

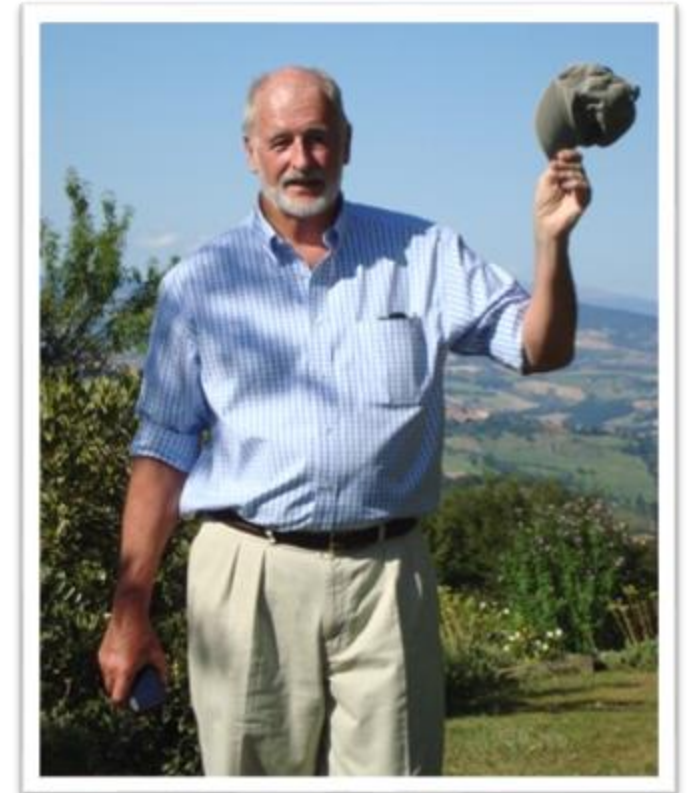
A Taste of the Mediterranean

Teacher Training Program

About Oldways

We're a nonprofit dedicated to improving public health by inspiring individuals and organizations to embrace the healthy, sustainable joys of the “old ways” of eating—heritage-based diets high in taste, nourishment, sustainability, and joy.

Since 1990, we've helped people live healthier, happier lives by offering educational programs, resources, and recipes based on shared cultural food traditions from around the world. It's a mission we take great joy in, one with proven nutritional and emotional benefits.



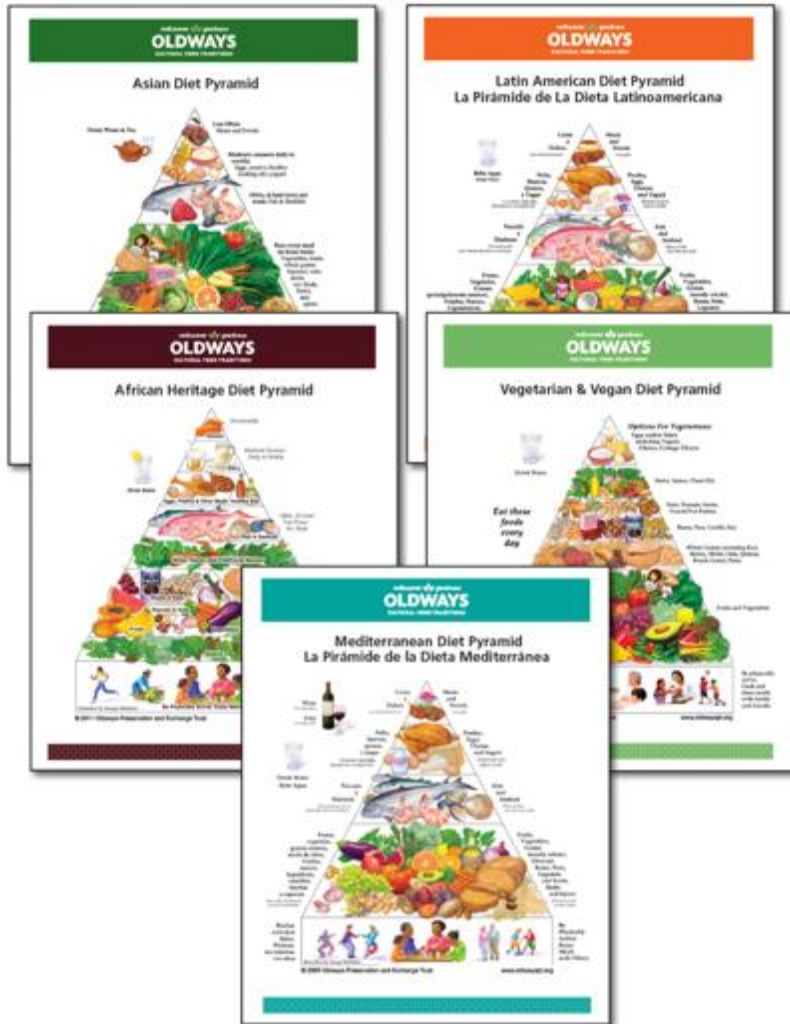
Cultural Competency

Cultural Competence in Teaching

According to the DHHS, “Practicing cultural competence to honor diversity means understanding the core needs of your target audience and designing services and materials to meet those needs strategically.”

