



Olive Oil in the Centre of the Plate

OBJECTIVE

To value **olive oil** as the main fat of the Mediterranean dietary pattern, promoting its conscious, sensorial and balanced use in everyday meals.

YOUR MISSION

Carry out the next three steps, putting **olive oil** at the heart of your choices.

Step 1- Complete meal with olive oil

Create a **complete meal** where olive oil is the main element:

- Vegetable soup
- Bread mix
- Grilled **vegetables** seasoned with olive oil
- Fruit as a dessert

Describe your meal:

Step 2 - Olive Oil Tasting

Do an **olive oil tasting at home**, comparing:

- A mild-tasting olive oil
- An olive oil with a **fruity taste**

Try them (preferably raw) and answer:



What differences do you find?

(think aroma, flavour, intensity, bitter or spicy)

Step 3 - Plan of the Week

In your **Plan of the Week**, tick:

- when you are going to use **raw olive oil** (in salads or at the end of dishes);
- when you replaced **other fats** with olive oil.

Day	How you used olive oil	Other fat replaced



Final reflection

It answers the following questions:

1. Why is olive oil considered the **main fat** in the Mediterranean diet?

2. What did you change in your fat consumption throughout the week?

3. In which dishes does it make more sense to use **raw olive oil** instead of other fats?
