**Olive Oil**

*Health Benefits*

* Contains monounsaturated fat to help lower cholesterol and blood pressure
* Two tablespoons a day may reduce the risk of heart disease
* Contains antioxidants called polyphenols to help with arthritis and memory loss

*Ways to Use Olive Oil*

* Replace butter or vegetable oil with olive oil in your homemade baked goods
* Make your own salad dressing using olive oil, vinegar and your favorite spices
* Prepare your own French fries by drizzling olive oil on cut potatoes or sweet potatoes and baking in the oven



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* The olive tree is the symbol of peace or wisdom-“olive branch”
* Olive trees can live several hundred years-one record shows a tree that lived 2,000 years!

**Can you find 10 words related to olive oil in the word search below?**

Y Q L E V I R G I N V O I C Y

Y Y T O U J N D A P K L T B E

T S L E N I N I C D D I G M Z

Y D B O P E S K M B P V J N I

T A F P H A H W R O P E L A J

X O I X L E L P D H H E G K W

V D H A G U A I Y S N Y N A T

T N D R Q W C R O L G E I M V

U U N P E X M S T Z O F S S Z

K J Z Y L V I J I B A P S Z H

V D R K B W O Y I N M T E N O

Y W R V C Q D J V U A Z R L Y

T L K I Z U I R U A E O D X T

A P Q H K K L F T L J P J F E

D E T A R U T A S N U O N O M



Dipping Polyphenol

Dressing Oil

Fat Olive

Heart Salad

Monounsaturated Virgin

Prepared by Stacie Leahy

UW-Stout Intern, 2013

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X O I X L E L P D H H E G K W

V D H A G U A I Y S N Y N A T

T N D R Q W C R O L G E I M V

U U N P E X M S T Z O F S S Z

K J Z Y L V I J I B A P S Z H

V D R K B W O Y I N M T E N O

Y W R V C Q D J V U A Z R L Y

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X O I X L E L P D H H E G K W

V D H A G U A I Y S N Y N A T

T N D R Q W C R O L G E I M V

U U N P E X M S T Z O F S S Z

K J Z Y L V I J I B A P S Z H

V D R K B W O Y I N M T E N O

Y W R V C Q D J V U A Z R L Y

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