

## Oral Heritage

### Language

English

All literature comes from oral tradition.

In societies where most people could not read or write memorizing and forwarding the texts was done orally, namely with specific metrics, rhyme and mnemonics.

In this context poetry and popular sayings, traditional songs, proverbs, puns, riddles and tongue twisters came up.

There are thousands of oral heritage expressions pertaining to the Mediterranean Diet, regarding the astral and agricultural cycles, advices on practices and behaviours on the fields and the sea, on food and health, devotions and the relationship between human communities and nature.