



My Food My Medicine

Formation Unity

Healthy Diet – Exploring Tradicional Food from Alentejo

Agenda

- Our modules
 - How to eat healthy with traditional cuisine in Alentejo – Portugal
 - Grandma medicines: natural medicines
 - Eatable gardens: cultivate your own herbs
- Our ideas for the next satges

How to eat healthy

with traditional cuisine in Alentejo – Portugal



Index

- Summary
- Objectives
- Targets
- Part I: The Foundations
 - Traditional Diet
 - Mediterranean Diet
- Part II: Traditional Recipes
 - What to Cook
 - How to Cook
 - Benefits
 - How to Plant some ingredients

Summary

This unit is structured into two main parts: the presentation of the Mediterranean diet as well as the traditional Alentejo cuisine and the description of traditional recipes.

In the first part are discussed the basics of a healthy diet based on the Mediterranean approach. Also a brief presentation of traditional Alentejo cuisine, and the ancient wisdom associated with this type of cooking are discussed.

The second part consists of various recipes of traditional Alentejo cuisine, describing the main products characteristics and their health benefits as well a small explanation of how to plant them at home

Objectives

- To make known the heritage of the Mediterranean diet in the traditional cuisine of Alentejo
- Transmit basics about healthy eating in a practical way
- Publicize the food and herbs from the region
- Familiarize people with organic food production in small scale

Target

- Adults interested in issues of organic/healthy food
- City Residents
- Teachers of primary and secondary education that teach lessons related to environmental awareness and nutrition

Part I

The Foundations

Traditional Food

Mediterranean Diet

Tradicional Diet

- Exploring the origin of the traditional food from Alentejo
- Ancient wisdom on food equilibrium



Mediterranean Diet

The basic ingredients



Part II

Tradicional Recipes

A way to learn a healthy diet

1

What to Cook

Learning traditional
Alentejo gastronomy.

Extremely rich in
nutrients and vitamins



2

How to Cook

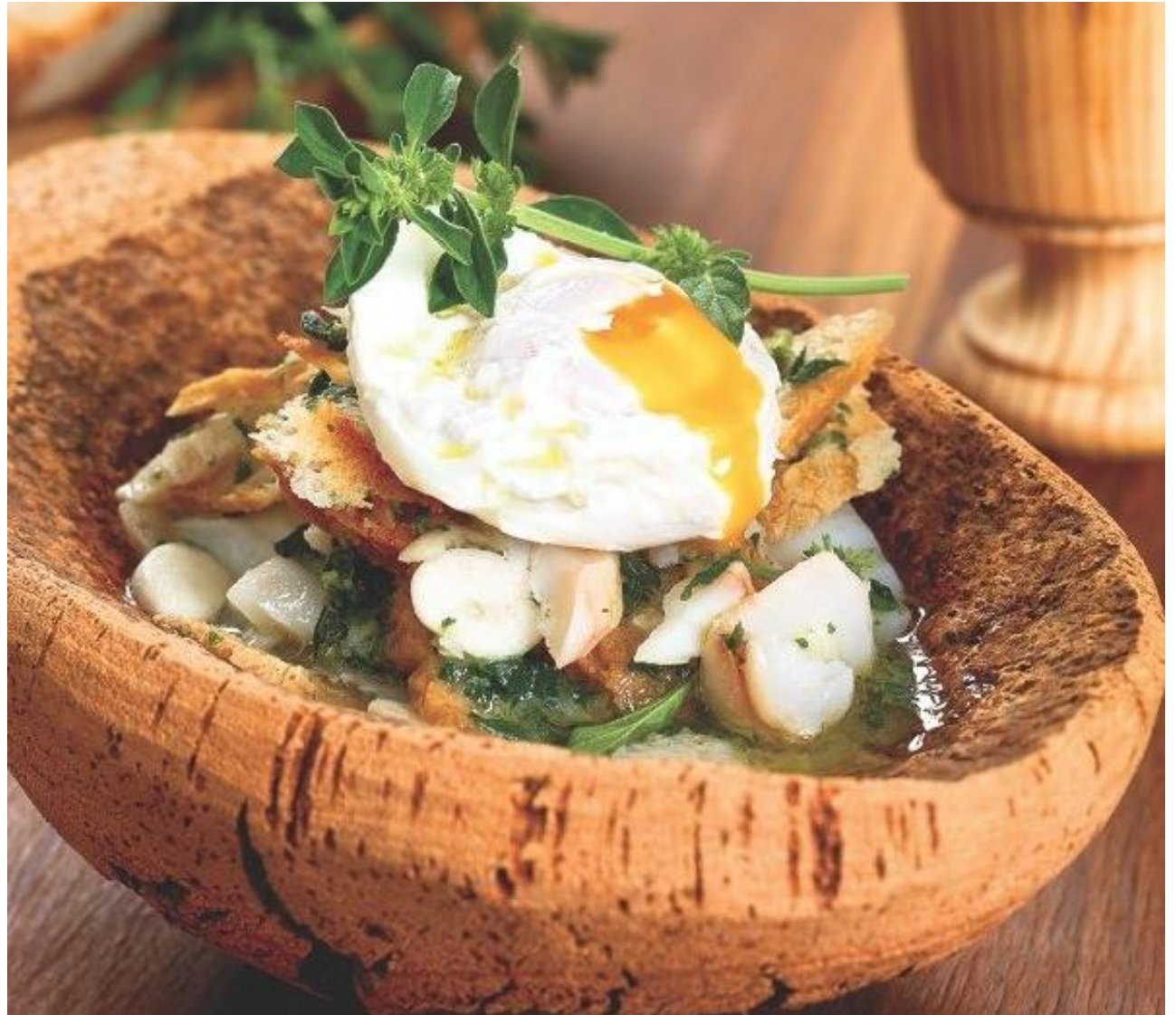
Traditional *cuisine* as an example of how to cook with healthy processes.



