**National and Local
Produce and Products**

Task: Spanish Olive Oil

Activity 1: Listening

Welcome to a practice listening task for the GESE 7.

You are going to hear a talk about spanish olive oil. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me generally what the speaker is talking about. Are you ready?

Audio Script

Every country has their star product, and the one of Spain is olive oil. It is no surprise with all the benefits that it has. What kind of oil do you use for your meals?

It seems that the benefits of olive oil are numerous. One of these benefits is that it helps to have healthy looking hair. It is rich in vitamin E and can help fight hair loss. Furthermore, bones are strengthened by olive oil. There was a study that had found that those who consumed olive oil in their diet showed that they had a healthier bone formation. Another interesting benefit is that a study showed if a person has had three tablespoons a day it helped improve their immune system, having growth and activation of T-cells, which will attack foreign invaders. Moreover, it could reduce risk in cancer. There are some anti-cancer properties in olive oil that help fight off cancer. In addition to all of these, olive oil is very nutritious and you cannot compare any other type of cooking oil with it when you consider the flavour, versatility and health benefits. It is understandable why olive oil is referred to as liquid gold after considering these benefits, amongst others.

Like everything, there are certainly some things that we have to be cautious against when using olive oil. Even though it is a healthy food, we must not forget that it is dense with calories. Every tablespoon has one hundred and twenty calories, so it should only be used in small amounts. Another thing to consider is that olive oil is rather expensive when comparing it to other types of oils. It is another reason why you should not overuse olive oil if you want to save money. Also, if you were to over-consume olive oil, you would put yourself at risk of having your blood pressure fall, and this may lead to certain problems. For instance, dizziness, lightheadedness, stroke or kidney failure. Another thing that you ought to know is that some people use olive oil on their skin, but if used excessively it could trap dirt on your skin and clog your pores, therefore creating a potential problem of having acne. Something else that might be problematic is that this oil can lower your blood sugar levels. It can cause health problems, such as hypoglycemia, sweating, trembling and weakness.

In the long run, it is safe to say that there are more pros than cons as long as olive oil is used wisely. In the past, people used to not have all the information we have now about the properties of different types of oil. So, If I were you, I would use olive oil instead of any other oil to enjoy its benefits.

Can you tell me in one or two sentences what the speaker was talking about?

Now listen to the talk again. This time make some notes as you listen, if you want to. Then I'll ask you to tell me about the pros and cons of olive oil.

Now tell me about the pros and cons of olive oil. You have one minute to talk.

This is the end of the listening task.

Answers:

Pros of olive oil	- healthy looking hair, fight hair loss, vitamin E - healthier bone formation - improve immune system, grow T-cells, attack foreign invaders - could reduce risk in cancer - nutritious, cannot compare to other cooking oils, flavour, versatility, health benefits
Cons of olive oil	- dense in calories: 120 calories a tablespoon / use small amounts - expensive compared to other oils - over-consuming: risk of falling blood pressure, dizziness, lightheadedness, stroke, kidney failure - used excessively on skin, create having acne - lower blood sugar levels: hypoglycemia, sweating, trembling, weakness

Marks: +_ / +10

Grammar Used in the listening task:
- **Simple Passive**
- **Relative Clauses**
- **Second Conditional**
- **Used to**
- **Modal Verbs**
  - **Must**
  - **Might / May**
  - **Should / Ought to**