- Structure classes as a constant cultural exchange.
- Value diversity
- Be culturally self-aware
- Always use inclusive language
- Learn about your students’ different cultural roots. Don’t make assumptions

Cultural Models of Healthy Eating: No Single “Best” Diet



Oldways has worked with subject matter experts to develop several heritage diet pyramids over the years.

- 1993: Mediterranean Diet Pyramid
- 1995: Asian Heritage Diet Pyramid
- 1996: Latin American Heritage Diet Pyramid
- 1997: Vegetarian Diet Pyramid
- 2011: African Heritage Diet Pyramid



African Heritage

Asian

Latin American

Mediterranean

Barriers to Healthy Eating

Understanding your students' daily experiences will also help you reach them in a more conscious, authentic, and effective way. Be mindful of:

- Different income levels / ingredient costs
- Local access to healthy foods
- Transportation access
- Kitchen equipment

Body Image and Health Identity

- Often a disconnect between medical definitions of overweight/obesity and cultural definitions of body size (e.g. “big boned”)
- Promote healthy eating for well-being, rather than focusing solely on weight loss or physical appearance.
- Respect the diversity of body weights and shapes, and avoid body-shaming

Which of the following factors are important to understand and acknowledge when teaching and counseling your participants?

- A. Participants' income levels
- B. Food access in participants' neighborhood
- C. What basic kitchen equipment they are missing
- D. Transportation issues and solutions
- E. Sharing which local grocery stores and farmers markets have the best produce selection
- F. All of the above

Which of the following factors are important to understand and acknowledge when teaching and counseling your participants?

A.

B.

C.

D.

E.

F. All of the above



Mediterranean Diet Background Information

Background: Defining the Mediterranean Diet

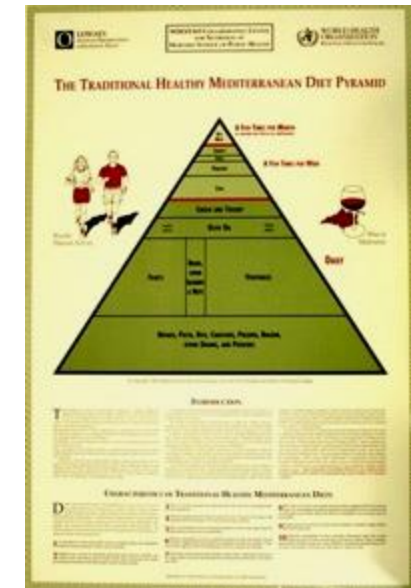
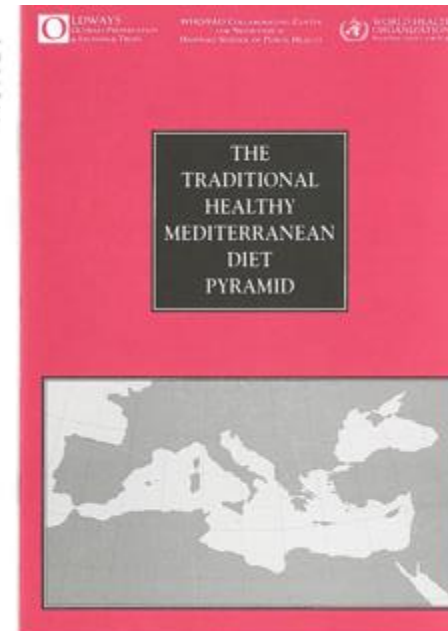


With HSPH, Oldways organized the 1st International Conference on the Diets of the Mediterranean

CHARACTERISTICS OF TRADITIONAL HEALTHY MEDITERRANEAN DIETS

Dietary data from those parts of the Mediterranean region that in the recent past enjoyed the lowest recorded rates of chronic diseases and the highest adult life expectancy show a pattern like the one illustrated in the list below. The healthfulness of this pattern is corroborated by epidemiological and experimental nutrition research. The average amounts given are in many cases seasonally variable, since variations are known to have been considerable within this pattern. The historical pattern includes the following (with several practical notes adding contemporary public health perspective):

