

# NUTRITION, SOURCE OF LIFE



## NUTRITION, SOURCE OF LIFE

is a major exhibition project that raises awareness about the basic concepts in food and nutrition and healthy eating habits that we all need to put into practice for increased health and quality of life.

The exhibition proposes a reflection on quality of life itself, understood as a question of balance between diet, a healthy lifestyle and a sustainable environment.

Nutrition is a  
**QUESTION  
OF BALANCE**

Deconstruction of a "sopa de carabassa". Petit Comitè / Raw Color

Exhibition in Barcelona

### Organiser

Consorci del Museu de Ciències Naturals de Barcelona

### Coordination of adaptation

Fundación Iberoamericana de Nutrición  
Museu de Ciències Naturals de Barcelona

### Production



**FINUT**  
Fundación Iberoamericana  
de Nutrición



SOCIEDAD ESPAÑOLA DE NUTRICIÓN



IUNS

### Collaborate



JUNTA DE ANDALUCÍA



PARQUE de las CIENCIAS  
PRODUCCIÓN • GRANADA



**UGR** | Universidad  
de Granada



### Participating Companies



Hidratando al Mundo desde 1886



World Environment Day 2015  
**Seven Billion Dreams.  
One Planet.  
Consume With Care.**  
June 5



**museu  
blau**

Museu de  
Ciències Naturals  
de Barcelona

museuciencies.cat  
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### Consortium:



Ajuntament de  
Barcelona

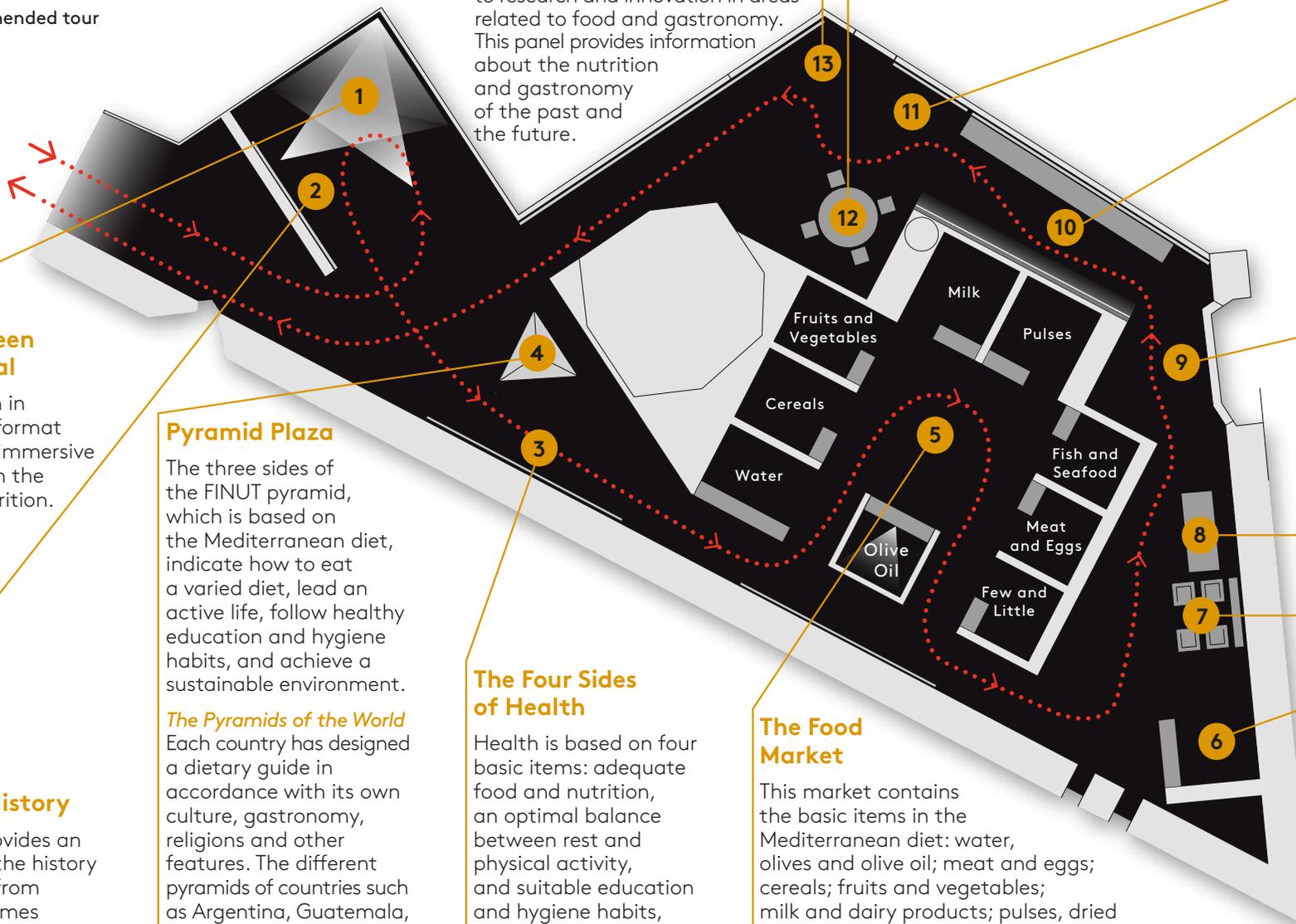


Generalitat de Catalunya  
Departament  
de Cultura

A journey to explore fundamental concepts in nutrition and health in a sustainable environment.

## Areas of the exhibition

••> Recommended tour



### Large-Screen Audiovisual

Presentation in audiovisual format to begin an immersive experience in the world of nutrition.

### A Walk Through History

This area provides an overview of the history of nutrition from prehistoric times to the nutrigenomics of the future.

### Pyramid Plaza

The three sides of the FINUT pyramid, which is based on the Mediterranean diet, indicate how to eat a varied diet, lead an active life, follow healthy education and hygiene habits, and achieve a sustainable environment.

*The Pyramids of the World*  
Each country has designed a dietary guide in accordance with its own culture, gastronomy, religions and other features. The different pyramids of countries such as Argentina, Guatemala, the United States and Japan are good examples.

### Nutrition and Gastronomy. Uniting the Past and the Future.

Universitat de Barcelona

The Universitat de Barcelona cooperates with the exhibition through the Torribera Food and Nutrition Campus, which is dedicated to research and innovation in areas related to food and gastronomy. This panel provides information about the nutrition and gastronomy of the past and the future.

### The Four Sides of Health

Health is based on four basic items: adequate food and nutrition, an optimal balance between rest and physical activity, and suitable education and hygiene habits, all set in a sustainable environment.

### Sit Down for a Meal

This interactive invites visitors to prepare a three-course meal by choosing from

the products eaten in eleven different countries and then discovering the nutritional value of their choices.

### Not a Bit

Some substances such as drugs, cigarettes and alcohol have been repeatedly shown to provide no benefits and to be hazardous to your health. Their use should therefore be avoided.

### Healthy Eating Habits

These habits are based on the following paired activities: rest-physical activity, healthy education-hygiene, environment-sustainability.

### How Do You Eat?

An app that allows visitors to determine whether or not they're following healthy living habits and eating a balanced diet.

### Educational Workshop

### Find out More...

### The Mediterranean Diet

The Mediterranean diet is a valuable cultural heritage whose simplicity and variety make for a complete, balanced combination of foods based on fresh, local products in season.

### The Food Market

This market contains the basic items in the Mediterranean diet: water, olives and olive oil; meat and eggs; cereals; fruits and vegetables; milk and dairy products; pulses, dried fruits and nuts; fish and seafood; as well as other foods whose intake should be limited.