

**"Mediterranean cuisine -
tradition, health, culture"**



- Getting familiar with the traditions of Mediterranean cuisine;
- great heroes of Mediterranean cuisine, which is why Mediterranean cuisine is the healthiest cuisine in the world;
- approximation of cuisine and typical dishes of some Mediterranean countries (Cyprus cuisine, Cretan, Greek, Turkish, Arabic and Italian);
- presentation of curiosities and legends about the creation of olive oil, pasta and tomatoes;
- pizza before - the first pizza and its common traits with the flag of Italy;
- pizza today - the position and its importance in Europe (European Commission certified TSG);
- wine and wineries - a unique taste and aroma, and health in one;
- provide practical advice related to the way the choice of good and nutritious olive oil and how it is stored;
- tasting different kinds of olive oil