UNIT 6

Tea

PART I

Theme Introduction

※ This part is used to let students have a rough knowledge about the famous tea in China.

※ Before class, students are required to collect as much information about Chinese tea as possible in any way: books, internet, newspaper, magazine, etc.

※ In class, students are free to talk about what they got about those Chinese tea in pairs.

※ Besides the blanks below, students should take notes about what they learned from others.

※ Some volunteers are asked to report their discussion.

※ The teacher can list those Chinese tea on the blackboard in brief.

Task ❶ **Task 1 discussion: History of tea and coffee**

Tea and coffee are the most important drinks in the world. Both have legendary pasts. Discuss the history of tea and coffee with your classmates.

(Reference material)

History of Tea

In one popular Chinese legend, Shennong, the legendary Emperor of China and inventor of agriculture and Chinese medicine was drinking a bowl of just boiled water. Before drinking it, a few leaves were blown from a nearby tree into his water, changing the color. The emperor took a sip of the brew（酿造的饮品）and was pleasantly surprised by its flavor and restorative properties.

A similar Chinese legend goes that the god of agriculture would chew the leaves, stems, and roots of various plants to discover medicinal herbs. If he consumed a poisonous plant, he would chew tea leaves to counteract the poison.

A rather gruesome（ 可 怕 的 ）legend dates back to the Tang Dynasty. In the legend, Bodhidharma（菩提达摩）, the founder of Chan Buddhism, accidentally fell asleep after meditating（冥想）in front of a wall for nine years. He woke up in such disgust at his weakness that he cut off his own eyelids. They fell to the ground and took root, growing into tea bushes.

Whether or not these legends have any basis in fact, tea has played a significant role in Asian culture for centuries as a staple beverage, a curative（医疗的）, and a status symbol.

The history of coffee

The history of coffee began much later and is believed to have been first cultivated in Arabia（阿拉伯半岛）near the Red Sea in 674 A.D. The story of Coffee dates back to the 1400s, when a Yemeni shepherd named Kaldi noticed that his sheep began to act unusually frisky after eating berries from an unfamiliar plant. Curious, Kaldi picked one and popped it into his mouth. Within a few minutes, he was as hyperactive as a kid. He told of his discovery of this stimulator to scholars who used it to keep awake, and then someone made a “tea” out of it (“tea” out of coffeefruits without the bean is still known in Yemen and has a similar, but milder effect).

The story says that then one day someone dropped a bean into the fire by accident, and thus coffee was born.

Mocha, an old yemeni port, was the first and for a long time the only place to export coffee, hence the name “Mocca Coffee”.

Task ❷ **Listen and exercise**

Listen to the introduction of the main types of Chinese tea, and fill the blanks below.

Green tea Green tea is the *oldest type* of tea in China. It is also the tea with *the largest output* in China. Many provinces and cities are renowned for their production of green tea. The most eminent ones are

Zhejiang, Jiangxi and Anhui.

Black tea Black tea originates in Fujian and its vicinities, and later spreads to other provinces in the south. Black tea doesn't undergo the processes of *steaming green* or *frying green*, but is fermented. During the process, the tea leaves go through chemical reactions — tea phenol reduces by over 90% and tea yellow element and red element produce. If these two elements are in a right proportion, the tea's color will be red and bright.

Oolong tea Oolong tea uses green tea's finishing technique as well as black tea's fermenting skill, so it is a semi-fermented tea between green tea and black tea. For the same reason, it keeps both green tea's and black tea's characteristics — the *freshening* and *clearing* flavor of green tea and the thick and luscious *fragrance* of black tea. The appearance of oolong tea also combines the features of green tea and black tea — verdant leaves with crimson edges.

Dark tea Dark tea is invented by accident. In history, in order to meet northwest ethnic groups' requirements for tea, leaves produced in Yunnan, Sichuan, Hubei, Hunan, and other places had to be transported to the north by ships and then to the northwest through the Silk Road on horses' backs. The tea leaves went a very long way and were greatly influenced by weather. Since the leaves were *damped* and then *dried*, their chemical elements changed and their color turned blackish brown too. In spite of this, they still gave off rare fragrance, and was quickly spread among the minor groups.

Yellow tea Like dark tea, yellow tea was also found by chance when making green tea. People discovered that if leaves were not dried in time after being finished, kneaded and twisted , they would turn yellow in color, thus came the name of yellow tea. At first, people took yellow tea as *bad-quality* green tea. Yet since people have different tastes, many people *preferred* the savor of yellow tea, which made yellow tea become one of the six major teas.

