

### Additional resources for the teacher

Description of educational activities - implementation of the scenario. If there is equipment in the classroom, in the 1<sup>st</sup> and 2<sup>nd</sup> teaching hours, the lesson is conducted in the classroom using a video projector. In the 3<sup>rd</sup> lesson, the course will take place in school's computer lab where the required software TuxPaint, HotPotatoes and worksheet file are already installed. Students are divided into groups of 3-4 people.

#### Phase I questions

- 1) Do you know the tree depicted in the painting ?
- 2) What does this tree give us ?
- 3) What do you know about the olive ?
- 4) What do we get from the olive ?
- 5) How is the oil produced?
- 6) Does the olive symbolize something ?
- 7) Why is the olive important for people's lives ?
- 8) Why do we wish someone to get the olive years ?
- 9) What is the place of the olive tree in antiquity ?
- 10) Is the olive used as medicine?

The Olive: For thousands of years, the olive and its fruit have "lived" in the Mediterranean region. This precious gift of nature is a living heritage, connected to many areas of our lives. Olive oil nourishes, preserves, protects, stimulates, heals, inspires. So it's worth getting to know it and learning its inestimable value for our nutrition, health, and culture.

The history of the olive tree: For millennia, the tree par excellence of the Mediterranean area, the olive tree, has coexisted with the people of the Mediterranean, has been connected to their daily life and habits and, having gone beyond the boundaries of the landscape, has left its traces of all the civilizations that developed on its shores.

The olive through the seasons: In the spring, nature wakes up from the hibernation of winter and the land is ready to be plowed and absorb the water supplies and the fertilizer. The olive tree at this time needs fertilization and pruning. Summer The dry and hot climate of the Mediterranean summer, the olive tree needs watering and attention, as at this time it is attacked by the "dako". Autumn: In autumn the olive fruit is ready to absorb all the nutrients from the soil, which is why the soil is properly prepared in autumn.

What we get from the olive tree: We all know that we get olive oil from the fruit of the olive. This is the most well-known olive product, since it is an essential component of our daily diet. But there are other olive products that are not so well known. Did you know that green soap is produced from the olive core?

OLIVE OIL: The olive tree at a young age of up to 7 years does not produce fruit, but it needs the

attention of the growers, because at this age it is sprinkled. At the age of 7 to 15 years, it begins to produce fruit. At the age of 30 to 70, it is in full development. In the "third age" the olive reaches from 150 to 1000 years of life!!! There are olive trees that produce fruit for oil and olive trees whose fruit is for food. Well-known are the olives of Kalamon (Kalamata), Itea, Livadeia.

**OLIVE OIL:** Hippocrates, the father of medicine, believed in the healing properties of olive oil. He referred to it as the "ideal cure." Ancient Greek healers used olive oil to heal wounds, to treat insomnia, nausea, cholera. They also used it to moisturize and soften their skin or put it on their hair to make it healthy and shiny. Modern scientists believe that it helps the functions of the brain, our internal organs and especially the heart, since they prevent and take the place of harmful animal fats, which are responsible for the accumulation of fat in the heart and lead to heart attacks.

The olive tree in history :

**In prehistoric times :** From prehistoric times, olive oil was used to meet various needs. Defner found the oldest oil mill (as estimated from the 4th millennium BC) on the Methana plateau - which testifies that the use of oil was known from that time.

**In Homeric times:** In Homeric times, oil is used primarily for bodycream, not for food or lighting. From Linear B tablets, found in Pylos and where we read the word po-qa (fovri/fovras), we conclude that at that time the olive fruit was used as animal food. Moreover, the constant references to aromatic olive oils lead us to conclude that, at least in this particular period, the use of the oil is found mainly in religious ceremonies, in the beautification of the body and in the preparation of therapeutic ointments.

...and a poem of the time "As by day there is no warmer and brighter star in the sky than the sun, likewise there is no greater athletic meeting than that of the Olympic Games." Pindar, Greek lyric poet, 5th century BC.