1. An abundance of food from plant sources, including fruits and vegetables, potatoes, breads and grains, beans, nuts, and seeds;
2. Emphasis on a variety of minimally processed and, wherever possible, seasonally fresh and locally grown foods (which often maximize the health-promoting micronutrient and antioxidant content of these foods);
3. Olive oil as the principal fat, replacing other fat and oils (including butter and margarine);
4. Total fat ranging from less than 25 percent to over 35 percent of energy, with saturated fat no more than 7 to 8 percent of energy (calories);
5. Daily consumption of low to moderate amounts of cheese and yogurt (low-fat and non-fat versions may be preferable);
6. Weekly consumption of low to moderate amounts of fish and poultry (recent research suggests that fish is somewhat favored over poultry); from zero to four eggs per week (including those used in cooking and baking);
7. Fresh fruit as the typical daily dessert; sweets with a significant amount of sugar (often as honey) and saturated fat consumed not more than a few times per week;
8. Red meat a few times per month (recent research suggests that if red meat is eaten, its consumption should be limited to a maximum of 12 to 16 ounces (340 to 450 grams) per month, where the flavor is acceptable, lean versions may be preferable);
9. Regular physical activity at a level which promotes a healthy weight, fitness and well-being; and
10. Moderate consumption of wine, normally with meals; about one to two glasses per day for men and one glass per day for women (from a contemporary public health perspective, wine should be considered optional and avoided when consumption would put the individual at risk.)



(Am J Clin Nutr, 1995)

What is the Mediterranean Diet?

- The Mediterranean Diet represents the broader pattern of eating found throughout the region, including:
 - Southern Europe
 - Eastern Mediterranean
 - North Africa
- While each of these regions has their own signature dishes, they are all based on similar food **patterns**



Southern Europe



- Countries in this region include Spain, Portugal, France, and Italy
- “Mediterranean Trinity” = olives, wheat, and grapes
- Traditional dishes include healthy pasta meals, lentil soup, paella, bouillabaisse, salad niçoise, and minestrone soup.

North Africa

- Countries in this region include Morocco, Algeria, Tunisia, Libya, and Egypt
- The cuisine is shaped primarily by the Berbers and Egyptians, with some influences from Spanish and Portuguese explorers as well as other Arab nations.
- Traditional foods and dishes include couscous, tagines, dates, olive oil, and lots of spices.



rediscover  goodness

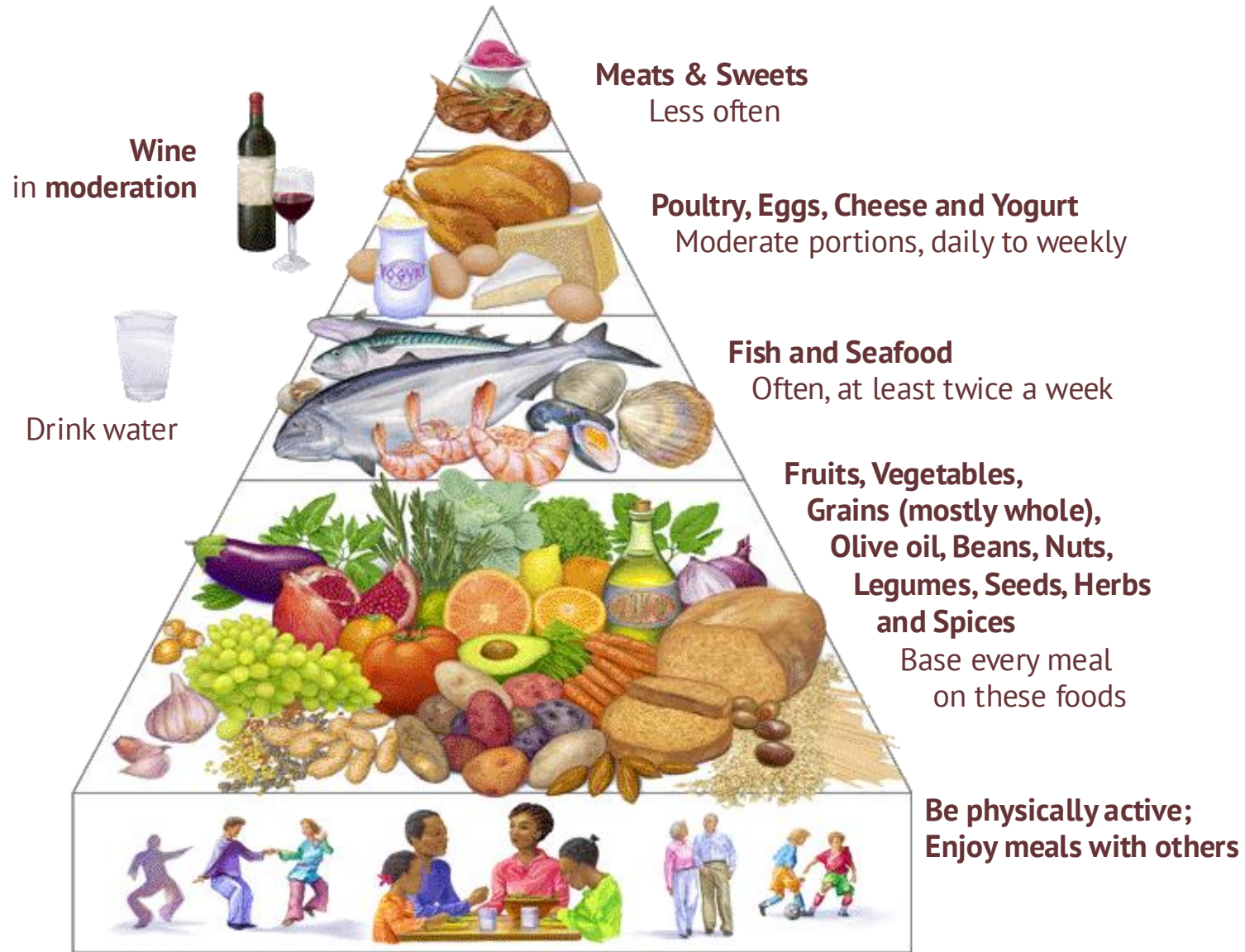
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Eastern Mediterranean



