



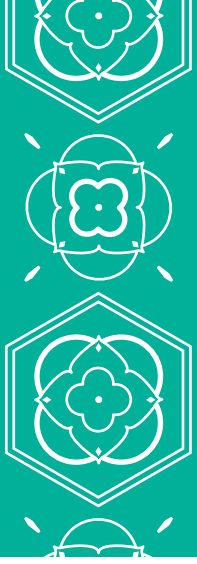
STEM CLASSROOM ACTIVITY

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# THE MEDITERRANEAN DIET

Student Handout





## ASSIGNMENT

# WHAT'S SO SPECIAL ABOUT THE MEDITERRANEAN DIET?

### PART 1: REGIONAL ORIGINS

Read the article 'The Mediterranean Diet - An Up-Close Look at its Origins in Pantelleria', and answer the questions below.

1. Where is Pantelleria located?

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2. What about Pantelleria is so special? Focus on its size, landscape, and lifestyle.

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3. Why was the traditional diet in countries around the Mediterranean Sea called a “poor man’s” diet?

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4. How did the landscape on Pantelleria a thousand years ago help grapevines and caper plants grow?

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5. List some vegetables that were commonly grown on the island.

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6. Describe 2-3 ways in which the Mediterranean diet was influenced by other cultures and regions. *HINT: See section ‘The Birth of Local Dishes’*

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7. Identify some of the health benefits provided by the Mediterranean diet.

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8. What are the main lessons to be learned from the Mediterranean diet?

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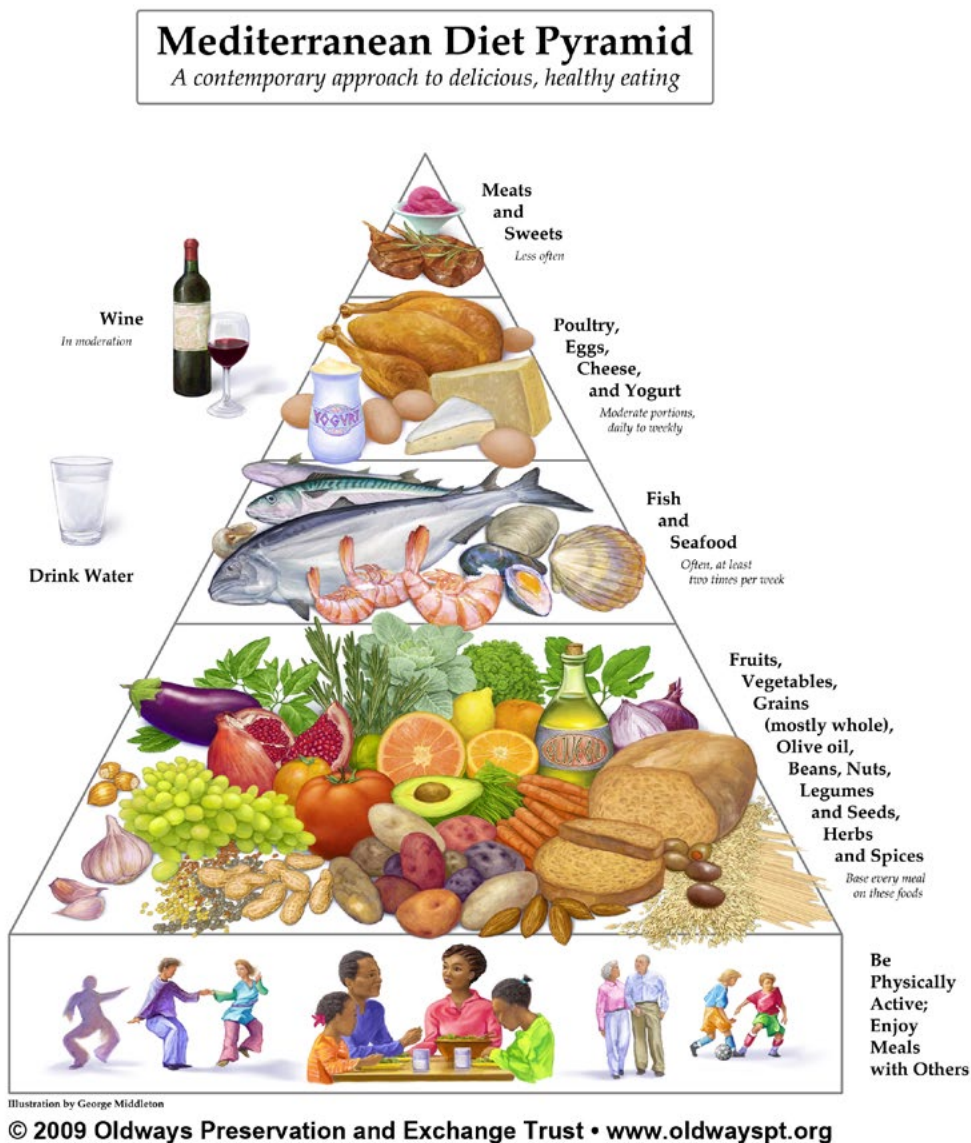
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## PART 2: MEDITERRANEAN DIET COMPOSITION

Analyze the Mediterranean Diet Pyramid below and contrast this with the modern American diet in a class discussion.





### **PART 3: SELF-REFLECTION & GOAL SETTING**

Identify your current diet, and then find 2-3 specific ways you can incorporate aspects of the Mediterranean diet into your diet. Use the pyramid from Part 2 to guide your thinking

**A. Think about a typical school day in your life. Identify all food and drink you consume for each of the following meals.**

Breakfast

Lunch

## Dinner

## Snacks/non-meal foods

**B. Based on what you wrote above, what do you think you do well with your current diet?**

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**C. What about your current diet do you believe needs to be improved?**

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**D. Identify 2-3 foods/aspects from the Mediterranean diet pyramid that you think you will be able to realistically incorporate into your diet.**

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2. 

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3. 

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**E. What supports at home or at school will you need to make these changes?**

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