



# THE BAR SERVICE: HOT BEVERAGES & SOFT DRINKS

## TEA: A CUP OF LIFE

**Tea** is the term used to refer both to the **Camellia Sinensis**, an evergreen plant typical of tropical climates, and also to the aromatic beverage prepared by pouring boiling hot water over its dried leaves. After water, **Tea** is the most widely consumed beverage in the world. **Tea** brings health benefits thanks to its antioxidant, flavonoids, and polyphenols content. **Tea** contains **Theanine**. Studies have proved that **Theanine** can reduce mental, physical stress and improve mental activity and help the body's immune response to infection. There are **three** major **varietals** of Tea: The **China**, The **India** (or *Assam*), The **Hybrid**. There are **four** different types of tea depending on how it is processed. These are:

White Tea

Green Tea

Black Tea

Oolong Tea

In general **Tea** has a refreshing and slightly bitter taste, but its tasting notes can vary according to the type and the processing method.

**Herbal teas** are infusions of dried leaves and/or flowers and herbs infused in hot water.

### What is Tea Processing?

**Tea Processing** is the method in which the leaves from the tea plant, **Camellia Sinensis**, are transformed into the dried leaves for **Brewing tea**.

**First of all**, the leaves are **plucked** or picked by hand. This is the **Picking**.

**Secondly**, they are laid out on long tables so that water **evaporates**. This is the **Withering**.

**Thirdly**, the leaves are **rolled** by hand or machine to break up the leaf cells so to release the oils that give the tea its distinctive aroma. This is the **Rolling**.

**After that**, the leaves are left to **absorb** the oxygen. This is the **Oxidation** or **Fermentation**. This process determines the type: *White, Green, Oolong or Black tea*.

**Finally**, the leaves are **dried** by heated forced air, **then** cooled, vacuum sealed and ready for shipping.



Rolled Tea Leaves



**Ex. 1 | Fill in** with the missing information.

1. The term Tea refers to: .....
2. Camellia Sinensis grows: .....
3. Elements promoting health benefits: .....
4. Theanine effects: .....
5. Tea varietals: .....
6. Tea types:.....
7. Tea taste: .....
8. Herbal Teas are: .....
9. Tea processing is: .....
10. Processing steps: .....





## TEA PROCESSING

### FRESH CAMELLIA SINENSIS LEAVES



The **health benefits** of **Tea** focus on the same areas for all types since they all come from the same *Camellia Sinensis* plant. There is evidence that Tea, in general, promotes: **Cardiovascular Health, Cancer Prevention, Skin and Hair Health, Digestive Health, Brain and Nervous System, Immune System** and **Oral Health**, thanks to **protective Antioxidant** substances as: **Flavonoids, Polyphenols** and **Tannins**. It has been shown that:

<p><b>Flavonoids</b> benefits include coronary vasodilatation and reduction of clots.</p>	<p><b>Polyphenols</b> benefits include prevention of cancer; strengthening of bones thanks to the powerful tea's Phytochemicals.</p>	<p><b>Tannins</b> benefits include protection from gastric illnesses and viruses such as influenza, dysentery and hepatitis.</p>
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Besides, moderate tea **caffeine** intake stimulates the central nervous system and promotes blood circulation.

### MORE SPECIFICALLY

**White Tea** is **steamed** and has more nutrients and less **caffeine** than other Teas. It has a light, sweet flavour & a pale yellow colour. It may reduce **cholesterol**, decrease **blood pressure**, and improve the function of **blood vessels** so decreasing the risk of **cardiovascular disease**.



**Green Tea** is **non-fermented** and has many antioxidants which may fight **viruses** and slow **aging**, aid in **weight loss**, reduce **"bad" cholesterol**, boost the **immune system**, and is also associated with the prevention of **cancer**. It may also help fight **Acne**.



**Black tea** is the most consumed. It is **fully fermented**. It has more flavour and caffeine than the other teas. It is known for its **antiviral** and **antibacterial properties**. It can be topically applied to cuts, bruises and burns, and as a sunburn relief. A compound in Black tea called **TF-2** kills **cancer cells**.



**Oolong Tea**, very popular in China, is **semi-fermented**. Oolong tea's health benefits include: reduction of **cholesterol levels**, prevention of **heart disease**, strengthening of **bones** and the **immune system**. The most common type of this kind is the **Pu-Erh Tea**.





## LET'S ENJOY A NICE CUPPA!

Since the 18th century **Tea** has become Britain's number one drink. **Tea**, which was an upper-class drink in Europe, soon became the drink of every class in Great Britain and everybody could enjoy a nice 'cuppa', As the English informally call a cup of tea.

In **Britain Tea** is usually served with milk or clotted cream on **scones** with strawberry jam, a tradition originating from Devon and Cornwall. **Tea** is also served with a variety of **biscuits** (American English: **cookie**) and **cakes**. One of the most popular is the '**Rich Tea**' biscuit, a type of round sweet biscuit.



