

## **“Greece and the Mediterranean Diet: Innovative Actions-Optimum Practices” Conference, Koroni**

By [A. Papapostolou](#) on *June 1, 2011*



A conference on “Greece and the Mediterranean Diet: Innovative Actions-Optimum Practices” will take place on June 3rd in the harbour town of Koroni, in the southern Peloponnese’s Messinia prefecture.

The conference will hold a three-day event, marking the recognition of the Mediterranean Diet by Unesco as an intangible cultural heritage of humanity following a joint initiative by Greece, Spain, Italy and Morocco last year.

According to UNESCO, the Mediterranean diet constitutes a set of skills, knowledge, practices and traditions ranging from the landscape to the table, including the crops, harvesting, fishing, conservation, processing, preparation and, particularly, consumption of food.

The Mediterranean diet is characterized by a nutritional model that has remained constant over time and space. It consists mainly of olive oil, cereals, fresh or dried fruit and vegetables, a moderate amount of fish, dairy and meat, and many condiments and spices, all accompanied by wine or infusions, always respecting beliefs of each community. However, the Mediterranean diet (from the Greek *diata*, or way of life) encompasses more than just food. It promotes social interaction, since communal meals are the cornerstone of social customs and festive events. It has given rise to a considerable body of knowledge, songs, maxims, tales and legends.

The system is rooted in respect for the territory and biodiversity, and ensures the conservation and development of traditional activities and crafts linked to fishing and farming in the Mediterranean communities. Soria in Spain, Koroni in Greece, Cilento in Italy and Chefchaouen in Morocco are examples.

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