



Skim the text quickly for gist. Read the questions and find the part in the text that relates to each question. Answers may be paraphrased.

Listening & Reading

27 How can olive oil be used? Tick (✓), then listen and check.

- | | | | |
|----------------------|--------------------------|----------------------|--------------------------|
| as a cooking oil | <input type="checkbox"/> | to clean floors | <input type="checkbox"/> |
| in suntan lotions | <input type="checkbox"/> | to lower the risk of | <input type="checkbox"/> |
| in cosmetics | <input type="checkbox"/> | serious diseases | <input type="checkbox"/> |
| in hair conditioners | <input type="checkbox"/> | to heal stomach | <input type="checkbox"/> |
| in soaps | <input type="checkbox"/> | disorders | <input type="checkbox"/> |
| to provide heat | <input type="checkbox"/> | to treat minor | <input type="checkbox"/> |
| to fix squeaky doors | <input type="checkbox"/> | wounds/illnesses | <input type="checkbox"/> |
| to polish diamonds | <input type="checkbox"/> | to remove paint | <input type="checkbox"/> |
| to preserve fish | <input type="checkbox"/> | to treat burns | <input type="checkbox"/> |
| and cheese | <input type="checkbox"/> | | |

28 a) Read the article, then read questions 1 to 4 and circle the correct answer: A, B, C or D. Then explain the words in bold. Finally, use your dictionaries to find synonyms for the highlighted words.

- Olive oil
 - is not well-known.
 - is gaining popularity.
 - is a fruit.
 - is used only in the Mediterranean.
- The people of the Mediterranean
 - have been using olive oil for a very long time.
 - think olive oil is too expensive.
 - have recently discovered olive oil.
 - have a high rate of heart disease.
- Olive oil is **not** used

A to wash with	C to polish wood
B to cook with	D to keep food fresh
- Olive oil can
 - cure heart disease.
 - heal serious injuries.
 - cause stomach problems.
 - help you live longer.

Speaking

- b) How is olive oil used in your country? What other healthy foods do you eat?

Miracle Oil

Did you know that there is a fruit juice that you can cook with, wash with and **preserve** things with? Well, there is. It has been used for thousands of years in countries such as Greece, Italy and Spain. What is it? It's olive oil, of course, and it's fast becoming the most **popular** oil in the world.

Although people in Mediterranean countries have been using olive oil for over 4,000 years, it has **only recently** become popular in other parts of the world. In fact, people **beyond** the Mediterranean once saw olive oil as little more than an exotic but expensive luxury. However, recent studies **linking** an olive oil-rich diet with low **rates** of heart disease have made the rest of the world sit up and **take notice**. **As a result**, more and more people have come to realise the many health and **nutritional benefits** of **giving up** other oils and using olive oil instead.

As well as tasting delicious and being the healthiest cooking oil available, olive oil has many other uses. It is a **major ingredient** in many cosmetics, hair conditioners and soaps. It also has a **wide** variety of **lesser** known uses, such as **fixing** **squeaky** doors and even polishing diamonds. It is also a preservative, and will keep fish and cheese fresh for years.

Perhaps more important, though, is olive oil's value as a medicine. Not only can eating olive oil **lower** the **risk** of serious **diseases**, such as cancer and heart disease, it can also have a **healing effect** on many stomach **disorders**. **On top of this**, Mediterranean people have traditionally used it to treat **minor wounds** and illnesses. This could explain why people in Mediterranean countries **tend to** live longer.

So the next time you go shopping, don't forget to **add** olive oil to your list. It will make your food taste better and your life **last** longer!