White Tea White tea is slightly fermented, only involving adjustment and drying processes. “Three White” should be observed when picking white tea leaves. “Three White” means the one shoot and two leaves should all be covered with *white hairs*. Leaves made this way are white all over. So it’s named White tea.

PART II

Listening Task

Word Bank

calssification /ˌklæsɪfɪˈkeɪʃən/ *n.*	分类
confusing /kənˈfjuːzɪŋ/ *adj.*	令人困惑的
canteen /kænˈtiːn/ *n.*	食堂，小饭馆
kettle /ˈketl/ *n.*	（烧水用的）壶
nutrient /ˈnjuːtrɪənt/ *n.*	营养
nutritious /njuːˈtrɪʃəs/ *adj.*	有营养的，滋养的
hydroxy /haɪˈdrɒksɪ/ *adj.*	氢氧根的，羟基的
benzene /ˈbenziːn/ *n.*	苯
restrain /rɪsˈtreɪn/ *v.*	抑制，压抑
absorption /əbˈsɔːpʃən/ *n.*	吸收
dextrose /ˈdekstrəʊs/ *n.*	葡萄糖
spleen /spliːn/ *n.*	脾
radiation /ˌreɪdɪˈeɪʃən/ *n.*	辐射
confine /kənˈfaɪn/ *v.*	局限
arouse appetite	刺激食欲

Task ❶ **Short Conversations**

You will hear eight short conversations. A question will follow each conversation. Listen carefully and choose the best answer from the four possible choices.

1. M: I know there are many kinds of teas, such as Longjing Tea, Biluochun Tea and Oolong Tea. What's the difference from each other?

   W: They taste different because they are made differently. Black tea is heavy and green tea is light.

   Q: Which of the following is right according to the woman?

   A. They are made in the same way.

   B. Black tea tastes a little thin.

   C. Their flavors are different.

   D. The color of black tea is dark.

2. M: The tea smells good. But I could never understand the classification of tea.

   W: The classification of tea is confusing and there is no agreement. Generally, there are six kinds of tea according to processing methods.

   Q: Which of the following statement is true according to this conversation?

   A. Tie Guanyin belongs to black tea.

   B. There is an agreement of the classification of tea.

   C. The classification of tea depends on the processing methods.

   D. The classification of tea depends on the color.

3. W: It is said that different tea has different benefits to human body, isn't it?

   M: Yes, it is. But there are time and personal health condition to be considered. For example, green tea is good in summer. It seems to dispel the heat and bring on a feeling of relaxation. However, it is not proper for pregnant women to drink green tea.

   Q: Which of the following statement is right about tea?

   A. Green tea is drinkable for all kinds of people.

   B. It is proper to drink green tea in summer.

   C. Tea benefits to all human body.

D. Green tea brings on a feeling of happiness.

4. M: OK. What would you like to drink, tea or coffee?

W: I'd like some tea. Drinking tea is good for our health.

Q: where does the conversation take place probably?

A. Canteen.

B. Library.

C. Classroom

D. Laboratory.

5. M: I would like some tea.

W: What about black tea? It enjoys a good reputation, and it is a bit strong. It can help build your body. Since it grows only on cliffs, it's considered the most precious.

Q: Which statement is not right about black tea?

A. It is famous.

B. It is a bit light.

C. It grows only on cliffs.

D. It is precious.

6. W: White tea looks quite beautiful. But there are many kinds, so what you suggest me?

M: I prefer the silver needle. If you would like to wait, I can make some for you before you buy.

Q: What is the relationship between the two speakers?

A. Custom and shop assistant.

B. Boss and employer

C. Teacher and Student.

D. Business partners.

7. W: Could you please teach me how to make tea.

M: First, boil some water in the kettle. Then warm the pot by pouring in a little boiling water, empty it out. Put the tea and water into the pot.

Q: Which of the following statement is right in making tea?

A. Put the tea bags in the kettle firstly.

B. Warm the pot by pouring in the same tap water.

C. Put the tea bags in the warmed pot.

D. Open the tea bags then pull the tea into the water.

8. W: You know there are 6 kinds of tea in China. I often hear about Longjin, Tieguanyin, Biluochun, and Pu'er. I often feel confused. I don't know what kind of tea they belong to. Could you explain them to me?

