



OLIVE OIL AND HEALTHY CONSUMPTION



OSCAR: Welcome to our class. Let me introduce you to my classmates...

EVERYBODY: Pleased to meet you.

ESTEFANÍA: We are in the 6th academic year of Primary Education and we are going to make a speech about “olive oil and its healthy consumption”.

We hope you enjoy it.

MERCEDES:

To INTRODUCE our speech we could say that:

Our traditional Mediterranean Diet has been based on olive oil use, and everybody knows its healthy effects on our body, especially on our circulatory system, so this experience wants to help our educative community to know it better. We also want to encourage people to get used to olive oil consumption.

TAMARA: There are some HISTORICAL events we have to bear in mind:

CARLOS CRESPO: Did you know that about 2700 years ago there were a lot of wild olive trees in Andalucía?

CRISTINA: You can distinguish them because their olives are small, with a big stone. Olive trees come from “The Orient”. Then, they were extended to “The Occident”. Egyptian people have been cultivating them for about 4000 years ago and 200 years later, in Greece and its islands, as you already know. After that, Roman people extended its growing, throughout the Mediterranean coastline. They use it as a peaceful weapon. Olive trees arrived in Spain with Phoenician people in 1050 B.C.

CARLOS LUIS:

Now, we would like to highlight the importance of OLIVE OIL in relation to our HEALTH:

CHRISTIAN: Olive Oil is not only a delicious component, it is also an effective cure. It helps prevent and avoid a lot of diseases, because it has got antioxidant components that delay aging cells. Olive oil is especially recommended for children and old people.

NICOLA:

Furthermore, I’m sure you would feel like knowing more about OLIVE OIL AND POPULAR REMEDIES:

ALEJANDRO: We all know that our grandparents always had basic and natural remedies for each and every health problem:

DANIEL:

-For example:

**To stop smoking:* Every morning, on an empty stomach, you have to have 5 drops of Top Quality Virgin Olive Oil.

DAVID:

**To get rid of “acne” and for burns:* We have to wash the affected zone with homemade soap. We are going to tell you how to make it:

- First of all, you need:
 - ▶ 500 grammes of caustic soda.
 - ▶ 3 litres of water.
 - ▶ 3 litres of virgin Olive Oil.

MIRIAM:

- The recipe is the following:
We mix the caustic soda with the water, stirring it for a while. The caustic soda has to be dissolved. You have to let the mixture cool down for 4 or 5 hours. Then, we can add The virgin Olive Oil (crude oil) , stirring the mixture, always in a clockwise direction and without stopping. You have to let it curdle.

RAÚL:

**Rheumatics:* You have to boil cabbage with an onion and a carrot (30 or 40 grammes altogether) and some lemon juice. Then, you can add some drops of Virgin Olive Oil. It’s advisable to have a cup of this mixture each and every hour.

REBECA:

Do you know that you can also use OLIVE OIL to make your own COSMETIC PRODUCTS?

ABRAHAM:

As you already know, moreover, olive oil can also be used for cosmetics. For instance, you can get:

NICOL:

- *Moisturizing cream for your hands:* We can prepare a cream with olive oil, Vaseline and a little menthol. Before going to bed, we get the cream all over our hands and we cover them with a cotton cloth. (The next morning, our hands will be very moisturized).

FREDDY:

- *Muscle relaxation:* You can also get your muscles relaxed when you spread it on the affected zone before being given a massage.

JEFFERSON R.:

What is more, did you know that THERE IS NO WASTE IN OLIVE OIL?

JEFFERSON S.:

When you have just used it to cook, what can you do with it?

PAULA.

A good way to take advantage of it is making soap. The recipe has been explained before. The only difference is that you use waste or used oil instead of Virgin Olive Oil. You can also add a little flour, without stopping stirring it. This way lumps will not appear. When you have been stirring it for one hour and a half, you can add grated lemon or orange rinds. After two hours, the paste will be as solid as mayonnaise. Go on stirring it a little more and stop. If there is oil on the top, you can add a bit more water and go on whipping it for a while. Ideally, we would have to spend three hours whipping the mixture. After that, we can pour the paste into the little bowls and use a different bowl as a different mold. What is more, it is possible to pour it into a big tray in order to be cut in pieces. We have to cover the tray with stretched plastic. One day later, the soap still looks soft. By that time, we could cut it in pieces. After shaping the soap, it will have to dry up for three or four days before being kept. If you grate the soap, you can use it as washing powder for the washing machine.

JAVIER:

To conclude, we would like to underline the use of well-known **SYMBOLS RELATED TO "THE OLIVE TREE"**:

Men and olive trees have coexisted for ages. For example, as you already know, Greek people considered it a valued gift from the gods. For Roman and Arab people, it was the light that illuminated their nights. And for our ancestors, grandparents and parents, it has been a ritual element they have respected for ages.

VOLO:

"The Olive Tree" is a plural symbol, in other words, it can represent: VICTORY, PEACE, RESPECT, FRUITFULNESS, PROSPERITY, FRIENDSHIP, LIFE and ETERNITY. It has also been the United Nations' flag and emblem.

Finally, as you already know, it also represents "EL KOTINOS". This is a word that means "the olive tree's branch" in Ancient Greek and "the winner's crown". It symbolizes or represents the historic importance of "The Ancient Greece", life cycle and "The Olympic Games" quality. It is a universal symbol that represents freedom, hope and it is a source of inspiration for sportspeople and citizens from all over the world.

KAI KAI:

Well...That's all...Thank you for your interest.

EVERYBODY:

We hope you have enjoyed the speech...

Pleased to meet you...

We would like to see you again as soon as possible...

We wish you the best!!!!