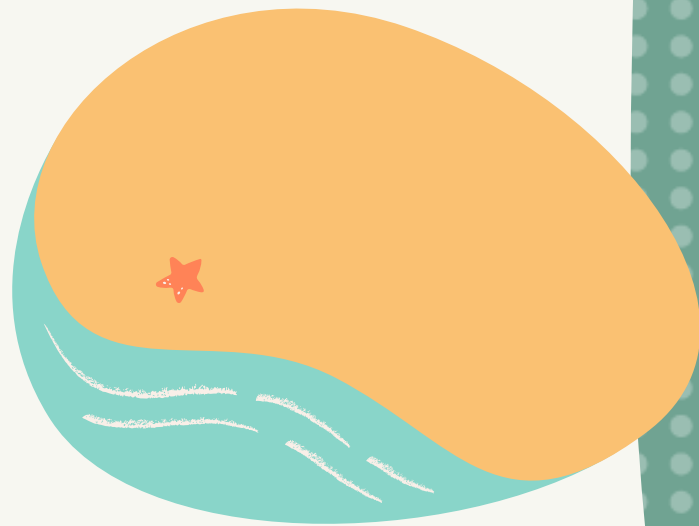


# MY COUNTRY AND ITS CULTURE



# 1.) Mediterranean diet

In Spain



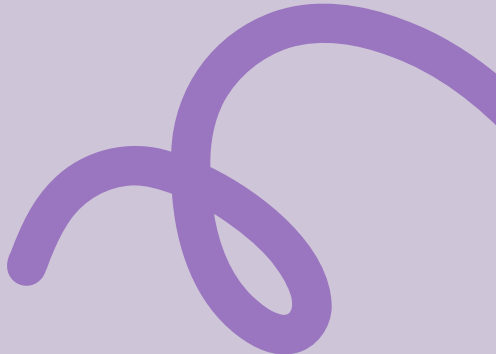


# WHAT IS THE MEDITERRANEAN DIET?

The Mediterranean Diet is a way of eating that emphasizes plant-based foods and healthy fats.



# BENEFITS

- Reduces Obesity and Type 2 Diabetes. ...
  - Lowers Risk of Stroke and Coronary Heart Disease in Women. ...
  - Improves Gut Health. ...
  - Lowers Risk of Dementia and Cognitive Decline. ...
  - May Reduce the Risk of Common Cancers. ...
  - Reduces High Blood Pressure.
- 

# FOODS THAT COMPRISE IT

## Mediterranean Diet Pyramid

Red meats & sweets  
Enjoy Sparingly



Poultry, eggs & dairy  
Enjoy 1-2x/wk



Fish, seafood & omega-3 rich foods  
Enjoy >3x/wk



Whole grains, legumes, fruit, vegetables, healthy fats, herbs & spices  
Enjoy Daily



# SPANISH BREAKFAST

In Spain, breakfast is one of the most important meals of the day. Different regions in Spain have different traditional breakfast dishes, but the ingredients don't differ that much from one place to another: toasted local bread, tomatoes, olive oil, jamon serrano, cheese, churros and hot chocolate. Yes, all of Spain loves a cheeky churros con chocolate once in a while for breakfast.

# TOSTADA CON TOMATE



Tostada is a toasted small baguette served with grated tomatoes, salt and extra virgin olive oil.

## 2. Sports in Spain







In Spain, the sport is very important. We practice it since we are little kids and our country has such of variety of sports. Spain's athletes are known over the world because we participate in to many European and Mundial championship and also the Olympics and Paralympics Games. The most famous sports in Spain are football, basketball, volleyball, handball, swimming, karate and rugby

The sport in the spanish society is very important because most of children and teenagers in Spain practice any sport in a club out school. Also in Spain we love watch sports matchs in a bar with friends and do exercise not profesional with friends like football, basket or volley



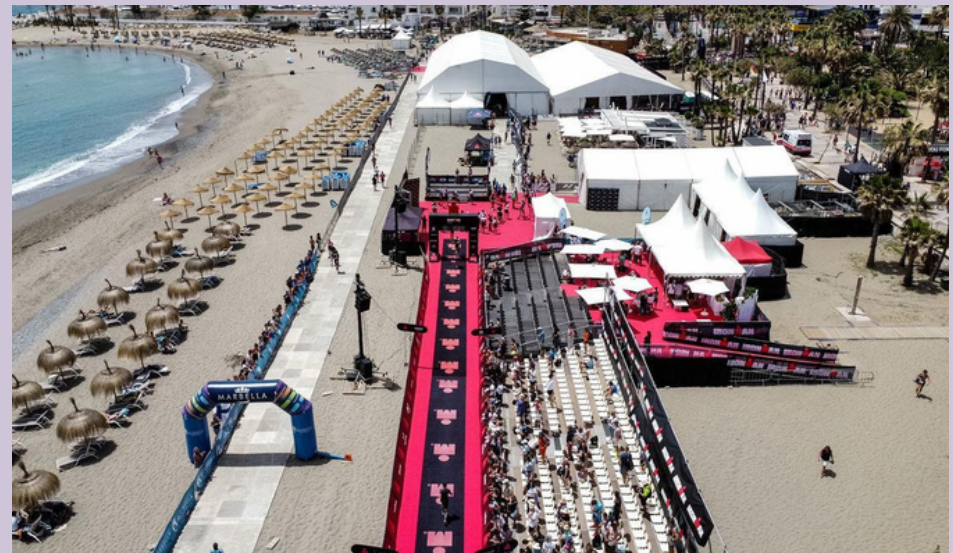
## 2.2) Outdoor Sports

On the coast.