M: Em. Longjin and Biluochun belong to green tea. Tieguanyin belongs to Oolong tea. Pu'er belongs to black tea. As for me, I'm crazy about White tea.

Q: What kind of tea does Biluochun belong to?

A. Black tea.

B. Oolong tea.

C. Green tea.

D. White tea.

Task ❷ **You will hear a passage of tea. Four questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.**

The legend of tea

Currently over 450 chemical substances have been discovered in tea, some of which are nutrient substances needed by human bodies and some other can prevent or cure diseases.

Green tea is a nutritious drink full of vitamins. It contains a kind of hydroxy benzene, which can restrain cancer cell and thus prevent or resist cancer. Oolong tea can control the absorption of dextrose in human bodies, and can help lose weigh. Black tea is mild, which is good for dextrose reducing, digesting, and arousing appetite, especially good for people with weak spleen and stomach. Pu'er tea can prevent dextrose

diseases, and has been internationally known as "tea of longevity" for a long time. Tea leaves are also helpful in radiation prevention, which is especially suitable for people who have constant contact with computers.

Coming to the 21th century, tea is no longer confined as drinks. The essence of tea is often found beneficial in shampoo, toothpaste and other daily necessities.

Questions:

1. How many chemical substances have been found in tea?

   A. 450 B. 540

   C. 415 D. 514

2. Which of the following statement is Not right about green tea?

   A. Green tea could prevent cancer .

   B. Green tea is full of vitamins.

   C. Green tea can help lose weigh.

   D. Green tea is a nutritious drink.

3. Which kind of tea is known as " tea of longevity"?

   A. Green tea. B. Black tea.

   C. Oolong tea. *D. Pu'er tea.*

4. Which of the following statement about tea is right?

   A. Tea is always confined as drinks.

   B. The essence of tea is found beneficial to environment.

   C. Tea leaves are helpful for people who have constant contact with computers.

   D. Tea could replace many medicine.

PART III

Speaking Task

Teaching Steps

1. Ask some students stand up to show what they are going to say in a tea shop if they are the buyers.
2. Bring the students' attention to the Language Focus and tell them that they can use the sentences and structures that are useful in speaking.
3. Listen to a model dialogue one time, and ask several students to repeat the model dialogue. It is helpful to train the students' ability to understand the main idea and grasp important details in this way.
4. Arrange the students in groups and ask them to discuss the topic in the part of Oral Activity.
5. Go around the classroom to supervise the students' discussion. If necessary, give help to the students, especially the weaker ones.
6. Select one or two groups to make short presentation of their discussion in class.

In a tea shop

Two students make a dialogue in a tea shop. One plays the role of a shop assistant, and the other plays the role of the customer.

Model dialogue

A: — Welcome, Can I help you?

B: — Yes, please. What kind of tea do you sell?

A: — Of course, which kind would you like to choose? We mainly sell Pu'er tea.

B: — Would you please introduce Pu'er tea? I've known only a little

about it.

A: — You found the right guy. It has effectiveness in reducing body weight and blood fat. The raw and ripe Pu'er have different characters and bring different effects. The raw one helps refresh oneself and prevent digestive problems. The ripe one helps soothe the nerves and nurture the stomach. Which one would you like to tale.

B: — Oh, you are so kind and you really convinced me. One kilo for each, please.

Oral Activity:

After listening to the dialogue, you must have a basic understanding about Puer. Try to make conversations with your partners about other tea such as black tea, green tea, etc.. Use the structures and expressions below in your conversations where appropriate.

※ Divide the whole class into several groups with 5 to 6 students in each group.

※ In each group, choose one student be the leader of the group.

※ The leader should push each member in the group to talk out one fake TCM doctor at least. And then the leader organizes the members to make a discussion on those fake TCM doctors .

※ While discussion, choose one member of each group to take notes with the main points.

※ Select one or two group to present their stories and discussions in class.

Language Focus

1. I would like to lose weight. What's your recommendation?
2. Black tea also refreshes people and relieves fatigue.
3. I want to buy some tea that can help me digest.
4. I heard that green tea is good for people's eyes. Is it true?

5. It's said that both black tea and green tea have strong effects against cancer.

PART IV

Leisure Time

In the western countries people tend to drink coffee while in eastern countries tea is people's favorite. In this video, you are going to learn some basic knowledge about tea.

