



THE MEDITERRANEAN DISH OF THE DAY

OBJECTIVE

Learning to compose a balanced eating day according to the Diet model Mediterranean, integrating nutrition, pleasure, coexistence and sustainability.

YOUR MISSION

Build a simple and balanced Mediterranean food day, inspired by the example below and adapting it to your reality.

Step 1 — Plan your day

Organize the meals of the day:

- Breakfast:

(e.g. natural yogurt with seasonal fruit and oat flakes)

- Lunch:

(e.g. vegetable soup, grilled fish with brown rice and salad, fruit)

- Snack:

(e.g., whole wheat bread with olive oil and tomato)

- Dinner:

(e.g., vegetable omelette with chickpeas and bean soup)



Step 2 – Look at the plate

Answers:

- Does your day include vegetables and fruit in several meals? ☐ Yes ☐ No
- Did you use olive oil as your main fat? ☐ Yes ☐ No
- Have you included pulses, fish, eggs or whole grains? ☐ Yes ☐ No

Step 3 – Eat in company

Reflects on the social dimension:

- Who would you like to share this food day with?
- At which meal can you stop, talk and eat calmly?

ANSWER:

Step 4 – Colours, flavours, and balance

Watch your plate throughout the day:

- Which colours are most present?
- Is there a variety of flavours and textures?

REFLECTION:



FINAL REFLECTION

Answer individually:

1. What did you learn from planning a day according to the Mediterranean dish?

2. What simple change could you keep in your daily life to get closer to this model?

FOODWISELAB TIP

In the Mediterranean Diet, eating is a social act. Sharing the table, chatting and enjoying the meal improves digestion, strengthens bonds and is part of a healthy lifestyle.