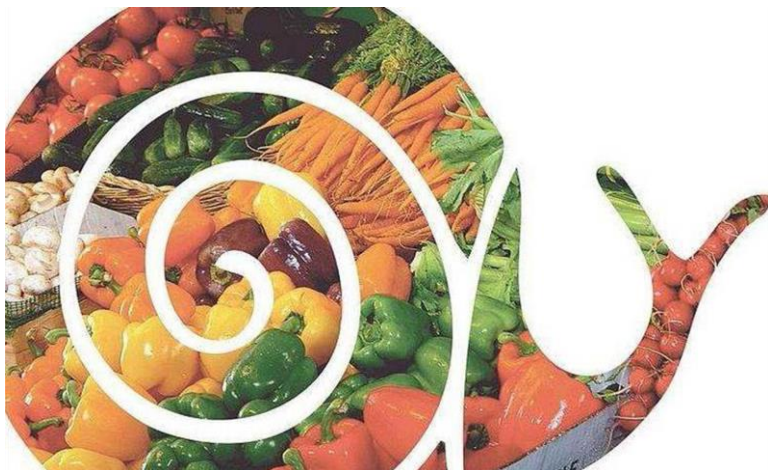
Slow food: is it really slow?

SLOW FOOD VS FAST FOOD. A RACE WITHOUT END.

Jan 10th 2018, Catanzaro Carolina Soluri, Chiara Giglio, Ilaria Grillone, Flavie Morisset, Eliska Jirikova

Slow food is an organization that works around the world to protect food biodiversity and to promote local food and traditional cooking. Slow Food is an idea, a way of eating, a way of living. It was founded by Carlo Petrini in Italy, precisely in the city of Cuneo in 1986. The Slow Food organization has expanded to include over 100000 members with branches in over 160 countries like Switzerland, Germany, New York City, France, Japan, The UK and Chile. Slow food began in Italy to resist the opening of a McDonald's near Spanish Steps in Rome. Its goal is bring back communication and dialogues at the table. Founder and President Carlo Petrini believes "everyone has the right to good, clean and fair food." Good, meaning a high quality product with a flavorful taste, clean meaning the naturalness in the way the product was produced and transported and fair, meaning adequate pricing and treatment for both the consumers and producers.

It's important to know what we eat and when we go to a fast food we never know what we are eating, so Slow Food is safer than fast food. Nowadays, there is growing interest in original food from regions and small plants that are not dyed with artificial dyes, do not contain preservatives and flavors, they are grown in a sustainable way with a high environmental focus. The movement encourages farmers to revive the old environment-friendly method of cultivation and grow organic and natural food. Areas affected by investments are often remote, widely untouched nature reserves inhabited by small scale farmers. These farmers can have an important function in safeguarding the local ecosystem with their knowledge and traditional agricultural techniques. Since 1993, Slow Food has collaborated with schools to teach children about the important of food products as a part and parcel of the society's culture.



Resources: •

<https://www.slowfood.com>
[/social-and-environmental-effects/](https://www.slowfood.com/social-and-environmental-effects/) •
https://en.wikipedia.org/wiki/Slow_Food •
<http://www.centumcellae.it/cultura/la-condotta-monti-della-tolfa-civitavecchia-protagonista-allo-slow-food-village-di-viterbo/>



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