00:00:25-00:00:30

Tea, (Cha) is the beverage most representive of Chinese culture.

00:00:48-00:02:18

Originated in China, Cha is divided into green tea, black tea, yellow tea, dark tea and white tea according to its color. The procesures for drinking Cha are delightful. Cha, water, wares and fire are indispensable when making Cha. A shape, color and fragrance of Cha are quite important. The water should be clear and sweet. The fire should be clean without odour. The China ware and purple clay teasets are widely used. People feel closer to nature by drinking Cha.

PART V

Additional Task

Task ❶ **Oral Practice.**

Tea house in my hometown

Tea house has been ranked as the public place for drinking tea, relaxation and entertainment since ancient times, acting as a vivid epitome（缩影）of Chinese tea culture and Chinese people's leisure lives. Talk about the tea house in your hometown.

(reference material)

Model

Beijing Tea houses

There is a great variety of tea houses in Beijing, including big tea house, qing Tea house, storytelling tea house and wild Tea house. In the ancient times in Beijing, there were a number of storytelling tea-houses, where listening to the storytelling is the main purpose.

In qing tea houses of Beijing, pergolas（ 凉 亭 ）are built outside the gates, where customers can chat and enjoy tea in every season except winters. Qing tea houses are deeply fond of by the old. In addition, in Beijing, there are also chess tea houses suitable for playing chess.

Hangzhou Teahouses

The teahouse culture in Hangzhou originated from the Southern Song Dynasty. Though there are not so many teahouses in Hangzhou as that of Sichuan, the culture atmosphere of teahouses in Hangzhou is full-bodied. Hangzhou teahouses are particular about culture, environment, internationalization and marketization. People in Hangzhou mainly drink West Lake Longjing Tea. According to the present condition, Hangzhou is universally acknowledged as the city managing teahouses best. According to statistics, there are more than 700 tea-houses in Hangzhou at present. Tianjin Tea-houses

The tea-houses of Tianjin are just like the tea-house of Beijing, containing tea, snacks, singing opera arias (without makeup and acting) and storytelling. However, its culture atmosphere is not outstanding. In China, the famous cross talk, which is deeply loved by many Chinese people, was originated from tea-houses of Tianjin. These years, listening

to a cross talk in a tea-house of Tianjin has become a fashion and unmissable experience. Audiences burst their sides with laughter at the cross talk. A number of audiences from other areas flock to Tianjin to listening to teahouse cross talk, spending a day of relaxation in peals of laughter.

Guangdong Tea-houses

The tea-houses of Guangdong feature magnificent appearance and they are decorated gorgeously, with rich cultural atmosphere. There are thousands of tea-houses in Guangzhou, including professional tea-houses and hotel tea-houses. Guangdong tea-houses are also served as the restaurants for having meals. There are over 60 varieties of delicate refreshments. In Guangzhou, people having a date, holding family reunion parties and having business negotiations are all usually held in teahouses.

Chengdu Tea-houses

People of Sichuan Province have been keeping the habit of drinking tea. Drinking tea in tea-houses is the typical tea activity of Sichuan. In Chengdu, tea-houses and tearooms of different sizes spread all over cities. Some are decorated with calligraphy, painting, flowers and miniascape, creating a beautiful and quiet environment.

Task ❷ **Listening practice:**
Listen to a passage and fill in the blanks while listening.

Undos in drinking tea

Tea is a kind of healthy drink,but people should also pay attention to the amount of drinking. Generally speaking, people should keep away from the ways of drinking tea as follows:

1. Not hot tea

It is better to drink warm tea, since hot tea would give strong stimulation to people's gorge, gullet and stomach.

2. Not cold tea

Cold tea would also have had effect on people's mouth,gorge and stomach. Besides, drinking cold tea, especially the ones below 10。C, would do harm to the human body.

3. No large amount of tea before meal

Drinking large amount of tea before meal first would dilute saliva, and second it would affect the excretion of gastric juice,which would make people feel tasteless when eating .

4. No tea immediately after meal

Tea leaves there contain a fairly large amount of catechin（儿茶酸）, which will solidify the iron and protein in foods.

5. No drinking of long-brewed tea

If the tea leaves are steeped for a long time, the substances in tea leaves would turn into harmful matters.

6. No strong tea

Too much amount of catechin and caffeine in strong tea would be too stimulating, resulting in the disorders of human body.