

# WHAT IS OLIVE OIL?

Fun Facts from the Olive Wellness Institute



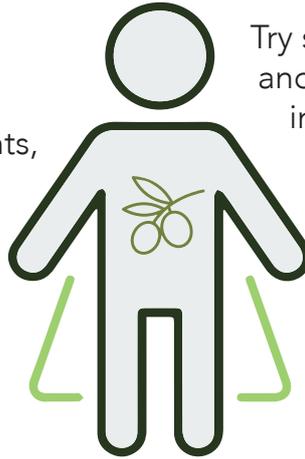
## This is an olive!

And when you juice an olive, you get a special liquid called **Extra Virgin Olive Oil** or **EVOO**!

This is just like how you juice apples; you can get apple juice!

## EVOO is like a superhero for your body!

It is full of nutrients, called antioxidants, and good fats to help you improve your physical health so you can have a more energetic day. EVOO is unique as it contains the highest amount of antioxidants compared to any other oil.<sup>1</sup>



Try sipping on some good quality EVOO and see if you can notice a peppery kick in the back of your throat – that's from the power of the antioxidant called

**oleocanthal!**

(Can you pronounce it? Ollie – O – Can – Thal)

This special antioxidant is created during the juicing of olives.

## Cooking with EVOO means...

Your food will taste better!

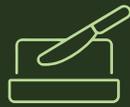
Try do a blind taste test of some veggies roasted with and without EVOO and see which one you like better

Your food smells and looks yummier!

Your food can become even healthier than before and nutrient absorption can be increased!

## Cooking with EVOO

Make sure you tag us as @olivewellnessinstitute on Instagram so we can see!



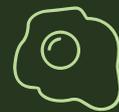
Replace butter in baking (use  $\frac{3}{4}$  the amount) – Make a lemon and EVOO cake!



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



Dress your salads with EVOO



Fry your eggs in EVOO



See if you can make an EVOO ice-cream



Dip your bread into EVOO



Make some vegetable chips by thinly slicing vegetables and roasting with some EVOO



Toss with potatoes and sweet potatoes and air-fry or bake for homemade chips/wedges



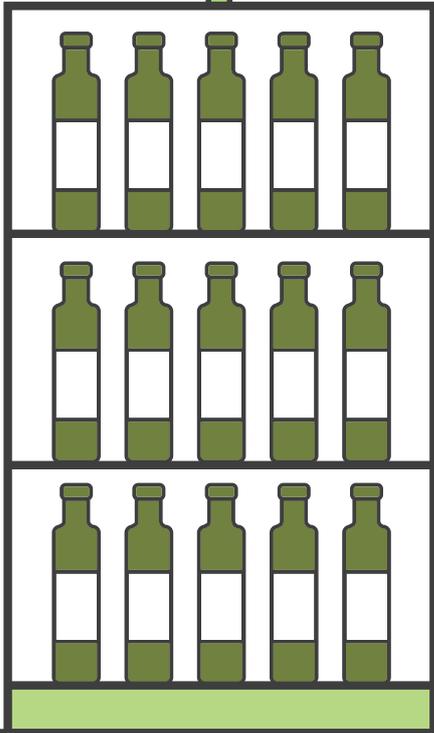
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# HIDE AND SEEK

The supermarket can be very confusing and can show many different kinds of bottles and types of olive oil.

Next time you go shopping with mum or dad...

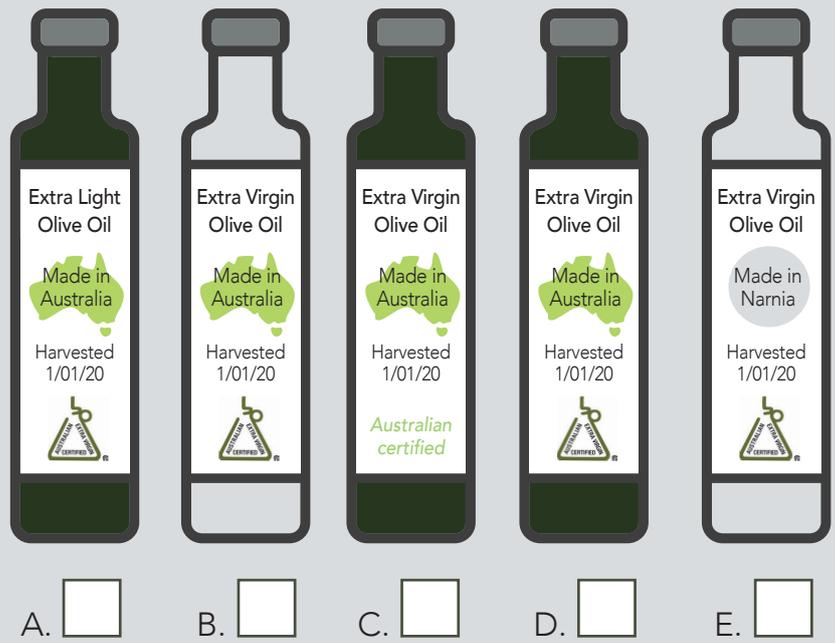
**use this checklist to choose the right bottle of EVOO.**



Answer: D

## Can you find which of the bottles is the correct one?

Go through the checklist above and tick which one you can say yes to!



### REFERENCES

1. Institute OW. Health Benefits of Extra Virgin Olive Oil 2020 [Available from: <https://olivewellnessinstitute.org/extra-virgin-olive-oil/health-benefits-of-extra-virgin-olive-oil/>]



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