



From Olive to Olive Oil: How Is Olive Oil Processed?

OBJECTIVE

Understand how olive oil is obtained from olives, distinguishing **simple mechanical processes** from more intensive processes, and understand why olive oil is the central fat of the Mediterranean dietary pattern.

YOUR MISSION

Choose an olive oil that you usually use and investigate how it was produced.

Step 1 – Identify the oil

- Olive oil Chosen: _____
- Type: ☐ extra virgin ☐ virgin ☐ Other
- Origin indicated on the label: _____

Step 2 – From olives to olive oil

Mark the steps you think are part of olive oil processing:

- ☐ Olive harvest
- ☐ Washing
- ☐ Shredding
- ☐ Paste batting
- ☐ Extraction by mechanical processes
- ☐ Filtration
- ☐ Bottling

What steps help keep the oil closer to the original olive? Why?



Step 3 – Degree of processing

Rate the olive oil you have chosen:

- ☐ Poorly processed
- ☐ Moderately processed
- ☐ Highly processed

Justify your choice:

Step 4 – Impact on quality

Reflect and answer:

- Was the oil obtained only by **mechanical processes**?
- Is there an indication of **controlled temperature** (cold extraction)?
- What differences do you notice in taste and aroma?

REFLECTION:

FINAL REFLECTION

If you had to choose between an extra **virgin olive oil** and a more refined one, **which would you choose more often and why?**



FOODWISELAB TIP

Extra **virgin olive oil** is one of the least processed foods in the Mediterranean diet: it results only from the **mechanical extraction of the olive**, maintaining beneficial compounds and characteristic flavour.