**TRAINING FICHE TEMPLATE**

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| **Module** | Module 2 |
| **Title** | UNIT 3: Legumes, fish, eggs and cured cheese. |
| **Keywords** | Legumes, fish, eggs, cured cheese. |
| **Topic/Area** | |  |  | | --- | --- | |  | 1: General issues on healthy and low-impact food | | x | 2:  Typical local products and varieties (basic and advanced) | |  | 3: Traditional food preservation/conservation techniques | |  | 4: Food elaboration/consumption techniques / according to Food Pyramid | |  | 5: Traditional, local and heritage related recipes | |
| **Level** | Advanced |
| **Description/Contents**  **(2000 characters max.)** | According to the Mediterranean Diet Pyramid, products such as legumes, fish and eggs should be consumed at least 3-4 servings on a weekly basis.  Products mentioned above present a high protein content, plant-based proteins as well as animal protein. This macronutrient is considered essential since it is responsible for the formation and functioning of muscles and tissues.  **Legumes / beans** are large, fleshy, colorful plant seeds. There are a wide range of types of legumes such as soybeans, peas, chickpeas, lentils, peanuts, beans, chia. From a nutritional point of view legumes provide complex carbohydrate (starchy products) that fuel the body with energy. They are relatively low in fat (healthy fats are presented) and provide satiety due to they present a high content of fiber. Legumes are an important source of plant- based protein (20-30%), important for the muscles and tissues building processes. Combining with other products as cereals turn into a very interesting and nutritive product. B-vitamins, iron, folate, calcium, potassium, phosphorus, and zinc are also presented in legumes and beans.  Eggs usually consumed are hen´s eggs. It is an essential product since it is a source of very biological high protein. Depending on the type of farm, the production of eggs for consumption could be:   * Laying cage egg production. * Barn egg production. * Free range egg production. * Organic egg production.   According to the size, they can be considered XL (>73gr), L (63-73gr), M (53-63 gr) y S (<53 gr).  **Fish** is also a very good source of protein, vitamins (niacin and B vitamins) as well as mineral (iron, folate and calcium). It is also interesting the supply of poliinsaturated fats rich in Omega 3. From a nutritional point of view, fish ais classifies as:   * Whitefish or lean (<5% fat) as hake, sole or whiting. * Low-fat fish (5-10% fat): sea bream, red mullet. * Oily fish: (>10% fat): anchovy, sardine, tuna, salmon.   **Cured cheese** is a dairy product obtained by separating the water of the milk. By this process, it is obtained a protein, vitamin, mineral and easily digested fat concentrate. A process of curation as well as conservation techniques, including smoking and salting are applied to the cheese. The texture is harder and drier, the flavour/taste stronger/more intense and the the shelflife increases.  A curing process lasts between 4 and 7 months. |
| **Benefits/Advantages**  **(1000 characters max.)** | Legumes are a good source of fiber reducing the risk of suffering heart diseases, they also improve digestive processes and provide satiety. They are relatively affordable products and present an endless culinary applications Combining with other products as cereals turn into a very interesting and nutritive product.  Furthermore, legumes are gluten free, making them suitable for consumption by celiac disease patients or individuals sensitive to proteins gliadin and glutenin.  Cured cheese is included in dairy products which are important for the proteins and vitamins they contain and for the calcium reserves needed by the body.  For people with lactose intolerance, we recommend lactose-free dairy products or products from other seeds such as soya beans enriched with calcium.  Eggs are free carbohydrate products. They contain a considerable proportion of a high value biological protein and they are also rich in fat as well as good amounts of calcium, iron, vitamins A and D, as well as thiamine and riboflavin. Despite having a high content of cholesterol in the yolk, according to recent findings, most of this fat is unsaturated, and it is considered a good nutritional option, since dietary cholesterol hardly affects plasma cholesterol levels in the blood in healthy individuals. |
| **Representative Products** | **Legumes** (peas, chickpeas, puy lentils, brown lentils, black beluga lentils, red lentils, kidney beans).  **Cured cheese can be obtained from sheeps or cows. The Payoya goat** is an autochthonous Andalusian breed, capable of offering excellent milk production, the basis of an important cheese-making tradition.  Gouda or Manchego, parmigiano or grana padano are representative types of cured cheeses.  **Mediterranean hens** are characterized by a medium seize and a light weight. The best breed for egg production is “Leghorn Blanca”. Armiñada, Azul, Blanca, Caniza, Franciscana, Negra and Perdiz are also autochthonous breeds. |
| **Risks management** | An egg is an ideal medium for microbial growth; for example, salmonella. It is therefore preferable to open eggs just at the time of use. In addition, the natural bactericide contained in the egg white (lysozyme) becomes ineffective in contact with air and no longer protects the egg.  Dairy products, as cured cheese, contain lactose which can affect to lactose intolerant people, and some cured cheeses are high fat. |
| **Language** | English |
| **Country** | España |
| **Providing Partner** | IES La Rosaleda |
| **Further references** | -[FAO - News Article: Italy and FAO advance awareness on the benefits of Mediterranean diet](http://www.fao.org/news/story/en/item/1208531/icode/)  -[Alimentación sana (who.int)](https://www.who.int/es/news-room/fact-sheets/detail/healthy-diet)  - [The health benefits of eggs - BBC Good Food](https://www.bbcgoodfood.com/howto/guide/ingredient-focus-eggs)  - [Cured cheese - Gastronomía Vasca: Escuela de Hostelería Leioa (gastronomiavasca.net)](https://www.gastronomiavasca.net/en/gastro/glossary/cured-cheese)  - [Cheese | The Nutrition Source | Harvard T.H. Chan School of Public Health](https://www.hsph.harvard.edu/nutritionsource/cheese/)  [Eggs | The Nutrition Source | Harvard T.H. Chan School of Public Health](https://www.hsph.harvard.edu/nutritionsource/food-features/eggs/) |