

MARE NOSTRUM





MULTILATERAL COMENIUS PROGRAMME *'MARE NOSTRUM'*

LISBON VISIT
MARCH 2015

3rd HIGH SCHOOL OF ACHARNES





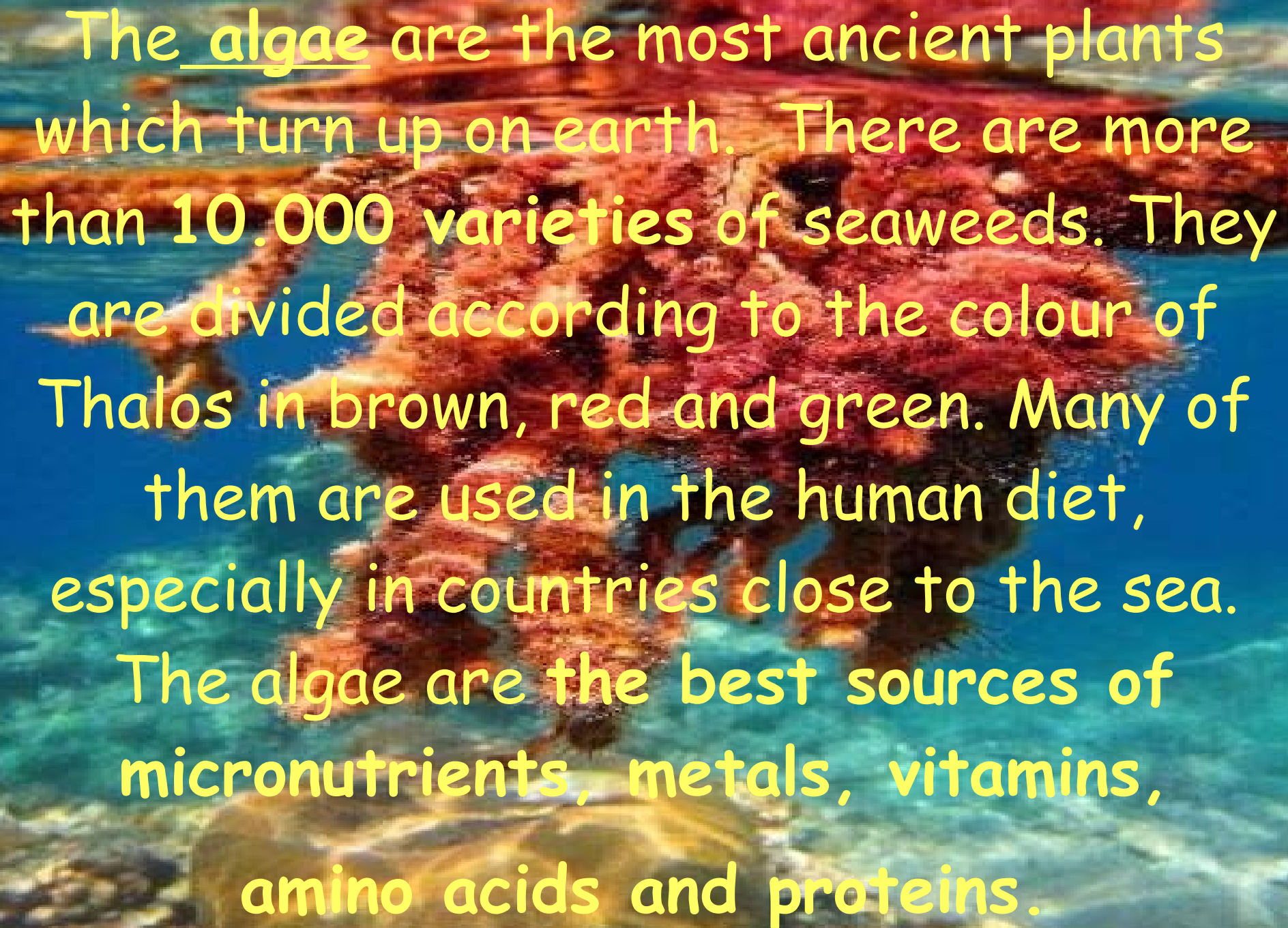
SEA & NUTRITION

The sea has always been
an important food source
for mankind.

It provides a big variety of products
such as:

- Fish
- Shells
- Algae
- Salt





The algae are the most ancient plants which turn up on earth. There are more than 10.000 varieties of seaweeds. They are divided according to the colour of Thalos in brown, red and green. Many of them are used in the human diet, especially in countries close to the sea. The algae are the best sources of micronutrients, metals, vitamins, amino acids and proteins.

Which varieties are edible?

- The algae Nori is a red algae widely eaten, especially for the wrapping of sushi
- The Kombu and the Wakame are types of brown algae used to give more taste in soups and other foods
- The green algae can be eaten raw in salads or cooked in soups



These are a few varieties of
edible algae.





