



READING COMPREHENSION



▲ Rows of young olive trees line the hills of Andalusia in Spain, the world's leading olive oil producer.

The Benefits of Olive Oil

25 Olive oil has had a variety of uses through its long history. In ancient times, olive oil was used as money and as medicine. It was even used during war—heated up and dropped down on **attackers**. It is still used in religious **ceremonies**. It is great for protecting the freshness of fish and cheese. There are even olive oil lamps and olive oil soaps.²

30 One important study showed that Mediterranean people have the lowest rate of heart disease among Western nations. This is partly **associated** with their frequent use of olive oil. Other studies have shown that food cooked in olive oil is healthier, and that eating olive oil twice a day reduces women's risk of getting breast cancer.³ The world is
35 beginning to understand its benefits, and olive oil is no longer an unusual sight at dinner tables outside the Mediterranean region. The olive oil producing countries now sell large amounts of olive oil to countries in Europe, Asia, Africa, and North and South America.

40 Olive oil enhances the lives of people everywhere. Its benefits, recently confirmed by science, were already understood in ancient times. Mediterranean people are happy to share their secret with the world.

² **Soap** is a material used for cleaning the hands, the body, etc.

³ **Cancer** is a serious disease in which cells in the body grow rapidly in an uncontrolled way.

A careful pouring of olive oil ► turns a plate of sheep cheese into a work of art.





□ Reading Comprehension

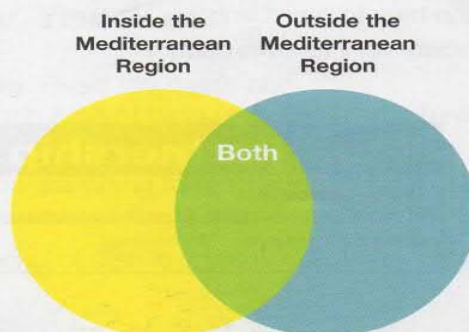
A. Multiple Choice. Choose the correct answer for each question.

- Purpose **1.** What is the purpose of this passage?
a. to compare Mediterranean olive oil with that produced in other places
b. to show why olive oil is produced around the Mediterranean Sea
c. to discuss olive oil production outside the Mediterranean region
d. to explain the history, production, benefits, and use of olive oil
- Detail **2.** When did the cultivation of olive trees begin around the Mediterranean Sea?
a. 2,000 years ago
b. 4,000 years ago
c. 6,000 years ago
d. No one knows.
- Sequence **3.** Which step occurs first in olive oil production?
a. separating the liquid from the solids
b. crushing the whole olives
c. separating the oil from the water
d. drying the olives under the sun
- Detail **4.** Which use of olive oil is NOT mentioned in the article?
a. money
b. medicine
c. soap
d. paint
- Inference **5.** Why has the author included information about several studies of olive oil?
a. to explain the growing interest in olive oil around the world
b. to show how the biology of Mediterranean people is special
c. to explain that olive oil is more important for women than for men
d. to give reasons why olive oil is similar to medicine

Did You Know?

Greek people use more olive oil per person than any other people in the world.

B. Classification. Write each answer (a–e) in the correct place in the chart.



- a. the first production of olive oil
- b. a higher rate of heart disease
- c. olive oil reduces the risk of cancer
- d. the world's top producers of olive oil
- e. enjoy olive oil with meals