



Olive oil

All about this product

The origins of olive oil

6000-1300
b.C.

From the
Middle Ages
to the
Renaissance

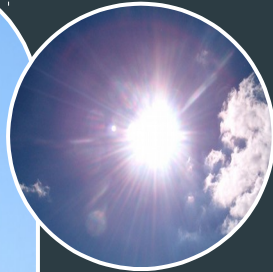
From Greeks
to the end of
the Roman
empire

1700- today

Production and global market

- olive oil is produced in particular in the Mediterranean area.
- The majors European producers are Spain, Italy, Greece, Portugal and France.
- ▣ Outside of Europe, the majors producers are Tunisia, Turkey, Syria, Australia and Japan.
- ▣ Italy is the second major producer in the world, with a production of 464,000 tons.

The ideal climate for olive trees: Mediterranean climate



Hot and dry
summers



Precipitation
s
concentrated
in the
autumn



Mild winters

cultural value of olive oil

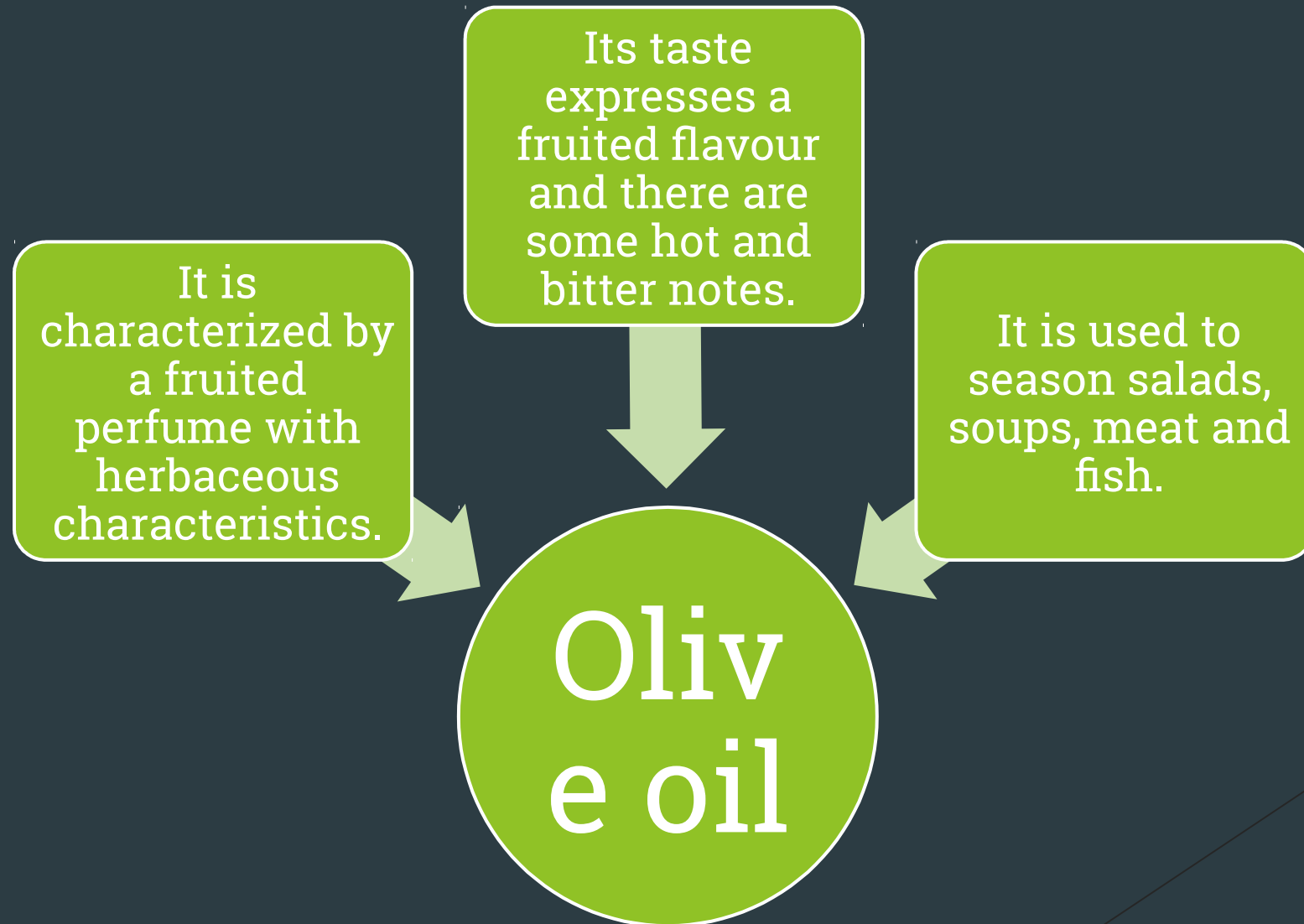
Oil is a valuable resource because it has several uses.

- We can use it to cook or season food and, since ancient times, it has been used to illuminate places.
- In antiquity it was used as medicine, it was also used by athletes before a competition to strengthen their muscles and to make them stronger.
- Nowadays one of the most common uses of oil is during christening because it is believed that makes people strong and gives energy to fight against evil.

-The average retail price of oil is about 9€ (6€ wholesale price)

Country	Production	Consumption
Spain	45,5%	20%
Italy	16,8%	30%
Greece	10,8%	9%
Syria	5,4%	3%
Morocco	5,2%	2%
Turkey	4,9%	2%
Tunisia	4,9%	2%

Sensorial aspects of olive oil



Productive process of olive oil



Beneficent properties and composition

Nutritional values in 100g of olive oil:

Water	0g	Sugars	0g
Kcal	884	E Vitamin	14,35g
Proteins	0g	Glycemic index	0
Fats	100g	Cholesterol	0g
Saturated fats	13,808g	Linoleic acid	9,762g
Carbohydrates	0g	Linoleic acid	0,761g

It is the best flavouring for food.



Advantages of Olive oil



It is recommended for frying because it does not decompose at high temperatures and it does not produce harmful substances.

It is very good for digestion because it stimulates the gall-bladder.

Thanks for watching our work!

- ▶ Classe 2°E anno scolastico 2016-2017
- ▶ Liceo Linguistico Statale 'Ilaria Alpi' Cesena