

EXTRA VIRGIN OLIVE OIL

RESOURCE FOR TEACHERS

WHAT IS EXTRA VIRGIN OLIVE OIL?

Extra virgin olive oil (EVOO) is the natural juice obtained from the olive fruit.¹



It is the highest quality form of olive oil, and a major component of the Mediterranean diet, a diet that has been recognised as containing the capacity to reduce risk of mortality, cardiovascular disease, coronary heart disease, myocardial infarction, cancer incidence and diabetes.¹

EVOO's health benefits are attributed to its rich antioxidant content, a compound that reduces cell damage, and monounsaturated fats, a healthy fat.² It has been recommended by the Australian Dietary Guidelines to include unsaturated fats, such as EVOO, as part of a healthy diet.³

EVOO MYTH BUSTING

Myth: EVOO and Olive Oil are the same

Truth: EVOO and olive oil are used to describe different grades of olive oil, as a result of different processing methods. EVOO is the highest grade of olive oil, obtained solely from the fruit of the olive tree by mechanical means with no chemical treatments, leading to high natural antioxidant and polyphenol content.⁴ Olive oil is used to describe lower quality oil and can be composed of refined olive oil and EVOO/VOO.⁴ They typically only contain 5–15% of EVOO, and so contain few antioxidants and do not present health benefits to the same extent as EVOO. For maximum benefits, EVOO should be used as the primary fat.

BENEFITS OF EVOO IN KID'S DIETS



Only 3.65% of children aged 4–11 were consuming the recommended 1.5–2 serves of vegetables a day in 2015.⁵

Thus, in order to encourage fruit and vegetable consumption, **its important we make these foods desirable.**

Using EVOO to cook with vegetables can help to drastically improve its flavour and make it more visually appealing for children to eat.



EVOO has also shown to further improve antioxidant and vitamin A, E, D, and K absorption from vegetables like broccoli, cauliflower and kale.^{6,7} Its high monounsaturated fat content means it is **a great a source of healthy fats** and is perfect to replace unhealthy fats such as butter.



Furthermore, EVOO has shown to be **beneficial in preventing chronic diseases** such as cardiovascular disease, diabetes, cancers and osteoarthritis.² It's important to start emphasising healthy eating from a young age, particularly during their growth so that they are able to enjoy life more and live longer.



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WHAT IS THE RECOMMENDED VOLUME OF EVOO?

On average, 25–50 mL of EVOO daily is associated with health benefits.²

To maximise the health benefits of EVOO, consume 2-3 tablespoons a day

One way to do this is to encourage children to consumer 1 tablespoon EVOO per cup of vegetables



HOW CAN CHILDREN INCLUDE EVOO IN THEIR MEALS?



Replace butter and other oils for EVOO in baking, cooking or as a spread

Use as a base for salad dressings



Use EVOO to make dips for crackers, chopped vegetables or bread as an after-school snack



Dress some fresh orange slices with a mild flavoured EVOO and some cinnamon sugar. It tastes like a sweet pastry!



To make a moist and delicious cake

Coat and roast vegetables in EVOO



Fry breakfast eggs and veggies



Bake thin slices of vegetables coated in EVOO to make vegetable chips

For more ideas, visit our website:

olivewellnessinstitute.org

1. Institute OW. Extra Virgin Olive Oil 2020 [Available from: <https://olivewellnessinstitute.org/extra-virgin-olive-oil/>].
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3. Council NHaMR. Australian dietary guidelines Canberra: NHMRC; 2013 [Available from: https://www.nhmrc.gov.au/_files_nhmrc/file/publications/n55_australian_dietary_guidelines1.pdf].
4. Institute OW. Grades of Olive Oil 2020 [Available from: <https://olivewellnessinstitute.org/extra-virgin-olive-oil/grades-of-olive-oil/>].

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7. Ramírez-Anaya Jdel P, Samaniego-Sánchez C, Castañeda-Saucedo MC, Villalón-Mir M, de la Serrana HL. Phenols and the antioxidant capacity of Mediterranean vegetables prepared with extra virgin olive oil using different domestic cooking techniques. *Food Chem*. 2015;188:430-8.



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