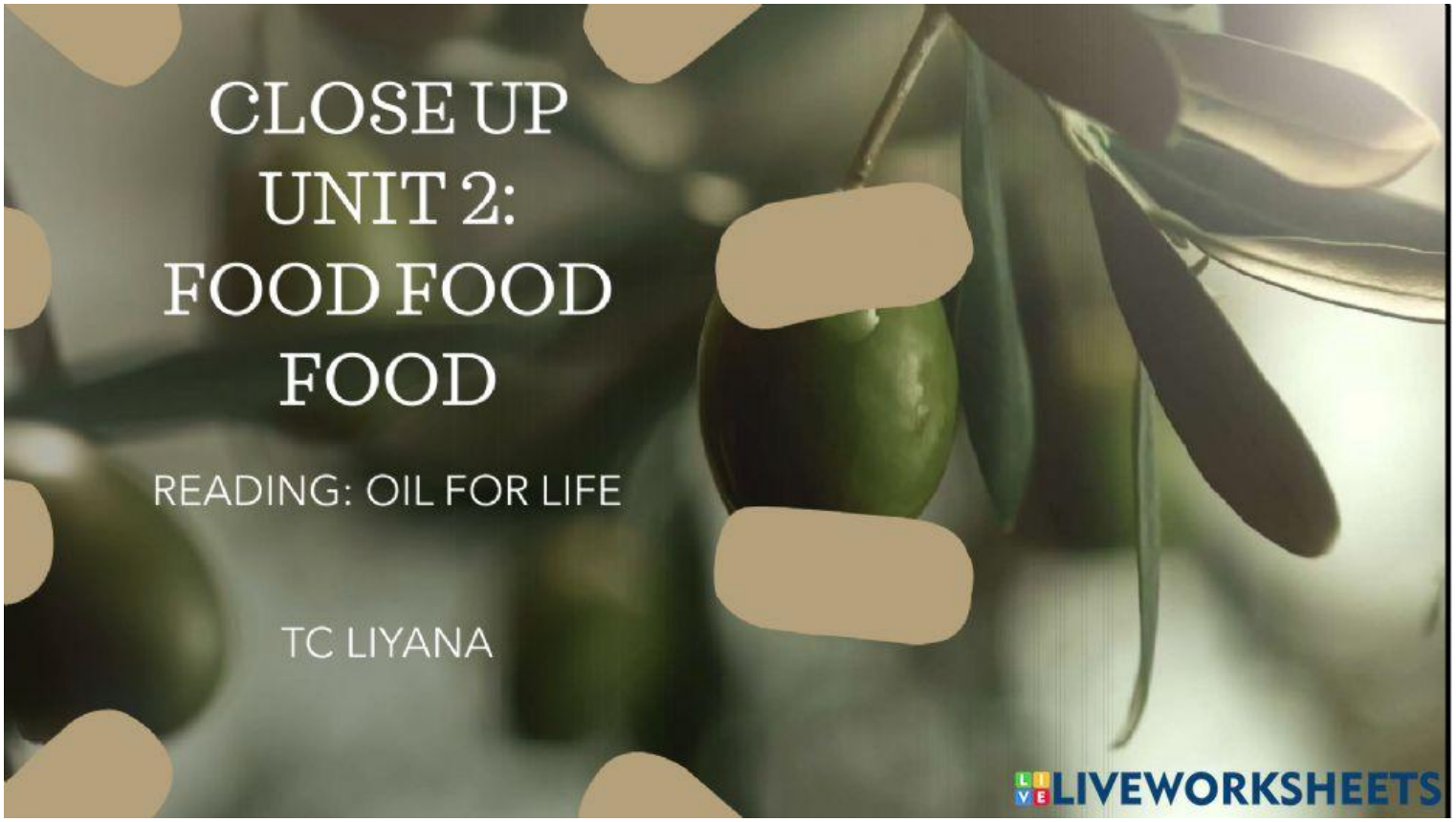

CLOSE UP
UNIT 2:
FOOD FOOD
FOOD
READING: OIL FOR LIFE
TC LIYANA
LIVEWORKSHEETS

An Oil for Life

Word Focus

crush: to press something very hard and break it
harvest: to pick and collect crops
fresh: not preserved or old
improve: to make something better

Maria Alcalá of Madrid speaks for many Mediterranean people when she says that "a meal without olive oil is boring". (1) _____ knows when the Mediterraneans first fell in love with olives because it was before people wrote and kept records. However, there is some evidence that people began growing olive trees around the Mediterranean Sea approximately 6,000 years ago. The Mediterranean countries still (2) _____ 99% of the world's olive oil with Spain being the world's biggest producer.

From ancient times (3) _____ today, the basic process of producing the oil is the same. First, farmers crush the olives. Then, they take the liquid and separate the oil from the water.

Many olive growers keep their ancient traditions and still harvest the olives (4) _____ hand. "We harvest in the traditional way", says Don Celso, an olive farmer from Tuscany, Italy. "It is less expensive to do it with machines but it's more a social thing. Twenty people come to help with the harvest and we pay them in oil".

Ancient civilisations used olive oil (5) _____ money and medicine. They even used it during war – they would heat it up and drop it down on the enemy! (6) _____ days, it is still used in religious ceremonies as it was in ancient times. It is also great for making fish and cheese stay fresh. There are even olive oil la[illegible]

LIVEWORKSHEETS

One important study showed that Mediterranean people have the (7) _____ hearts in the western world. This is partly to do with frequently using olive oil. Other studies have shown that using olive oil can help to protect people from some types of diseases. The world is beginning to understand the advantages of using olive oil and it isn't an unusual thing to see on dinner tables outside the Mediterranean region anymore. The olive oil producing countries now sell large (8) _____ of olive oil to countries in Europe, Asia, Africa, and North and South America.

Olive oil improves the lives of people everywhere when it is part of a well-balanced (9) _____. Ancient people knew about its benefits and modern science has confirmed them. Luckily, the Mediterranean people are happy to (10) _____ their secret with the world.



LIVEWORKSHEETS

BASED ON THE TEXT, MATCH THE MEANING OF THE WORDS. WRITE *a, b, c, d* or *e* in the box.

D Find the words 1–5 in the text and match them to their definitions a–e.

1	evidence	☐	a something like water that you can pour easily
2	process	☐	b a series of things that you do to make something
3	liquid	☐	c reasons for believing that something is or isn't true
4	civilisation	☐	d an illness; something that makes you very sick
5	disease	☐	e a large group of people with its own culture

LIVEWORKSHEETS

Read the text again. Fill in the blanks with the suitable answers from the choices given here.

Exam Task

Read the text and choose the correct word for each space.
For each question, mark the correct letter, **a**, **b**, **c** or **d**.

1	a Anyone	b Everyone	c No one	d Someone
2	a better	b want	c buy	d produce
3	a since	b for	c through	d until
4	a by	b in	c on	d with
5	a as	b at	c on	d of
6	a There	b These	c This	d Those
7	a lightest	b lowest	c healthiest	d smallest
8	a amounts	b groups	c lots	d numbers
9	a food	b dish	c diet	d plate
10	a give	b offer	c share	d show

LIVEWORKSHEETS

THANK YOU.
GOOD JOB!



LIVEWORKSHEETS