- Countries in this region include Greece, Cyprus, Turkey, Syria, Albania, Lebanon, Palestine, Israel, and Jordan.
- Sour flavors like sumac, pomegranate, lemon juice and bitter orange, dominate the Eastern Mediterranean cooking palate, as well as fragrant spices.
- Traditional dishes include hummus, baba ghanoush, falafel, tabbouleh, dolma, and many different types of salads.

Key Characteristics of the Mediterranean Diet



Health Benefits of the Mediterranean Diet

- Lower risk of heart disease
- Lower risk of stroke
- Lower risk of dementia
- Lower risk of type 2 diabetes
- Increased life expectancy
- Lower risk of adverse pregnancy outcomes



Ideas for Discussing the Mediterranean

- **Culture Share/Storytelling:**
 - What foods or food preparations are similar?
 - What food traditions have been maintained and how?
 - Share about different travel experiences and foods eaten abroad or in different parts of the U.S.
 - Share about childhood foods and how personal diets have changed
- **Make Connections:** Share what you know is culturally similar and what is different across the Mediterranean
- **Increase Understanding:** Talk about the classes' misconceptions of Mediterranean cultures. Talk about what sharing and learning about the Mediterranean diet can do for our understanding of the cultures from that region



Shifts from traditional to modern lifestyle patterns include increases in all of the following EXCEPT:

- A. Ultra processed foods
- B. Sodium
- C. Physical activity
- D. Refined sugar

Shifts from traditional to modern lifestyle patterns include increases in all of the following EXCEPT:

A.

B.

C. **Physical activity**

D.

Which of these statements describes the Mediterranean diet?

- A. The Mediterranean diet is a low-carb diet.
- B. The Mediterranean diet is a low-fat diet.
- C. The Mediterranean diet is based on a foundation of healthful plant foods.
- D. Wine is a required part of the Mediterranean diet.
- E. The Mediterranean diet is calorie restrictive.

Which of these statements describes the Mediterranean diet?

- A.
- B.
- C. The Mediterranean diet is based on a foundation of healthful plant foods.**
- D.
- E.

Which of these countries are NOT a part of the Mediterranean?

- A. Spain
- B. Denmark
- C. Tunisia
- D. Turkey
- E. Greece

Which of these countries are NOT a part of the Mediterranean?

- A.
- B. Denmark**
- C.
- D.
- E.



