



United Nations  
Educational, Scientific and  
Cultural Organization



• Intangible  
• Cultural  
• Heritage

資料 8－3

無形文化遺産保護条約に関する特別委員会（第7回）

**5 COM**

**ITH/10/5.COM/CONF.202/Decisions**  
**Nairobi, 19 November 2010**  
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**CONVENTION FOR THE SAFEGUARDING OF THE  
INTANGIBLE CULTURAL HERITAGE**

**INTERGOVERNMENTAL COMMITTEE FOR THE  
SAFEGUARDING OF THE INTANGIBLE CULTURAL HERITAGE**

**Fifth session**  
**Nairobi, Kenya**  
**15 to 19 November 2010**

**DECISIONS**

## DECISION 5.COM 6.14

The Committee,

1. Takes note that France has nominated **the gastronomic meal of the French** for inscription on the Representative List of the Intangible Cultural Heritage of Humanity, described as follows:

The gastronomic meal of the French is a customary social practice for celebrating important moments in the lives of individuals and groups, such as births, weddings, birthdays, anniversaries, achievements and reunions. It is a festive meal bringing people together for an occasion to enjoy the art of good eating and drinking. The gastronomic meal emphasizes togetherness, the pleasure of taste, and the balance between human beings and the products of nature. Important elements include the careful selection of dishes from a constantly growing repertoire of recipes; the purchase of good, preferably local products whose flavours go well together; the pairing of food with wine; the setting of a beautiful table; and specific actions during consumption, such as smelling and tasting items at the table. The gastronomic meal should respect a fixed structure, commencing with an apéritif (drinks before the meal) and ending with liqueurs, containing in between at least four successive courses, namely a starter, fish and/or meat with vegetables, cheese and dessert. Individuals called gastronomes who possess deep knowledge of the tradition and preserve its memory watch over the living practice of the rites, thus contributing to their oral and/or written transmission, in particular to younger generations. The gastronomic meal draws circles of family and friends closer together and, more generally, strengthens social ties.

2. Decides that, from the information provided in nomination file No. 00437, **the gastronomic meal of the French** satisfies the criteria for inscription on the Representative List, as follows:

- R.1: The gastronomic meal of the French plays an active social role within its community and is transmitted from generation to generation as part of its identity;
- R.2: Its inscription on the Representative List could contribute to greater visibility for intangible cultural heritage, as a catalyst for mutual respect and intercultural dialogue;
- R.3: Safeguarding measures reflect the commitments of the community, the French authorities and NGOs to reinforce its transmission, particularly through the education system, while encouraging research and promotion;
- R.4: The nomination has been submitted following active and broad participation of communities throughout the country in meetings, debates and surveys, and many institutions and associations gave their free, prior and informed consent;
- R.5: The gastronomic meal of the French is inscribed in the inventory of intangible cultural heritage of France, established by the Mission of Ethnology of the Ministry of Culture.

3. Inscribes **the gastronomic meal of the French** on the Representative List of the Intangible Cultural Heritage of Humanity.

## DECISION 5.COM 6.30

The Committee,

4. Takes note that Mexico has nominated **traditional Mexican cuisine – ancestral, ongoing community culture, the Michoacán paradigm** for inscription on the Representative List of the Intangible Cultural Heritage of Humanity, described as follows:

Traditional Mexican cuisine is a comprehensive cultural model comprising farming, ritual practices, age-old skills, culinary techniques and ancestral community customs and manners. It is made possible by collective participation in the entire traditional food chain: from planting and harvesting to cooking and eating. The basis of the system is founded on corn, beans and chili; unique farming methods such as milpas (rotating swidden fields of corn and other crops) and chinampas (man-made farming islets in lake areas); cooking processes such as nixtamalization (lime-hulling maize, which increases its nutritional value); and singular utensils including grinding stones and stone mortars. Native ingredients such as varieties of tomatoes, squashes, avocados, cocoa and vanilla augment the basic staples. Mexican cuisine is elaborate and symbol-laden, with everyday tortillas and tamales, both made of corn, forming an integral part of Day of the Dead offerings. Collectives of female cooks and other practitioners devoted to raising crops and traditional cuisine are found in the State of Michoacán and across Mexico. Their knowledge and techniques express community identity, reinforce social bonds, and build stronger local, regional and national identities. Those efforts in Michoacán also underline the importance of traditional cuisine as a means of sustainable development.

