



## **From Tree to Table: Understanding the Olive Harvest and its Products**

**Summary.** This is an outdoor and indoor project that teaches school students about the olive tree, its history, the olive harvest process, and the end products, such as olive oil and soap, through hands-on activities and taste testing. By the end of the project, students should have a deeper appreciation for the effort that goes into producing these products and a better understanding of the importance of the olive tree in our daily lives.

**Subject of the study.** The fascinating world of the olive tree and its products.

**Aim of the study.** The aim is to educate and inspire students to appreciate the natural world and its resources.

**Objectives of the study.**

1. To educate students about the olive tree and its cultural significance.
2. To explain the process of the olive harvest and the transformation of olives into various products.
3. To engage students in hands-on activities, such as taste testing and soap-making, to enhance their understanding of the topic.
4. To encourage students to develop critical thinking and problem-solving skills through observation and experimentation.

5. To expand students' palate and encourage them to try new things.
6. To inspire students to learn about the world around them and develop a lifelong appreciation for the natural world and its resources.

To achieve these objectives, the following steps will be taken:

1. *Introduction*: Discuss the importance of plants in our daily lives and introduce the topic of the olive tree.
2. *Olive Harvest*: Explain the process of the olive harvest and how olives are transformed into various products.
3. *Olive Oil*: Discuss the process of making olive oil and allow students to taste different types of olive oil.
4. *Olives*: Introduce students to the different types of olives and encourage them to try fresh olives.
5. *Soap*: Discuss how olive oil is used to make soap and provide students with samples for observation and observation.
6. *Experiment*: Encourage students to create their own olive oil soap and observe the process.
7. *Evaluation*: Evaluate students' understanding of the topic through class discussions, written reports, and hands-on activities.

By following these steps, students will gain a comprehensive understanding of the olive tree and its products and develop a lifelong appreciation for the natural world and its resources.

**Research methods.** Through books, reliable websites, expert consultations, hands-on activities, and class discussions. These methods will provide a comprehensive understanding of the olive tree, its history, growth, and products.

**Tools that can be used.**

- Rakes: Used to gently shake the olives from the tree.
- Nets: Spread under the tree to catch the falling olives.
- Harvesting Bins: Used to transport the harvested olives to the processing facility.

**How to investigate.**

1. *Research*: Start by researching the olive tree and its products. Use books, articles, and reliable websites as resources. Take notes on the history of the olive tree, its growth and care, and the process of harvesting and producing olive oil and other products.
2. *Consult Experts*: Reach out to experts in the field of agriculture or olive production, such as local farmers or agricultural organizations, to ask questions and gather additional information.
3. *Hands-on Activities*: Engage in hands-on activities such as taste testing, soap-making, and observation to gain a deeper understanding of the process of producing olive oil and other products.
4. *Classroom Discussion*: Hold class discussions to share information and insights with classmates. Encourage students to ask questions and engage in conversation about the topic.
5. *Presentation*: Create a presentation to summarize the findings of the investigation. The presentation should include information about the history of the olive tree, its growth and care, the process of harvesting and producing olive oil, and the end products.

## **Findings**

Through research and investigation, we learned the following about the olive tree and its products:

1. *Olive tree history*: The olive tree has a rich history, with evidence of its use dating back thousands of years. It has been cultivated in the Mediterranean region for centuries and is considered a symbol of peace and prosperity.
2. *Olive tree growth and care*: Olive trees prefer warm, sunny climates and well-drained soil. They are hardy and can live for several centuries, but require regular pruning to maintain their shape and encourage fruit production.
3. *Harvesting and producing olive oil*: Harvesting olives typically takes place in the fall and winter months, with the fruit being hand-picked or collected using mechanical harvesters. The harvested olives are then processed into oil through crushing, decanting, and filtering.

4. *Products from the olive tree*: In addition to olive oil, the olive tree also produces a variety of other products including soaps, lotions, and food products such as olive tapenade and marinated olives.

By researching the olive tree and its products, we have gained a comprehensive understanding of this important and versatile plant, and its role in history and modern life.

### Literature used.

- *"Olive Oil and Health: A Greek Legacy"* by Tonia Buxton. Published by Piatkus, 2005.
- *"The Olive in Greece: History, Tradition and Economy"* by Spyridon N. Tassios. Published by Hellenic Agricultural Organization - Demeter, 2008.
- *"Olive Oil Production in Greece: Traditional and Modern Techniques"* edited by Anastasios Kanellis and Michael D. E. Lewis. Published by Springer, 2012.
- *"The Story of Greek Olive Oil: From Antiquity to the Present Day"* by Christos Zoidis. Published by Zalidis Press, 2016.
- *"Greek Olive Oil: An Odyssey through Time and Place"* by Kostas Roumeliotis and Vassilis Stathakis. Published by Pelagos Publications, 2016.

These books provide information on the history and culture of olive oil production in Greece, as well as the latest techniques and developments in the industry. They can serve as valuable resources for research on the topic.



By submitting this form, we do not object to our child being photographed and filmed in the framework of the Erasmus+ project "Discover the World of Trees", and to the publication of the video footage featuring the image of the minor in a digital methodological tool to be developed, as well as on channels dedicated to the publicity of Erasmus+ projects.