[https://youtu.be/gxAc1Ov1Yfg](https://youtu.be/gxAc1Ov1Yfg%22%20%5Ct%20%22_blank)

Il commento potrebbe essere il seguente:

*'Signora Sara' is a ninety-year-old lady living in Nicotera, the Italian village in Calabria where the Mediterranean Diet was firstly identified by dr. Ancel Keys in the 50s. The music you hear is a 'chitarra vattiente' a 12-chords beating guitar of Calabrian origin. She still uses old tools to make fileja,  a sort of maccaroni, which are usually eaten with a meat sauce. She prepares fileja (short pasta) and tagliatelle and carefully explains how to make them, with a great attention to the quality of ingredients and to the method of mixing them. She also specifies how fresh eggs react, when they are really fresh and how important is to benefit of her husband's help. Then, she shows how to dry up the pasta, when you have little space at home.*

*Windows are open, and you hear grasshoppers in this midsummer afternoon. 'Signora Sara' cooks almost daily for children and grand-children and enjoys bringing her food to the people in need in the village. She always cooks some more than necessary, but nothing goes wasted. This is a true, concrete example of what Mediterranean Diet is: 'Diet' comes from the Greek 'Diaita', meaning 'life-style'. A correct life-style is not only based on good food, nay it is based on hospitality and conviviality, in sharing what you have. Well-being comes from using hands and from the feeling of being a part of a community. Personally, I discovered the 'Mediterranean Diet' many years ago when I fell in love with my husband from Nicotera. Being a Northern Italian young lady,  that meant a deep change in my life and values.Now I write of* [*Mediterranean hospitality*](http://www.mediterraneaconsulab.com/?lang=en) *as a sustainable hotel/restaurant management model . The Mediterranean Diet is food and is home.*

Slideshare: https://www.slideshare.net/giovannaceccherini/il-turismo-enogastronomico-ita