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TEAMS	STUDENTS IN THE TEAM	MENTOR TEACHERS
<b>TEAM A: OLIVE OIL AND SUNFLOWER OIL</b>	Aspasia P. Dorota G Marina A Marilia T Burak B	Aspasia Mylona Kelegkas Anastasios
<b>TEAM B: OLIVE OIL AND COCONUT OIL</b>	Vanessa K Tobias T Hatice B Antonia A Filip Za	Selin AK Tragoulis George
<b>TEAM C: OLIVE OIL AND BUTTER</b>	Betka T Esra Nikos S Eirini O Sakis D	Ilknur Birer Maria Mandellou
<b>TEAM D: OLIVE OIL AND MARGARINE</b>	Natalia E Burak B Elena P Panagiotis P	Soukou Anthi Maros Mitrik

You will provide your findings based to the following example report:

<b>Comparison of Olive Oil and Sunflower Oil: Nutritional Value and Health Benefits</b>		
Types of oil	Olive Oil	Sunflower Oil
Calories:	<b>Olive oil contains about 119 calories per tablespoon (15 ml).</b>	<b>Sunflower oil has about 120 calories per tablespoon (15 ml).</b>
<b>Fat Content:</b> <ul style="list-style-type: none"> <li>○ <b>Saturated Fat:</b></li> <li>○ <b>Monounsaturated Fat:</b></li> <li>○ <b>Polyunsaturated Fat:</b></li> </ul>	14 grams per tablespoon <ul style="list-style-type: none"> <li>○ 1,9 grams</li> <li>○ 10 grams</li> <li>○ 1,5 grams</li> </ul>	14 grams per tablespoon <ul style="list-style-type: none"> <li>○ 1,1 grams</li> <li>○ 3,6 grams</li> <li>○ 8,9 grams</li> </ul>
<b>Vitamins and Minerals in mg per type:</b>	. Vitamin E: Around 1.9 mg per tablespoon (12-15% of the daily value) - Vitamin K: About 8.1 mcg per tablespoon - Calcium: Around 1-2 mg per tablespoon - Iron: Approximately 0.1 mg per tablespoon	1. Vitamin E (Alpha-Tocopherol): <ul style="list-style-type: none"> <li>○ Sunflower oil is an excellent source of vitamin E, which acts as an antioxidant. A tablespoon (about 14 grams) of sunflower oil contains around 5.6 mg of Vitamin E. This is about 28% of the</li> </ul>

		<p>recommended daily intake for an adult.</p> <p>2. Vitamin K:</p> <ul style="list-style-type: none"> <li>○ Sunflower oil also contains a small amount of Vitamin K, typically around 0.4 mcg per tablespoon (14 grams). Vitamin K is important for blood clotting and bone health.</li> </ul> <p>Minerals in Sunflower Oil:</p> <p>1. Iron:</p> <ul style="list-style-type: none"> <li>○ Sunflower oil contains a small amount of iron, about 0.1 mg per tablespoon (14 grams), though it is not a significant source of this mineral.</li> </ul> <p>2. Magnesium:</p> <ul style="list-style-type: none"> <li>○ There are trace amounts of magnesium, but it's generally not enough to be considered a major source.</li> </ul> <p>3. Potassium:</p> <ul style="list-style-type: none"> <li>○ Sunflower oil contains small amounts of potassium, with about 0.5 mg per tablespoon,</li> </ul>
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		though it's not a substantial contributor to your daily potassium needs.
Health Benefits		
<b>Olive Oil</b>	<ol style="list-style-type: none"> <li>1. Heart Health: Olive oil can help reduce the risk of heart disease by lowering bad cholesterol (LDL) levels and increasing good cholesterol (HDL).</li> <li>2. Anti-inflammatory Effects: The antioxidants, particularly oleocanthal, have anti-inflammatory properties, which may help reduce inflammation in the body.</li> <li>3. Antioxidant Power: It's rich in vitamin E and polyphenols, which help protect cells from oxidative damage and fight aging.</li> <li>4. Brain Health: Regular consumption may support cognitive function and help protect against Alzheimer's disease.</li> <li>5. Diabetes Management: Olive oil can improve insulin sensitivity, making it beneficial for managing type 2 diabetes.</li> <li>6. Weight Management: Olive oil's healthy fats may help with satiety and weight control when consumed as part of a balanced diet.</li> </ol>	
<b>Sunflower oil</b>	<ol style="list-style-type: none"> <li>1. Heart Health: Sunflower oil may help lower bad cholesterol (LDL) and reduce the risk of heart disease.</li> <li>2. Rich in Vitamin E: It's a good source of vitamin E, which acts as an antioxidant and supports skin health and immune function.</li> <li>3. Anti-inflammatory: The oil contains compounds that may help reduce inflammation in the body.</li> <li>4. Skin Health: Its vitamin E content can promote healthy skin, protect against aging, and support wound healing.</li> </ol>	