# • TRIATHLON

Many triathlons are organized in Marbella thanks to its good weather, last Sunday the Ironman triathlon was organized, in which athletes from all over the world participated and our PE teacher participated in the swimming test





# HIKING ON THE CONCHA

La Concha mountain is the favorite of many for hiking, since it has the best views and it is a very cool experience. Next to this mountain we also find Lastonar, Salto del Lobo and El Juanar with the same magnificent views.



## 2.3) Typical dances of Spain




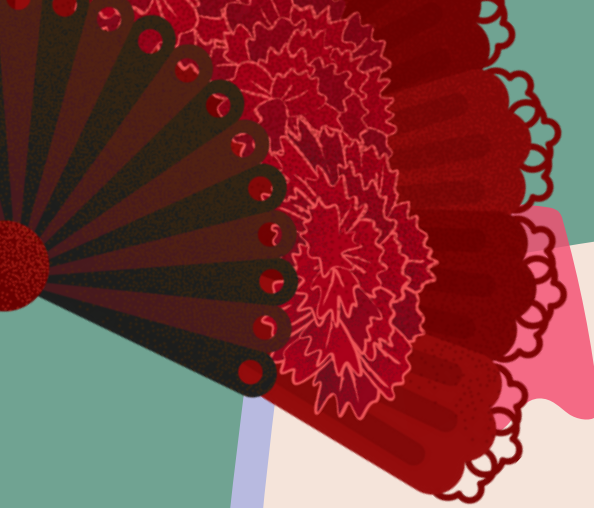


The most typical dance in Spain is flamenco, known all over the world, is an artistic expression resulting from the fusion of vocal music, the art of dance and musical accompaniment, called cante, baile and toque respectively. It makes it a healthy lifestyle.

Dancing serves to keep a body in shape and develop strength, it also helps burn calories so that you maintain or reach a healthy weight. Also, the exercise that involves dance protects you from cardiovascular diseases and others such as diabetes, obesity, cancer and stroke.





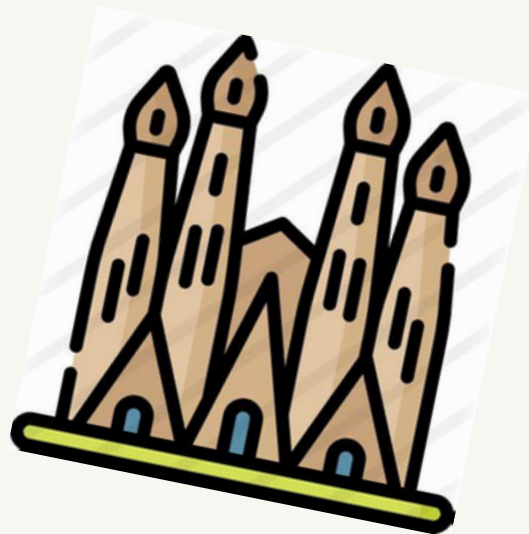


Dancing helpful against the symptoms of depression, increasing our self-esteem and reducing stress and anxiety. It is another way to express our ideas and feelings.





### 3. Monuments and important places in Spain



**THE CAMINO DE SANTIAGO**  
The Camino de Santiago de Compostela is not just a route, but the denomination that receives a set of routes or paths of Christian Pilgrimage and, of medieval origin, that take you to the Tomb of Santiago el Mayor, that is, to the Tomb of the Apostle Santiago located in the Cathedral of Santiago de Compostela.

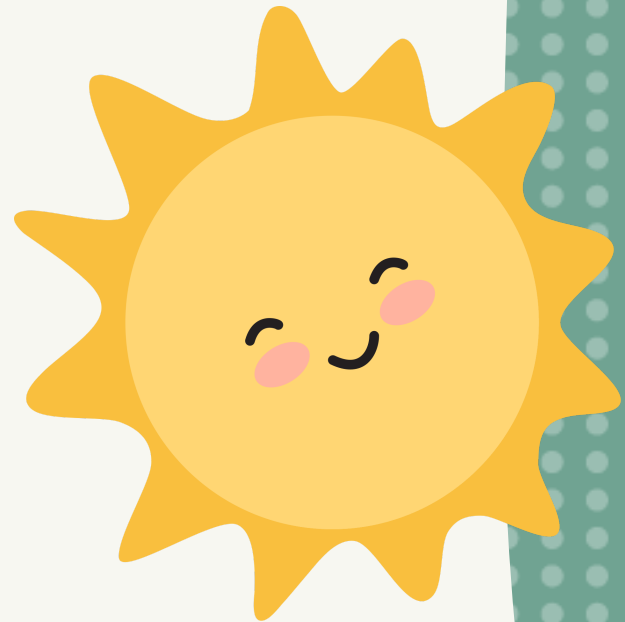


## Sierra Nevada

Sierra Nevada is a mountain massif of Spain belonging to the set of the Betic mountain ranges, specifically to the Penibético system. It is located between the provinces of Granada and Almería. It is the highest mountain massif in all of Western Europe, after the Alps. This is a place where you can practice a lot of different types of sports and have fun with your family and friends



# 4. The weather in Spain





## HOW' THE WEATHER IN SPAIN?

Most of Spain commonly has hot and dry summers as well as cold and dry winters with a big contrast between day and night. Many tourists come to Spain because it is commonly thought of as a country with sunny and pleasant weather all year round

# HOURS OF SUN

Spain, with around 300 days of sunshine a year or 2,500 hours of sunshine a year, is one of the sunniest countries in Europe, only surpassed by Turkey, Italy, Greece, France and Portugal

