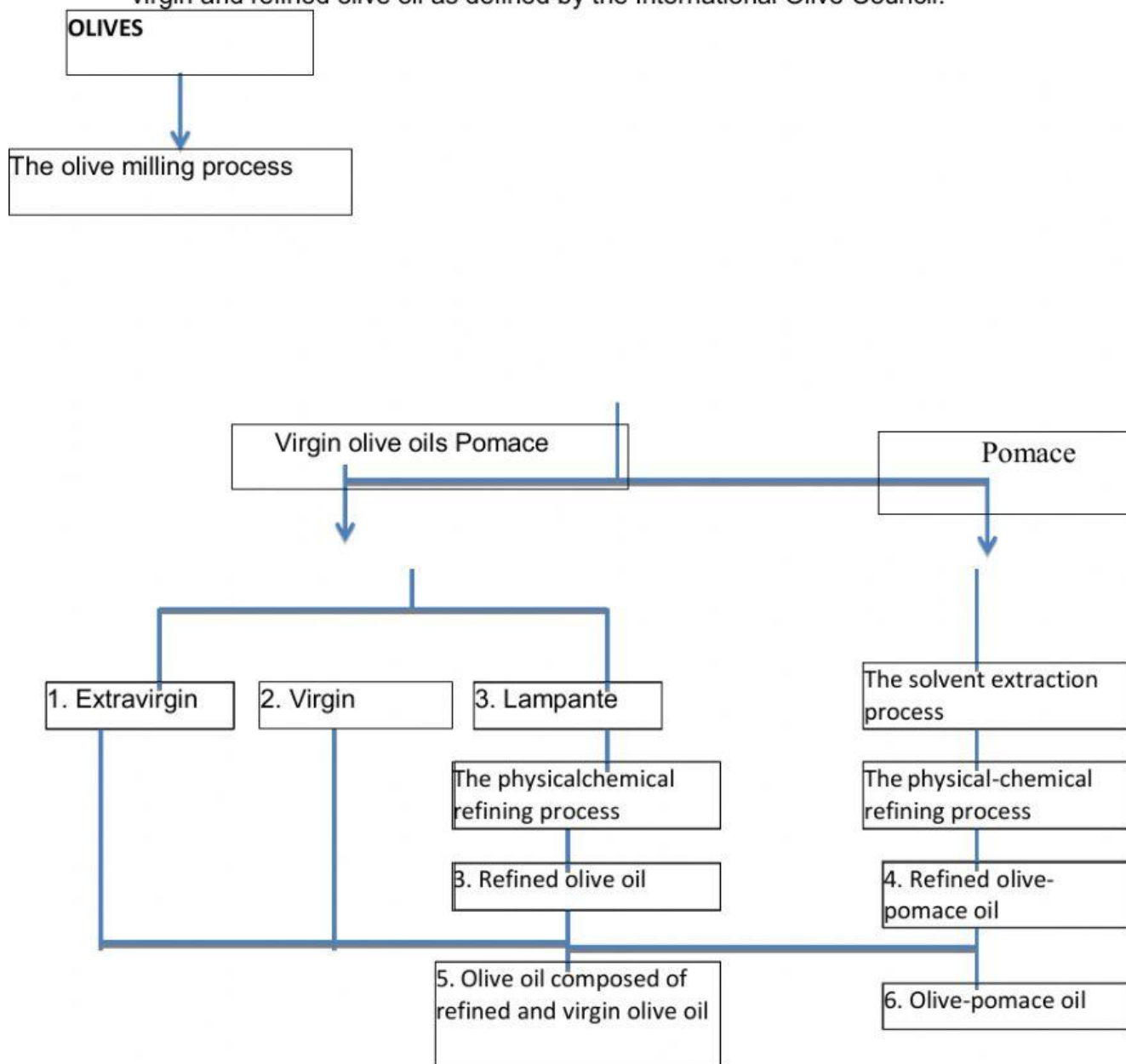


# Olive Oil: Extraction and Classification

## OLIVE OIL CLASSIFICATION

When dealing with olive oil, the first point to be made clear is the category of olive oil that is being discussed. Ignoring the category the oil belongs to can be a source of confusion and misunderstanding and can lead to mistakes in buying, selling, tasting or using it. The flowchart below shows the classification and denomination of the various categories of virgin and refined olive oil as defined by the International Olive Council.



The six categories highlighted by the grey background are suitable for human consumption. The flowchart starts with the olive milling process, whose products are the 'virgin' olive oils. Two of them, namely extra virgin and virgin, are allowed for consumption. The third category, lampante, is intended for refining or for technical use. Lampante virgin olive oil comes from bad fruit or careless processing. It is not fit for human consumption as it is without modification. On the other hand, the pomace, which is the solid residue from the milling process, still contains a small amount of olive oil that is impossible to extract by mechanical means. It can only be extracted with solvents. The refined oil derived from pomace is called 'refined olive-pomace oil'. Both the 'refined olive oil' and the 'refined

olive-pomace oil' can be mixed with extra-virgin or virgin olive oil in various undefined proportions in order to improve their flavour. Regarding quality, extra virgin olive oil is higher in quality and it is flavourful and tasty. Refined olive oil is very mild and almost neutral in taste: it is very good for cooking, frying and for preserving canned vegetables, meat or fish.

### 1. Read the text and match each adjective to its opposite

Refined	Unsuitable
Suitable	inedible
Edible	flavourless
Solid	strong
Mild	raw
Flavourful	liquid

### 2. Complete the following sentences choosing the correct word or sentence below

- a. Extra-virgin olive oil
- b. Six
- c. Lampante
- d. Cooking, frying
- e. Pomace

1. There are ..... categories of oil suitable for human consumption.
2. .... is the highest quality and most
3. .... is the olive oil of the worst
4. .... oil is a lesser grade and quality than olive oil due to the way in which it is extracted and the chemicals used in the process.
5. Refined olive oil is obtained from virgin olive oils by refining methods which do not lead to alterations in the initial glyceridic structure. It can be used for ..... and for preserving canned vegetables, meat or fish

### 3. Match the following words with the correct translation

El primer punto a definir	on the other hand
El diagrama de flujo comienza	it is very good for
Dos de ellos	regarding quality
Por otra parte	the flowchart starts
Con respecto a la calidad	two of them
Es muy bueno para	the first point to be defined