BEGINNERS GROUP

PART A. You are going to listen to a lecture in a nutrition class. The professor is talking about olive oil. Listen to the talk carefully, and mark the statements true (T) or false (F). Now, you have 30 seconds to have a look at the sentences.

T  F  1. We group olive oil by its acid level.
T  F  2. Heat affects the color and taste of olive oil.
T  F  3. Extra virgin and virgin olive oil have the same acid level.
T  F  4. Pure olive oil is a high quality oil.
T  F  5. People with weight problems should eat light olive oil.
T  F  6. Children who consume olive oil regularly have strong bones.

PART B. Listen to the talk again, and complete the sentences. Now, you have 50 seconds to have a look at the sentences.

1. ______________________olives produce bitter oil.

2. The acidity level of a good olive oil should be less than ______________________.

3. Virgin olive oil is obtained from the ________________ cold pressing.

4. Pure olive oil is often obtained from a ________________ process.

5. Light olive oil is only lighter in color and ____________________.

6. Olive oil helps to slow down the natural ____________________ process.
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Now, you have 30 seconds to have a look at the sentences.

Yesterday, we talked about the history of olive oil. Today, I'll be talking about the processes by which various types of olive oil are produced and some health benefits of olive oil. Olive oil is produced by grinding olives and extracting the oil. Green olives produce bitter oil, and overripe olives produce rancid oil, so for good extra virgin olive oil, you have to make sure the olives are perfectly ripened. Olive oil is grouped primarily by its acid level. When the acid level is low, it tastes better. The acid level of a good olive oil should be less than 1%

Olive oil can be produced by a cold process or by a heated process. The highest quality oils are produced by the cold-press process. Let me explain the cold-press process. Olive oil can be made without heat by pressing very ripe olives. Because no heat is used in this process, the color and taste of the olive oil is not affected. What results from this first pressing of the olives is called extra virgin olive oil. In other words, extra virgin olive oil is obtained when the olives are processed for the first time. You may also have heard of virgin olive oil. Like extra virgin olive oil, virgin olive oil is from the first cold pressing. Extra virgin olive oil, however, is made from special olives with a low acid content. Thus, extra virgin olive oil has a lower acid level than virgin oil, but they both come from the first cold pressing of the olives.

Now, we'll talk about pure olive oil. If an olive oil is called pure olive oil, this means that it has been obtained from a heated process. The heated process has an effect on the color and taste of the oil. Pure olive oil is considered low quality.

The final type of olive oil I'd like to mention briefly is light olive oil. When the label of a bottle of olive oil says that it is light olive oil, most people think that it is not high in calories. However, it is high in calories. Light olive oil means that the oil in the bottle is not pure olive oil. Some other type of oil has been added to the olive oil to lighten the taste, but the fat content, that is the calorie level of olive oil, is not low — it only has lighter color and taste.

As for the health benefits, olive oil is recognized as important in maintaining metabolism and it also helps the development of the brain and bones in children. It is also recommended for older people because it is a good source of vitamin E. Research shows that olive oil helps reduce the risk of chronic diseases, including cancer. It also helps to slow down the natural ageing process.

Well, that’s all for today. Tomorrow…..
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