## Comparison of Olive Oil and Coconut Oil: Nutritional Value and Health Benefits

Types of oil	Olive Oil	Coconut Oil
Calories:	<b>119 kcal</b>	<b>~121 kcal</b>
<b>Fat Content:</b> <ul style="list-style-type: none"> <li>○ <b>Saturated Fat:</b></li> <li>○ <b>Monounsaturated Fat:</b></li> <li>○ <b>Polyunsaturated Fat:</b></li> </ul>	14 grams per tablespoon <ul style="list-style-type: none"> <li>● 1,9 grams</li> <li>● 10 grams</li> <li>● 1,5 grams</li> </ul>	13.5 grams per tablespoon <ul style="list-style-type: none"> <li>11,2 grams</li> <li>0.8 grams</li> <li>0.2 grams</li> </ul>
<b>Vitamins and Minerals in mg per type:</b>	<ul style="list-style-type: none"> <li>● Vitamin E: Around 1.9 mg per tablespoon</li> <li>● Vitamin K: ~8.1 mg per tablespoon</li> <li>● Iron: ~0 mg per tablespoon</li> </ul>	<ul style="list-style-type: none"> <li>● Vitamin E: Around 0.01 mg per tablespoon</li> <li>● 0 µg per tablespoon</li> <li>● 0.04 mg per tablespoon</li> </ul>
<b>Health Benefits</b>		
<b>Olive Oil</b>	<ul style="list-style-type: none"> <li>● High in monounsaturated fats, beneficial for heart health</li> <li>● Contains antioxidants and anti-inflammatory compounds</li> <li>● May help lower LDL cholesterol and raise HDL cholesterol</li> <li>● Linked to reduced risk of heart disease, stroke,</li> </ul>	

	<p>and chronic inflammation</p> <ul style="list-style-type: none"> <li>• Core component of the Mediterranean Diet</li> </ul>
<b>Coconut oil</b>	<ul style="list-style-type: none"> <li>★ High in <b>saturated fats</b>, mostly medium-chain triglycerides (MCTs), which may be used quickly for energy</li> <li>★ May help increase <b>HDL (good) cholesterol</b>, but also <b>raises LDL</b></li> <li>★ Has <b>antimicrobial properties</b> (due to lauric acid) Often used in <b>skin and hair care</b></li> <li>★ <b>Less evidence</b> supports major heart health benefits compared to olive oil</li> </ul>

<b>Comparison of Olive Oil and Butter: Nutritional Value and Health Benefits</b>		
Types of oil	Olive Oil	Butter
Calories:	<b>119 kcal</b>	<b>102 kcal</b>
Fat Content:	<b>13.5 g</b>	11.5 g
<ul style="list-style-type: none"> <li>○ <b>Saturated Fat:</b></li> <li>○ <b>Monounsaturated Fat:</b></li> <li>○ <b>Polyunsaturated Fat:</b></li> </ul>	1.9 g 9.8 g 1.4 g	7.2 g 3.0 g 0.4 g

<b>Vitamins and Minerals in mg per type:</b>	<ul style="list-style-type: none"> <li>• Vitamin E: Around 1.9 mg per tablespoon</li> <li>• Vitamin K: ~8.1 mg per tablespoon</li> <li>• Calcium: ~0 mg per tablespoon</li> <li>• Vitamin A: 0 mg per tablespoon</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin E: Around 0.3 mg per tablespoon</li> <li>• Vitamin K: ~0.7 mg per tablespoon</li> <li>• Calcium: ~355 µg per tablespoon</li> <li>• Vitamin A: 3 mg per tablespoon</li> </ul>
<b>Health Benefits</b>		
<b>Olive Oil</b>	<ul style="list-style-type: none"> <li>• Rich in monounsaturated fats, which support heart health</li> <li>• Contains antioxidants (like polyphenols) that reduce inflammation</li> <li>• May help lower LDL cholesterol ("bad") and raise HDL cholesterol ("good")</li> <li>• Linked to reduced risk of heart disease, stroke, and some cancers (Mediterranean Diet)</li> </ul>	
<b>Butter</b>	<ul style="list-style-type: none"> <li>• Source of vitamin A, important for vision and immune function</li> <li>• Contains butyrate, a fatty acid that supports gut health</li> <li>• Provides energy and flavor, especially in moderation</li> <li>• But higher in saturated fat, which may raise LDL cholesterol if consumed in excess</li> </ul>	

<b>Comparison of Olive Oil and Margarine: Nutritional Value and Health Benefits</b>		
<b>Types of oil</b>	<b>Olive Oil</b>	<b>Margarine</b>

<b>Calories:</b>	<b>~119 kcal</b>	<b>~100–110 kcal</b>
<b>Fat Content:</b> <ul style="list-style-type: none"> <li>○ <b>Saturated Fat:</b></li> <li>○ <b>Monounsaturated Fat:</b></li> <li>○ <b>Polyunsaturated Fat:</b></li> </ul>	<b>~13.5 g</b> ~1.9 g ~9.8 g ~1.4 g	<b>~11–12 g</b> ~2–5 g (depends on brand/type) ~2–4 g ~3–6 g
<b>Vitamins and Minerals in mg per type:</b>	<ul style="list-style-type: none"> <li>• Vitamin E: ~1.9 mg</li> <li>• Vitamin K: ~8.1 µg</li> <li>• Vitamin A: ~0 µg</li> <li>• Trans Fats: 0 g (in extra virgin)</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin E: ~1.5–4 mg (often added)</li> <li>• Vitamin K: ~10–25 µg (varies by brand)</li> <li>• Vitamin A: ~300–500 µg (usually fortified)</li> <li>• Trans Fats: 0–2 g (some types still have them)</li> </ul>
<b>Health Benefits</b>		
<b>Olive Oil</b>	<ul style="list-style-type: none"> <li>• Rich in monounsaturated fats, supporting heart health</li> <li>• Contains antioxidants and anti-inflammatory compounds</li> <li>• Helps reduce bad cholesterol (LDL) and increase good cholesterol (HDL)</li> <li>• Part of the Mediterranean Diet, linked to lower risks of heart disease and stroke</li> </ul>	
<b>Margarine</b>	<ul style="list-style-type: none"> <li>• Usually lower in saturated fat than butter</li> <li>• May be fortified with vitamins A, D, and E</li> <li>• Tub margarine (soft) can be better than stick margarine (which may contain trans fats)</li> <li>• Some types made with plant sterols may help lower cholesterol</li> <li>• Health impact depends on ingredients – some are healthier than others</li> </ul>	