5. Decides that, from the information provided in nomination file No. 00400, **traditional Mexican cuisine – ancestral, ongoing community culture, the Michoacán paradigm** satisfies the criteria for inscription on the Representative List, as follows:

- R.1: Traditional Mexican cuisine is central to the cultural identity of the communities that practise and transmit it from generation to generation;
- R.2: Its inscription on the Representative List could enhance the visibility of intangible cultural heritage and promote respect for cultural diversity and human creativity;
- R.3: Current and planned safeguarding measures include consultations and research projects as well as practical training, with the support of the State and the communities concerned;
- R.4: Practitioners participated actively in the nomination process and provided their free, prior and informed consent;
- R.5: Traditional Mexican cuisine is included in the Inventory of the Intangible Cultural Heritage of Mexico maintained by the National Council for Culture and Arts.

6. Inscribes **traditional Mexican cuisine – ancestral, ongoing community culture, the Michoacán paradigm** on the Representative List of the Intangible Cultural Heritage of Humanity.

## DECISION 5.COM 6.41

The Committee,

7. Takes note that Spain, Greece, Italy and Morocco have nominated **the Mediterranean diet** for inscription on the Representative List of the Intangible Cultural Heritage of Humanity, described as follows:

The Mediterranean diet constitutes a set of skills, knowledge, practices and traditions ranging from the landscape to the table, including the crops, harvesting, fishing, conservation, processing, preparation and, particularly, consumption of food. The Mediterranean diet is characterized by a nutritional model that has remained constant over time and space, consisting mainly of olive oil, cereals, fresh or dried fruit and vegetables, a moderate amount of fish, dairy and meat, and many condiments and spices, all accompanied by wine or infusions, always respecting beliefs of each community. However, the Mediterranean diet (from the Greek *diaita*, or way of life) encompasses more than just food. It promotes social interaction, since communal meals are the cornerstone of social customs and festive events. It has given rise to a considerable body of knowledge, songs, maxims, tales and legends. The system is rooted in respect for the territory and biodiversity, and ensures the conservation and development of traditional activities and crafts linked to fishing and farming in the Mediterranean communities which Soria in Spain, Koroni in Greece, Cilento in Italy and Chefchaouen in Morocco are examples. Women play a particularly vital role in the transmission of expertise, as well as knowledge of rituals, traditional gestures and celebrations, and the safeguarding of techniques.

8. Decides that, from the information provided in nomination file No. 00394, **the Mediterranean diet** satisfies the criteria for inscription on the Representative List, as follows:

- R.1: The Mediterranean diet is a set of traditional practices, knowledge and skills passed on from generation to generation and providing a sense of belonging and continuity to the concerned communities;
- R.2: Its inscription on the Representative List could give broader visibility to the diversity of intangible cultural heritage and foster intercultural dialogue at regional and international levels;
- R.3: The nomination describes a series of safeguarding efforts undertaken in each country, together with a plan for transnational measures aimed at ensuring transmission to younger generations and promoting awareness of the Mediterranean diet;
- R.4: The nomination is the result of close cooperation of official entities in the four States, supported by the active participation of communities, and it includes evidence of the latter's free, prior and informed consent;
- R.5: The Mediterranean diet has been included in inventories of intangible cultural heritage in the four States concerned and will be included in a transnational inventory of the Mediterranean that is underway.

9. Inscribes **the Mediterranean diet** on the Representative List of the Intangible Cultural Heritage of Humanity.