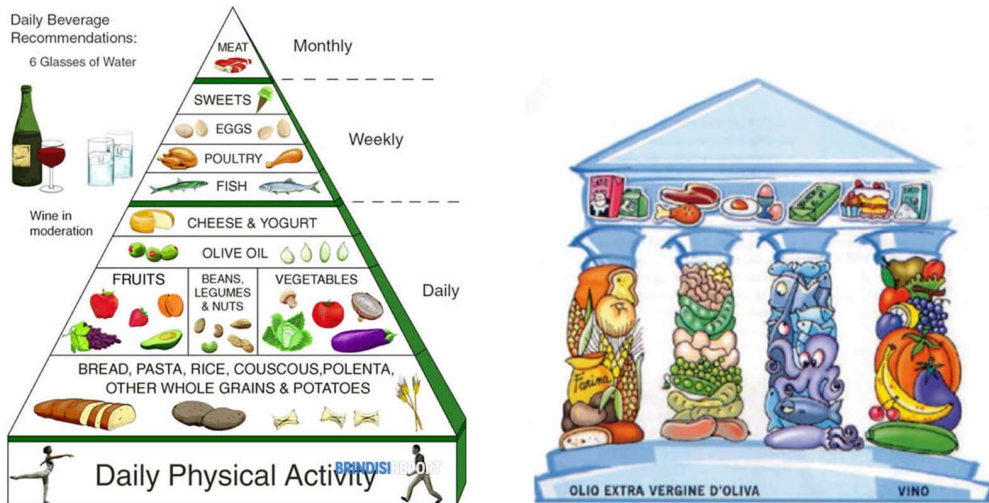


MEDITERRANEAN DIET



In 2010, the Mediterranean diet was declared by UNESCO as an heritage of humanity. The Mediterranean diet is the traditional diet of all the countries that overlook the Mediterranean sea, such as Italy, Greece, Spain, Portugal, Morocco and southern France.

In these countries the diet traditionally is based on fruits and vegetables, extra virgin olive oil, fish, dried fruit, bread, pasta and cereals and their derivatives, while they are consumed little meat, poultry and cheese.

The importance of this diet was discovered because this kind of diet is more health and long-lived.

Exercise

Marco for breakfast has 200 g of milk with 50 g of corn flakes, 50 g of marmalade and an apple of 100 g.

Use the table below to find the answer to the question and calculate the kilocalories developed for each food (the values written in the table correspond to 100 g of food).

How many kilocalories do Marco introduce altogether?

	QUANTITY'(g)	ENERGY(kcal)
Milk	100	61
Bread	100	276
Corn flakes	100	364
Marmalade	100	220
Apple	100	45

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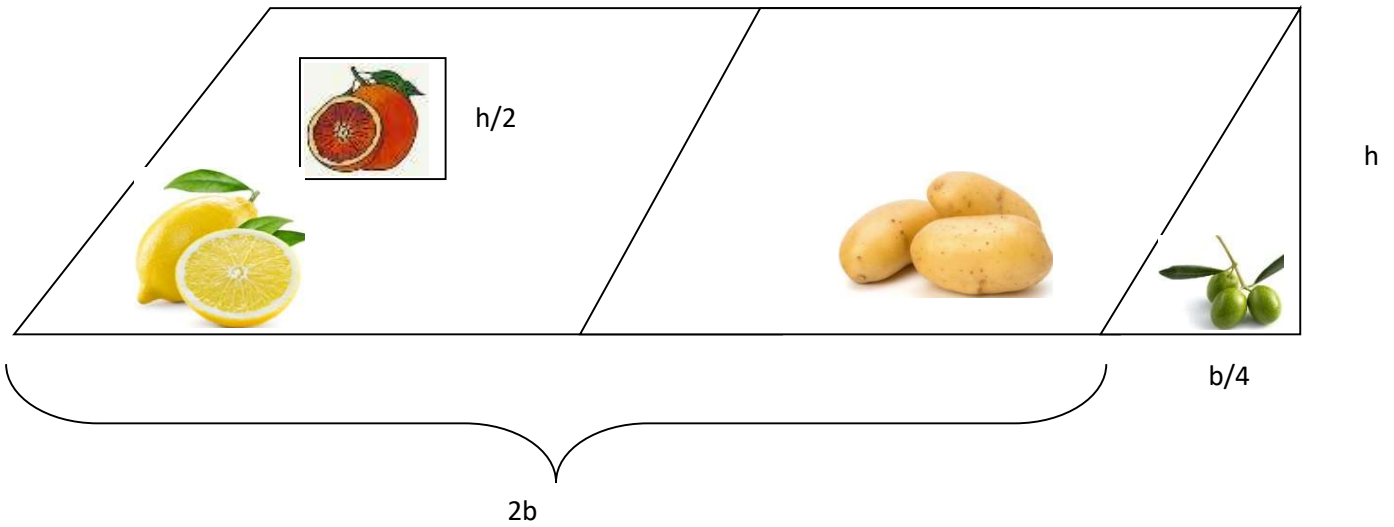
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Mediterranean Areas exercise

By seeing the figure, calculate the area of each fruit in the figure and the match the right area



$$\frac{bh}{8}$$

Oranges

$$bh$$

Potatoes

$$\frac{h^2}{4}$$

Lemons

$$bh - \frac{h^2}{4}$$

Olives

Oranges:.....

Lemons:.....

Potatoes:.....

Olives:.....