Fruit Fudge

Other popular British **tea biscuits** and cakes are the:

**Shortbread** a classic Scottish dessert that consists of three basic ingredients: flour, sugar, and butter.

**Gingerbread** a sweet food flavoured with ginger using honey or molasses. It can range from a soft, moist loaf cake to a ginger biscuit, typically a gingerbread man.

**Dundee Cake** is a famous traditional Scottish fruit cake with a rich flavour. The cake is often made with currants, sultanas and almonds.

**Welsh cakes** are traditional Welsh sweet snacks made from flour, sultanas, raisins, or currants, often eaten split and spread with jam, with a cup of tea.

**Macaron** a sweet meringue confectionery (*prodotto di pasticceria*). The macaron is commonly filled with butter cream or jam between two cookies.

**Mince pie** or minced pie, is a small British sweet pie traditionally served during the Christmas season but also enjoyed with tea all through the year.

**Brownies** are flat, baked squares, usually made of chocolate. They can also be **Fudge** when very rich, sweet and soft, made with sugar, butter and milk.



Dundee Cake



Buttery Shortbread



Macarons



Gingerbread Cake



Welsh Cakes

**Ex. 6 | True or False?** Correct the false statements.



- |                                       |   |   |
|---------------------------------------|---|---|
| 1. Mince pie is a Scottish dessert.   | T | F |
| 2. Fudge is a light confectionery.    | T | F |
| 3. Macarons are colourful.            | T | F |
| 4. Brownies are thick.                | T | F |
| 5. Gingerbread typical form is round. | T | F |
| 6. Dundee cake is made of fruit.      | T | F |



Rich Tea or Digestive



Gingerbread Man



Mince Pie



Chocolate Brownies

**Ex. 7 | Reorder** these sentences.

- are • pies • Xmas • traditionally • **Mince** • desserts • eaten • at
- be • of • **Macarons** • flavours • made • and • can • colours • different
- mixture • is • **Fudge** • a • rich • buttery • very
- biscuits • square • are • flat • **Brownies** • baked
- 18th • goes • **The** • tea • popularity • back • to • century • of • the
- biscuits • often • **Gingerbread** • shaped • as • man • a • are.





**Ex. 8 | Fill in** the blanks with the given words.

1. Consumption • 2. Contains • 3. Beneficial • 4. Osteoporosis • 5. Aromatic • 6. Over •  
 7. Infusions • 8. Consumed • 9. Diseases • 10. Flavour • 11. Pouring • 12. Longevity • 13. Lower •  
 14. Stimulate • 15. Content

Tea is an ..... beverage prepared by ..... boiling hot water ..... dried leaves of the *Camellia Sinensis* plant. The term also refers to the plant itself. After water, tea is the most ..... beverage in the world. It has a refreshing, slightly bitter, astringent ..... Consumption of tea is ..... to health and ..... given its antioxidant, flavonoids, polyphenols ..... These have anti-inflammatory and neuro-protective effects. ..... of tea is associated with a ..... risk of ..... such as stroke, cognitive impairment, and ..... Tea ..... theanine which can ..... mental activity. The term herbal tea usually refers to ..... of fruit or herbs.

**Tea** can also be enjoyed as a refreshing cold drink. Iced tea, sometimes known as ice tea, is a form of cold tea, usually served in a glass with ice. It may or may not be sweetened. Iced tea is also a popular packaged drink. Tea can be mixed with spirits, flavoured syrup, with common flavours including lemon, peach, raspberry, lime, passion fruit, strawberry and cherry.

Iced Tea has also been mixed to make a cocktail:

**Iced Tea Cocktail**                      3/4 oz **Dark Rum**  
    3/4 oz **Brandy**  
    3/4 oz **Triple Sec**  
    3/4 oz **Orange Juice**  
    1/2 oz **Lime Juice**  
    3/4 - 1 1/4 oz **Cola**  
    1 cup **Chilled Tea**

Pour over crushed ice in a large highball glass, stir well, and serve.



Shall we play  
 "Who can hold  
 the most tea?"

Oh No! ...  
 That's a Mug's  
 game



Drop by Drop on...

### The Boston Tea Party

The **Boston Tea Party** was a violent protest by American colonists against the British rule in America. The Americans had no representatives in the British government, but The British government had put heavy taxes on almost everything that Americans wanted to buy, including tea. The motto of the protest was '**No taxation without representation!**'. The **Boston Tea Party** was a reaction to the **Tea Act** of 1773 that was passed by Parliament to save the British East India Company from bankruptcy. This event became known as the "Boston Tea Party because on **December 16th 1773** a group of colonists named the '**Sons of Liberty**' dumped three ships and threw 342 chests of tea belonging to the British East India Company from ships into Boston Harbour. The Boston Tea Party was one of the main events that started the American Revolutionary War.