



Where Does Olive Oil Come From?

OBJECTIVE

Understand the **origin of olive oil**, the journey from olive tree to plate, and reflect on **informed, cultural, and sustainable choices**.

YOUR MISSION

Choose **an olive oil that exists in your home** or that you use regularly and investigate its origin.

Step 1 – Watch the bottle

Notes the information available on the label:

- **Brand:** _____
- **Country of origin:** _____
- **Region (if indicated):** _____
- **Type:** ☐ Virgin olive oil ☐ extra virgin olive oil ☐ Other _

Step 2 – From Farm to Table

Reflect on the olive oil journey:

- Where does olive oil come from **olive trees** grown?
- Imagine the stages: olive harvesting → extraction → bottling.

REFLECTION:



Step 3 — Near or Far?

Tick what applies:

- Local/national production olive oil
- European olive oil
- Olive Oil Outside Europe

Step 4 — Conscious

Choice Answers:

- Why the **origin of olive oil** can make a difference in taste, quality and in sustainability?

ANSWER:

FINAL REFLECTION

What changes in the way you use olive oil when you know its origin and history?

FOODWISELAB TIP

Olive oil is one of the pillars of the **Mediterranean diet**. Choosing olive oil of **known origin**, preferably **national**, helps to preserve traditions, support producers and enhance the territory.