A Taste of the Mediterranean

Lesson-by-Lesson Curriculum Walk-Through

The Mediterranean Diet and Healthy Fats

Lesson 1

- Sign-In, Entrance Surveys, Fitness Minute
- Family Heritage and Health Discussion
- Mediterranean Diet History
- Mediterranean Diet Pyramid Walk-Through
- Three Regions of the Mediterranean
- Eating Healthy Fats
 - Olive Oil
 - Nuts and Seeds
- Cooking and Eating Together



Cooking with Healthy Fats



Mediterranean Couscous Salad



Ayfer's Kisir



Basic EVOO
Vinaigrette

Tips for Teaching: The Mediterranean Diet and Healthy Fats

- **Oldways Tip #1:** Read the Health Through Heritage Pledge out loud together, and encourage students to connect on Facebook for even more peer support.
- **Oldways Tip #2:** Engage your students in discussions about their cultural ancestries, personal food traditions and cooking experience, family health, food experiences while traveling, and visits to Mediterranean restaurants in the U.S.
- **Oldways Tip #3:** Pull from your experiences to relay the information.

Fruits, Vegetables, and Herbs

Lesson 2

- Lesson 1 Review + Fitness Minute
- Fruits, Vegetables, and Herbs in the Mediterranean
- Mediterranean Herbs and Spices
- Hidden Sodium
- Fruit and Vegetable Nutrition
- Cooking and Eating Together



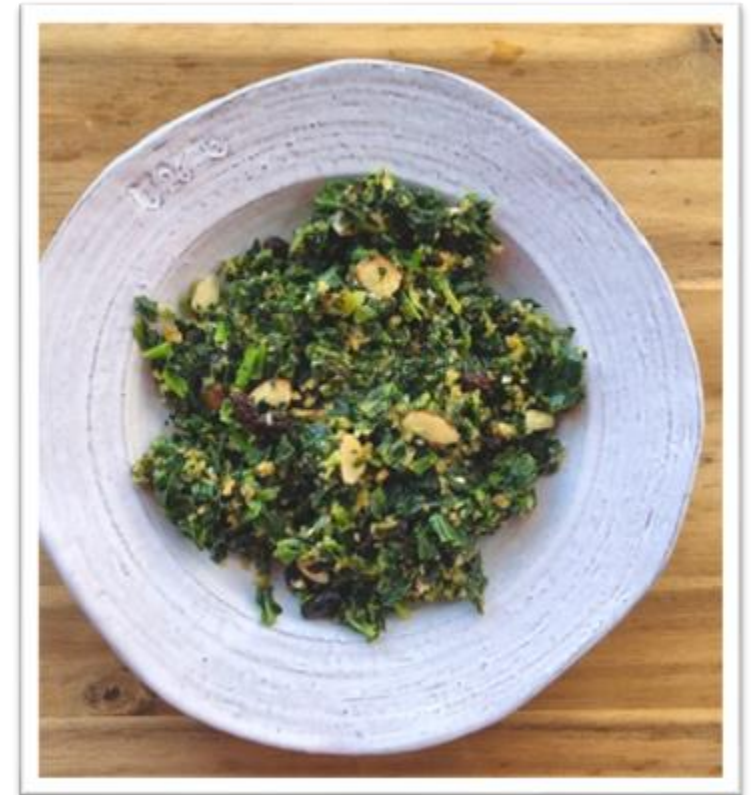
Cooking with Fruits, Vegetables, and Herbs



Pantescan Potato Salad
with Capers



Sicilian Citrus, Fennel,
and Red Onion Salad



Catalan Spinach with
Raisins

Tips for Teaching: Fruits, Vegetables, and Herbs

- **Oldways Tip #1:** Bring in various Mediterranean diet fruits, vegetables, and/or herbs to let students see and feel them.
- **Oldways Tip #2:** Use the pyramid to review all of the different vegetables already covered so far in the program (paired with spices, mixed with whole grains, etc.) and to discuss different traditional healthy lifestyle practices
- **Oldways Tip #3:** Pull from your experiences to relay the information:
 - What fruits and vegetables do you eat most often at home?
 - How do you nourish your life? Yoga? Walking? Art? Spirituality? Friends?

Whole Grains

Lesson 3

- Lesson 2 Review + Fitness Minute
- Understanding Whole Grains
- Whole Grain Nutrition: More than Just Fiber
- Grains in the Mediterranean Diet
- Whole Grain Trivia
- Cooking and Eating Together



Cooking with Whole Grains



Penne with Pesto and Peas



Tabbouleh

Teaching Tips: Whole Grains

- **Oldways Tip #1:** Many students are surprised to learn that so many whole grains have cultural ties to the Mediterranean. Emphasize this connection in your class when talking about each grain.
- **Oldways Tip #2:** Tell your students where you purchased your whole grains, so that they can easily find them too. If you have trouble finding any of the whole grains for the recipes, consider more accessible whole grains as substitutes.
- **Oldways Tip #3:** Bring in examples of different whole grains and products with the Whole Grain Stamp on their packaging
- **Oldways Tip #4:** Pull from your experiences to relay the information:
 - Which whole grains do you consume at home?
 - Are you familiar with the Whole Grain Stamp?
 - Which Mediterranean whole grain dishes have you tried before?