**The myth of the olive tree:** The olive tree was the sacred tree of the city of Athens. According to mythology, goddess Athena offered the olive tree, a symbol of fertility, as a gift to the Athenians to win their favor in her competition with the god Poseidon over who would name the city after him. According to mythology, the olive was brought to the Greeks by Athena, who also taught her how to cultivate it. The well-known episode of Athena's quarrel with Poseidon over the name of Athens is typical. In the Acropolis there was the sacred olive of Athena, the first olive that the goddess gave to the Greeks, and in the Academy the 12 sacred olives, the "moriai", and the sacred olive grove from which came the oil that was given as a prize to the winners of the "Panathenaia". Indicative of the importance of the olive to Athens is that the Athenians on their coins depicted Athena with an olive wreath on her helmet and an amphora of oil or an olive branch.

**Symbolism:** The use of the olive tree and its products in ancient ritual defined its symbolism as a tree of goodness from a very early age, giving it a special place. A precious and beloved tree of the Greeks and other Mediterranean peoples, associated with rebirth and light, it is still considered a divine gift, a symbol of peace, protection and fertility.

**THE OLIVE:** Olive, symbol of serenity, fertility, peace. Its branches became wreaths to crown the winners of the Olympic games and the precious juice of its fruits, olive oil, was the prize for the winners of the famous Panathenaic Games held in honor of goddess Athena. Today there are approximately olive trees in Greece, olive mills operate and families live from the cultivation of olives, since in several - mostly

barren - areas olive oil is the exclusive income of the inhabitants.

Olive "A tree full of ancestral tales, everyone feels it as a blessing and a security

ELIEA Cosmetic: In ancient Greece, it was used as a main cosmetic. Olive oil was an ingredient in many cosmetic products which for many centuries were restricted to the use of a select few. Today, the use of cosmetic oils has spread and even the seeds are used in cosmetics.

The olive in our religion: The ancient use of oil in the burial ritual has also been preserved in the Christian religion. In Christianity and especially in Orthodox Christianity, the olive and olive oil play a particularly important role. The olive tree is the only plant mentioned more than 170 times in the Bible. God sends an olive branch with a dove to Noah, a symbol of divine mercy, peace and peace.

THE OLIVE With a few drops of oil from the candlestick of Ai-Nicolas, sailors calmed the sea...

THE OLIVE TREE: The olive tree has been in awe of man since prehistoric times because of its ability to almost never dry up. In fact, new shoots grow from the dry trunks and the tree is regenerated. According to history, in ancient times the importance of the olive tree was so great that every month the Areios Pagos sent curators and once a year, supervisors, who ascertained whether the olive trees were in good condition. As for the punishment of those who caused damage to the sacred trees, it was particularly harsh and sometimes even death.

THE OLIVE TREES through paintings and photographs

OLIVE CULTIVATION : The area is covered with olive groves. The cultivated varieties are "Psilolia" and "Chondrolia" with the first variety prevailing over the second due to its quantitative and qualitative yield. The oil produced by "Psilolia" has an acidity between 0 and 10 lines, as a result of which it is classified as "Virgin Olive Oil".

HOW WE GET THE OIL: When the oil was now purified, it was transferred with a special ladle to jars, where it was stored. The Cretans then, but also today, apart from the production of oil, were also involved in its trade. Olive oil, which, as is known, forms the basis of the Mediterranean diet, seems to be the secret of the Cretans' longevity.

OLIVE OIL: In the old days, olives were transported to the mill with animals and stored in a small room. Then the olives were thrown into the threshing floor, a large circular place, in which two rotating stones mashed the olives. In the olive mill the stones were turned manually or with the help of an animal and later mechanically.

The olive: The olive fruits are usually collected in November from the olive groves, in the "liostasias". It is a very tedious and demanding and time-consuming activity,

THE OLIVE : Olive, a gift of nature, a key word for understanding the evolution of many regions but also a challenge to travel following the roads and its rich history around the Mediterranean, the Mediterranean of Olive.

THE OLIVE AND TIME: Over the years, the information about the olive and the oil has multiplied. From the testimonies of the ancient writers as well as from the archaeological finds, we are sure that the spread of olive cultivation coincides with a higher stage of civilization. As civilization develops, the olive

tree becomes even more valuable.

- 2nd Grade Environmental Studies, student's book

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- Environmental Studies Second Grade, teacher's book

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- Environmental Studies Second Grade, student's notebook

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