3

Benefits

Properties of the food products with a positive impact on health, specially on disease prevention



4

How to Plant

Basic principals of how
to plant organic
vegetables



Grandma's medicines

natural medicines for common ailments



Index

Summary

Objetives

Targets

Part I: Tradicional natural medicine

Part II: The medicines

Summary

In this module, we present the traditional / natural medicinal recipes for the most common diseases.

We also discuss how to plant the majority of the products used in these recipes in a small scale organic garden.

The practical component of training serves the purpose of teaching ways to use the products to maximize the positive effects and minimize side effects, contributing to maintain a healthy and balanced body condition.

Objectives

- In this teaching unit is intended that the student can acquire knowledge about the natural / traditional medicine in a practical way,
- While at the same time learns about taking note of the ingredients used in traditional pharmacopoeia.
- It is intended that the student can acquire knowledge about the plants and herbs as well as to grow them in a vegetable garden at its own home.
- Thus, the learner will be able to understand the whole process and how to take full advantage of this knowledge.

Target

- Adults interested in issues of organic/healthy food
- City Residents
- Parents of small children
- Elderly

Part I

Tradicional Medicine

Traditional wisdom and knowledge

The different uses for medicinal herbs

The ingredients

Tradicional medicine

Plants have been the basis for medical treatments through much of human history, and is still widely practiced today.

Pytotherapy works to apply modern standards of effectiveness testing to herbs and medicines that are derived from natural sources.



Tradicional medicine

The home remedies for colds, cough, inflammation of the throat, stomach ailments and diarrhea were usually exchanged between family members.

Older generations had invaluable information they transmitted to the next generation through Matriarchy.



Part II

The Medicines

What for

How to make them

How to grow the ingredients

1

Pepper-Mint

Mint contains Vitamin C
and Vitamin A

Topical analgesic ,

Antiinflammatory,

Calms and strengthens
nerves,

Calms an upset stomach
and normalizes
gastrointestinal activity,

Improves solubility of bile,
increases bile acid and
lecithin levels in the
gallbladder



2

Rosemary

Digestive disorders and
of the gallbladder

Pour a cup of boiling
water over one
teaspoon of Rosemary
leaves. Let steep
covered for 10 minutes
and strain. Consume 3
cups per day.



3

Garlic
Coriander
Asparagus
Oregano
Parsley
Lemon
Olive Oil
Thistle
Honey



4

Respiratory system
Digestive system
Circulatory system
Urinary system
Skin



Eatable gardens

cultivate your own herbs



Index

- Summary
- Objectives
- Targets
- The most common herbs and their use in culinary
- Health/nutritional benefits of some common herbs
- How to grow your own herb garden outdoors and indoors)
- How to use your herbs to cook tasty meals

Summary

This module proposes to identify the benefits and use of the main herbs used in Southern European cuisine. It also describes some ways to create an edible garden in small spaces. The techniques also aim to encourage the reuse of materials and create new functionalities to before the empty spaces.

Objectives

- This educational unit is intended to present some of the most used herbs in European cookery
- Learning about their features and health benefits
- In order to encourage trainees to cultivate their own food.
- It is also proposed to provide knowledge about some methods of cultivation of “eatable gardens”
- So that trainees can better enjoy small empty spaces in a creative way
- Re-using materials , thereby also reducing the production of waste.

Target

- Adults interested in issues of organic/healthy food
- City Residents
- Teachers of primary and secondary education that teach lessons related to environmental awareness and nutrition

1

The most common herbs

Which are they

How are they used in mediterranean cuisine

The nutritive and functional effects of the most common herbs



2

How to cultivate

Season

Water

Soil

.....



3

How to build your eatable garden

Different homemade
methods for indoors and
outdoors



Our ideas

- The videos
 - A cooking TV Program in the first two modules
 - Recorded in a traditional cuisine
 - For the herb garden a DIY program recorded outdoors
 - While cooking or building we will speak about the characteristics, the benefits, the history...
- The seminars will also be implemented in this way – learning by doing while the trainer is speaking also about the more “theoretical” aspects
- We will try recruiting of trainees on gardening clubs; professional clubs; nursing homes...



Lifelong
Learning
Programme



My Food My Medicine

Formation Unity

Healthy Diet - Exploring Tradicional Food from Alentejo

May 2014

Project Number: 539464-LLP-1-2013-1-BG-GRUNDTVIG-GMP

Project Type: GRUNDTVIG