Beans, Peas, Lentils, and Chickpeas

Lesson 4

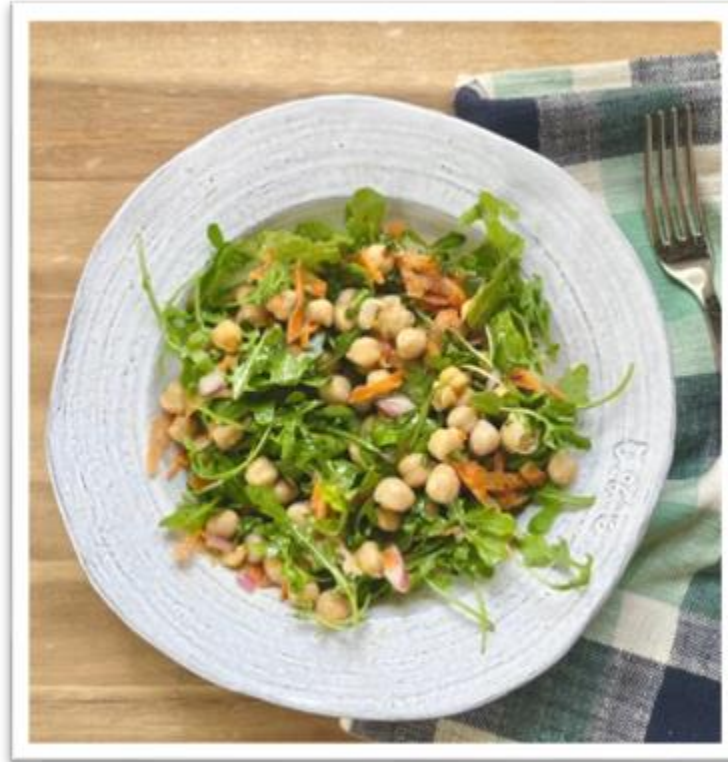
- Lesson 3 Review + Fitness Minute
- Heritage Legumes of the Mediterranean
- Legume Nutrition
- Changing the Way we Think About Meat
- How to Prepare Legumes
- Cooking and Eating Together



Cooking with Beans, Peas, Lentils, and Chickpeas



Turkish Red Lentil Soup



Insalata di Ceci e Ruchetta (Marinated Chickpea Salad)



Hummus

Teaching Tips: Beans, Peas, Lentils, and Chickpeas

- **Oldways Tip #1:** Display samples of dried and canned Mediterranean beans
- **Oldways Tip #2:** Remind students that you don't have to be a vegetarian to eat vegetarian meals. Benefits include: increased nutrition, meals naturally lower in calories, affordability, good for the planet, closer to TRADITION!
- **Oldways Tip #3:** Pull from your experiences to relay the information:
 - What kinds of beans do you love best?
 - Do you eat beans regularly?
 - What are some vegetarian meals that you enjoy eating?

Fermented Dairy

Lesson 5

- Lesson 4 Review + Fitness Minute
- Dairy in the Mediterranean Diet
- What is Fermented Dairy?
- Dairy and Nutrition
- Cooking and Eating Together



Cooking with Fermented Dairy



Greek Spinach Salad



Tzatziki Sauce with
Crispy Zucchini Coins

Teaching Tips: Fermented Dairy

- **Oldways Tip #1:** When it comes to cheese, quality is more important than quantity. All it takes is a little garnish to liven up a dish. A little goes a long way.
- **Oldways Tip #2:** Tell your students where you purchased your cheese and dairy products, so that they can easily find them too.
- **Oldways Tip #3:** Pull from your experiences to relay the information:
 - What kinds of fermented foods have you tried?
 - What are some vegetarian meals that you enjoy eating?
 - Have you tried any Mediterranean cheeses?

Seafood

Lesson 6

- Lesson 5 Review + Fitness Minute
- Fish and Seafood in the Mediterranean Diet
- Seafood Nutrition
- Seafood Sustainability
- Cooking and Eating Together
- Beyond the Classroom + Exit Surveys



Cooking with Seafood



Sardine Patties with Dill
Yogurt Sauce



Niçoise Tuna and Bean
Salad

Teaching Tips: Seafood

- **Oldways Tip #1:** Remind students that fresh, canned, and frozen seafood are all great options.
- **Oldways Tip #2:** Review the Healthy Heritage Pledge at the beginning of class with your students; discuss successes and challenges that they have experienced following the pledge
- **Oldways Tip #3:** Pull from your experiences to relay the information:
 - What are your tips for buying seafood on a budget? Do you have a favorite place to shop?
 - What are your tips for getting kids or non-seafood eaters interested in seafood?
 - Do you have a favorite seafood dish?

