



The Magic of Olive Oil:

Food, Science, and Culture

A fun worksheet to learn how olive oil helps unlock the power of plants!

Did you
know?



The Story of the Olive Tree

The olive tree is one of the oldest trees grown by people? It has been around longer than writing! In ancient Greece, champions wore olive branches as crowns. Romans used olive oil to light lamps and anoint leaders. Today, families all over the world still cook, share, and celebrate with olive oil.

Activity

Draw an olive tree and label the words peace, health, family, science and other words that mean something to you on its branches.

What Are Bioactives?

Bioactives are special plant chemicals that keep our bodies healthy. They help fight inflammation, protect our cells, and keep us strong.



Food	Bioactive	Helps With
Tomatoes	Lycopene	Heart health
Broccoli	Glucosinolates	Fighting illness
Carrots	Carotenoids	Eye health
Olive oil	Polyphenols & Oleocanthal	Reducing inflammation

Fun Fact:



The peppery tickle you feel when you taste fresh olive oil is the bioactive **oleocanthal** at work! The stronger the tickle, the more polyphenols are at work protecting your body.

Activity

Taste like a Scientist!

Try a teaspoon of fresh olive oil:

Do you notice a peppery tickle at the back of your throat?

That's the bioactive oleocanthal!

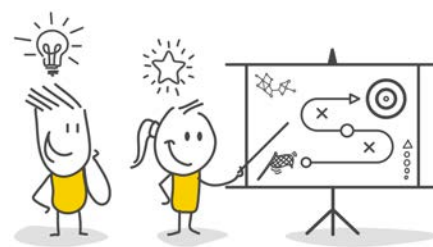


Record your rating:

- ☐ Mild 🌿
- ☐ Peppery 🌶️
- ☐ Very peppery 🔥

Food Pairing Power!

When you mix foods the right way, their bioactives become easier for your body to use. **Olive oil** is like a **team captain**, helping other foods work better together.



Try these smart pairings:

- Tomatoes + Olive Oil More lycopene for your heart.
- Broccoli + Olive Oil + Lemon More glucosinolates to protect your cells.
- Carrots + Olive Oil More vitamin A for your eyes.
- Spinach + Olive Oil Helps soak up Vitamin E for strong cells

Tough decisions: If you could only fit three of these on your plate, what would you choose and why?



Storing Olive Oil

To keep olive oil healthy and tasty: store it in a dark glass bottle, keep it away from the stove, and close the lid tightly after using.

Why do you think light and heat can make olive oil go bad?

(Clue: Think about what happens when butter melts in the sun!)



Olive Oil in Australia

Australia grows amazing olives too! Right across Australia, local farmers make olive oils that are just as good as those from the Mediterranean.



Find olive oil at home or in the supermarket.
Look for where it was made and write it here: _____

Healthy eating is about how foods work together.
Olive oil helps plants share their power with us.



<https://www.freshproducebioactives.com.au>