

FOOD CULTURE IN THE MEDITERRANEAN%0A

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Food that originated from the Mediterranean area is incredibly popular. Pasta, pizza, gyros, kebab, and falafel can be found just about everywhere. Many people throughout the world have a good idea of what Mediterranean cuisine and diet are all about, but they know less about the entire food culture of the region. This one-stop source provides

[Food Culture in the Mediterranean \(Food Culture around the ...](#)

The food culture of the French port city of Marseille offers a good example of how native and immigrant populations have come together at the dinner table. Marseille is a city where traditional Provençal cuisine (Marseille is famous for the fish stew known as bouillabaisse) mixes with Italian, Algerian, Tunisian, and Moroccan cuisines.

Marseille became a multicultural city in the twentieth century. [Culture Food and the Mediterranean Diet - Arezza Culture Food and the Mediterranean Diet Olive Oil Fruits Vegetables Fish Wine Legumes Bread and Mozzarella](#) the Mediterranean Diet is not a specific dietary program but a compendium of the eating habits followed by those that live in the 16 nations along the shores of the Mediterranean Sea, taking into account cultural, ethnic and religious factors.

[Definition of Food Culture | Lexicon of Food](#)

Food culture refers to the practices, attitudes, and beliefs as well as the networks and institutions surrounding the production, distribution, and consumption of food.

What Food Tells Us About Culture Freely Magazine

On a larger scale, food is an important part of culture.

Traditional cuisine is passed down from one generation to the next. It also operates as an expression of cultural identity. Immigrants bring the food of their countries with them wherever they go and cooking traditional food is a way of preserving their culture when they move to new places.