Which of these is a whole grain?

- A. Bulgur
- B. Semolina flour
- C. Wheat flour
- D. Pearled barley

Which of these is a whole grain?

A. Bulgur

B.

C.

D.

All of the following dairy products are fermented EXCEPT:

- A. Greek yogurt
- B. Fluid milk
- C. Parmigiano-Reggiano
- D. Labneh

All of the following dairy products are fermented EXCEPT:

- A. Greek yogurt
- B. Fluid milk**
- C. Parmigiano-Reggiano
- D. Labneh

Goals of A Taste of the Mediterranean include all of the following EXCEPT:

- A. Motivating students to restrict calories and track macros.
- B. Practicing basic cooking skills techniques using Mediterranean ingredients.
- C. Helping students branch out and explore delicious Mediterranean flavors.
- D. Embrace olive oil in the kitchen.
- E. Encouraging students to eat more plant-based meals and plant foods as part of reclaiming cultural traditions.

Goals of A Taste of the Mediterranean include all of the following EXCEPT:

A. Motivating students to restrict calories and track macros.

B.

C.

D.

E.

Wine and the Mediterranean Lifestyle

OPTIONAL BONUS LESSON (#7)

- Lesson 6 Review + Fitness Minute
- Activity in the Mediterranean Lifestyle
- Healthy Living
- The Pleasures of the Table
- The Mediterranean Approach to Wine and Alcohol
- Mediterranean Wine Tasting



Teaching Tips: Wine and the Mediterranean Lifestyle

- **Oldways Tip #1:** Emphasize that wine/alcohol consumption is NOT required to follow a healthy Mediterranean diet. Students should talk to their healthcare team to see if moderate/occasional alcohol consumption is okay for their unique health situations and family history.
- **Oldways Tip #2:** Take your time with the Healthy Lifestyle Activity – students really appreciate the time to check in with themselves about other areas in their life that need nourishing
- **Oldways Tip #3:** Pull from your experiences to relay the information:
 - Which wines are your favorite?
 - Reflecting on the recipes we made, which recipe and wine would you suggest for an ideal pairing?
 - What is a moderate amount of alcohol for women and men?



Best Practices / Teaching Tips

Securing Your Class Site

- Oldways' cooking and nutrition curricula sites have included:
Churches, Schools, Recreation Centers, Grocery Stores, Senior Centers, Community Rooms of Multifamily Housing Units, Community Clinics, Home Kitchens, Community Gardens, Farmer's Markets
- Teach from your home kitchen.
- Get to know local organizations in your community.
- Utilize your connections.
- Reach out to your local City or State Health Department.

Maintaining Student Retention

- Know Your Audience and Schedule Considerately
- Keep the Student Handbooks Until Graduation Day
- Create an Inviting Atmosphere



Safety and Sanitation

- **For Teachers:**
 - Familiarize yourself with your site location (first aid kit, fire extinguisher, etc)
 - Ask students the first day of class about allergies or food restrictions
- **For ALL:**
 - Wash your hands often
 - Clean Produce
 - Don't cross contaminate
 - Clean cutting boards and countertops
 - Keep Knives separate when cleaning/washing
 - Don't Double Dip
 - Tie Your Hair Back
 - "Hot Behind!" & "Knife Behind"
 - Focus with Knives!
 - Don't catch a falling knife
 - Please supervise children

The Importance of Student Surveys

To make sure that A Taste of the Mediterranean helps teachers and students make lasting changes, it is **VERY IMPORTANT** that we measure the program's impacts through confidential student surveys and physical health measurements.

- Measure impact
- Help us identify ways to optimize program experience for students



Last Day of Class: Ending ATOTM on a Strong Note

Graduation Day is a time for:

- Reflection, celebration, and intention/goal setting
- Strengthening student bonds
- Discussing how students can maintain their healthy habits and enjoy what they have learned everyday
- Discuss how students can be health leaders and pass this information on to their families, friends, neighbors, communities, and beyond
- Completing exit surveys

Here are some nice ways that past classes have ended their series:

- Potluck Celebration
- Goal Setting
- Carrying the Torch



Engage with the Oldways Community

- Host Single-Day Events in Your Community
- Join our Facebook group <https://www.facebook.com/groups/MakeEveryDayMediterranean>
- Help future teachers by sending us your tips to info@oldwayspt.org



Creating Long-Lasting Change

- Host Follow-up Potlucks with Graduates and Their Families
- Appoint Group Leaders
- Encourage Students To Become Oldways Mediterranean Diet Leaders in Their Communities
- Teach Again!