KOMBU



NORI



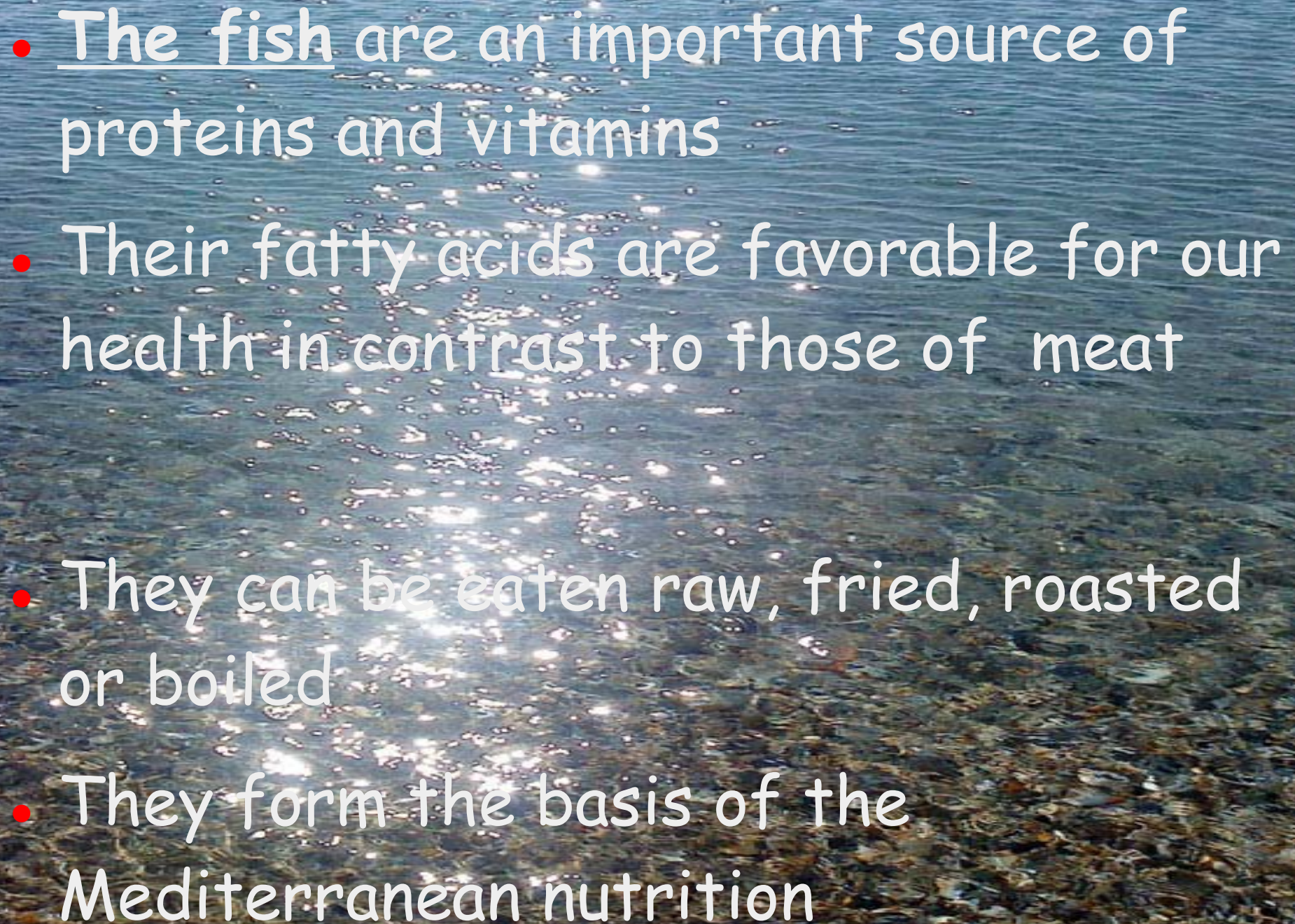
WAKAME



SPIRULINA

- The spirulina is a microalgae of sweet water
- It is one of the most comprehensive foods in the world

- The protein of spirulina includes all the amino acids
- It produces nutrients with the help of the sunlight and the carbon dioxide in the atmosphere
- The spirulina includes all nutrients necessary to the human organism

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- The fish are an important source of proteins and vitamins
 - Their fatty acids are favorable for our health in contrast to those of meat
 - They can be eaten raw, fried, roasted or boiled
 - They form the basis of the Mediterranean nutrition



SEA BREAM

www.foodtrails.gr



SARDINES



DORADO



ANCHOVY



BOCE

SHELLS

- They are a great natural source which gives the human organism the polyunsaturated fatty acids omega 3

- As for the vitamins the shells are supposed to be the richest sources of provitamins D





LOBSTER



SHRIMPS



CRAB

SALT

- Salt is the common name of the sodium chloride, a basic ingredient of the human diet
- It is the most popular product of the sea
- It contributes to the maintainance of the water balance in the organism

NUTRITIONAL PYRAMID

- The products offered by the sea form the basis of our mediterranean nutritional pyramid



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***THANKS
FOR YOUR ATTENTION!!!***



JIM

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MARGARET

ANTHONY