

A top-down view of various fresh ingredients arranged on a dark wooden surface. In the center, two whole fish (likely sea bream) are laid out on a wooden cutting board, garnished with fresh green herbs. Surrounding the fish are numerous other ingredients: several ripe, orange-red tomatoes, green and red bell peppers, a bunch of fresh basil, a head of garlic, a lemon, and a small bowl of pink salt. There are also some eggplants, a bottle of olive oil, and several small bowls containing different types of grains or lentils (including red lentils and white rice). The overall composition is vibrant and suggests a healthy, Mediterranean-style meal.



- Entre os numerosos beneficios da dieta mediterránea, podemos citar o seu carácter preventivo das enfermidades cardiovasculares provocadas por un exceso, así como o estrinximento (ou dificultade para evacuar as feces), o cancro de colon e a obesidade, por outra parte, a gran variedade dos pratos que ofrece constitúe un dos principais atractivos desta dieta desde o punto de vista culinario.

Libro de referencia: Libro de Biología e Xeoloxía. Oxford Education 3º ESO.