Protocol if Contacted by the Media

1. Respond ASAP and thank them for getting in touch; let them know you're happy to speak with them and will get back to them ASAP.
2. **Email Oldways at media@oldwayspt.org.** Please send complete details of media request, including:
 - Name of journalist, name of newspaper/radio station/blog, & contact info
 - What will they write about? Your class, the program in general, etc.?
 - Deadline (if specified)?
3. Oldways will get back to you ASAP and let you know how to proceed. We will either have you reply directly to media or we will contact media (case by case).
4. Review talking points so you can discuss Oldways A Taste of the Mediterranean, the Mediterranean Diet, and additional Oldways work knowledgeably. As you read, try to put them in your own words so you can speak naturally and comfortably.

****Talking points will be provided when your media engagement is set.****



Small Swaps to “Mediterraneanize” Meals

Small Swaps to “Mediterraneanize” Meals

ORIGINAL: SPAGHETTI AND MEATBALLS

Spaghetti and beef meatballs, served with white garlic bread



Original Nutrition: Calories: 1030, Total Fat: 59g, Saturated Fat: 20g, Sodium: 3440mg, Carbohydrate: 82g, Fiber: 6g, Protein: 49g

REMAKE: PASTA PUTTANESCA WITH MIXED OLIVES AND WALNUTS



New Nutrition: Calories: 440, Total Fat: 22g, Saturated Fat: 2.5g, Sodium: 380mg, Carbohydrate: 56g, Fiber: 3g, Protein: 12g

Small Swaps to “Mediterraneanize” Meals

ORIGINAL: STEAK AND POTATOES

16-ounce ribeye or T-bone steak, served with mashed potatoes and frozen mixed vegetables



Original Nutrition: Calories: 1830, Total Fat: 97g, Saturated Fat: 50g, Sodium: 630mg, Carbohydrate: 93g, Fiber: 5g, Protein: 144g

REMAKE: SHISH KEBABS

Served on a bed of Bulgur and Walnut Pilaf



New Nutrition: Calories: 440, Total Fat: 22g, Saturated Fat: 2.5g, Sodium: 380mg, Carbohydrate: 56g, Fiber: 3g, Protein: 12g

Small Swaps to “Mediterraneanize” Meals

ORIGINAL: SCRAMBLED EGGS AND SAUSAGE

Served with buttered white toast



Original Nutrition: Calories: 780, Total Fat: 61g,
Saturated Fat: 29g, Sodium: 1200mg, Carbohydrate: 26g,
Fiber: 0g, Protein: 30g

REMAKE: SPANISH FRITTATA

Served with avocado toast and fresh fruit



New Nutrition: Calories: 370, Total Fat: 24g,
Saturated Fat: 4.5g, Sodium: 260mg, Carbohydrate: 25g,
Fiber: 4g, Protein: 15g

Small Swaps to “Mediterraneanize” Meals

ORIGINAL: TURKEY AND CHEESE SANDWICH

Deli turkey on white bread, with mayonnaise, cheese, iceberg lettuce, and sliced tomato, served with potato chips



Original Nutrition: Calories: 640, Total Fat: 39g, Saturated Fat: 12g, Sodium: 2060mg, Carbohydrate: 40g, Fiber: 2g, Protein: 30g

REMAKE: WALNUT HUMMUS PITA POCKETS

Served with fresh fruit or carrots on the side



New Nutrition: Calories: 480, Total Fat: 27g, Saturated Fat: 4g, Sodium: 610mg, Carbohydrate: 50g, Fiber: 10g, Protein: 16g

Small Swaps to “Mediterraneanize” Meals

ORIGINAL: CHEESE AND CRACKERS

Typical mix of cheeses (cheddar, pepper jack, etc) with crackers and salami



Original Nutrition: Calories: 620, Total Fat: 49g,
Saturated Fat: 23g, Sodium: 1680mg,
Carbohydrate: 14g, Fiber: 0g, Protein: 30g

REMAKE: ANTIPASTO PLATTER



New Nutrition: Calories: 340, Total Fat: 22g,
Saturated Fat: 4g, Sodium: 550mg, Carbohydrate: 35g,
Fiber: 6g, Protein: 8g



Thank you!