



Tea

- Tea is an aromatic beverage commonly prepared by pouring hot or boiling water over cured leaves of the *Camellia sinensis*, an evergreen shrub native to Asia.



● One legend claims that the discovery of tea occurred in 2737 BC by the Emperor of China. For several hundred years, people drank tea because of its herbal medicinal qualities.





- Tea - the most popular drink in the world. It is drunk in all parts of the world, including Antarctica.

In the fresh tea leaf vitamin C than in lemon juice (though at the factory processing reduces the amount). In addition to vitamin C in tea also contains vitamin E, B1; B2, B3, PP.



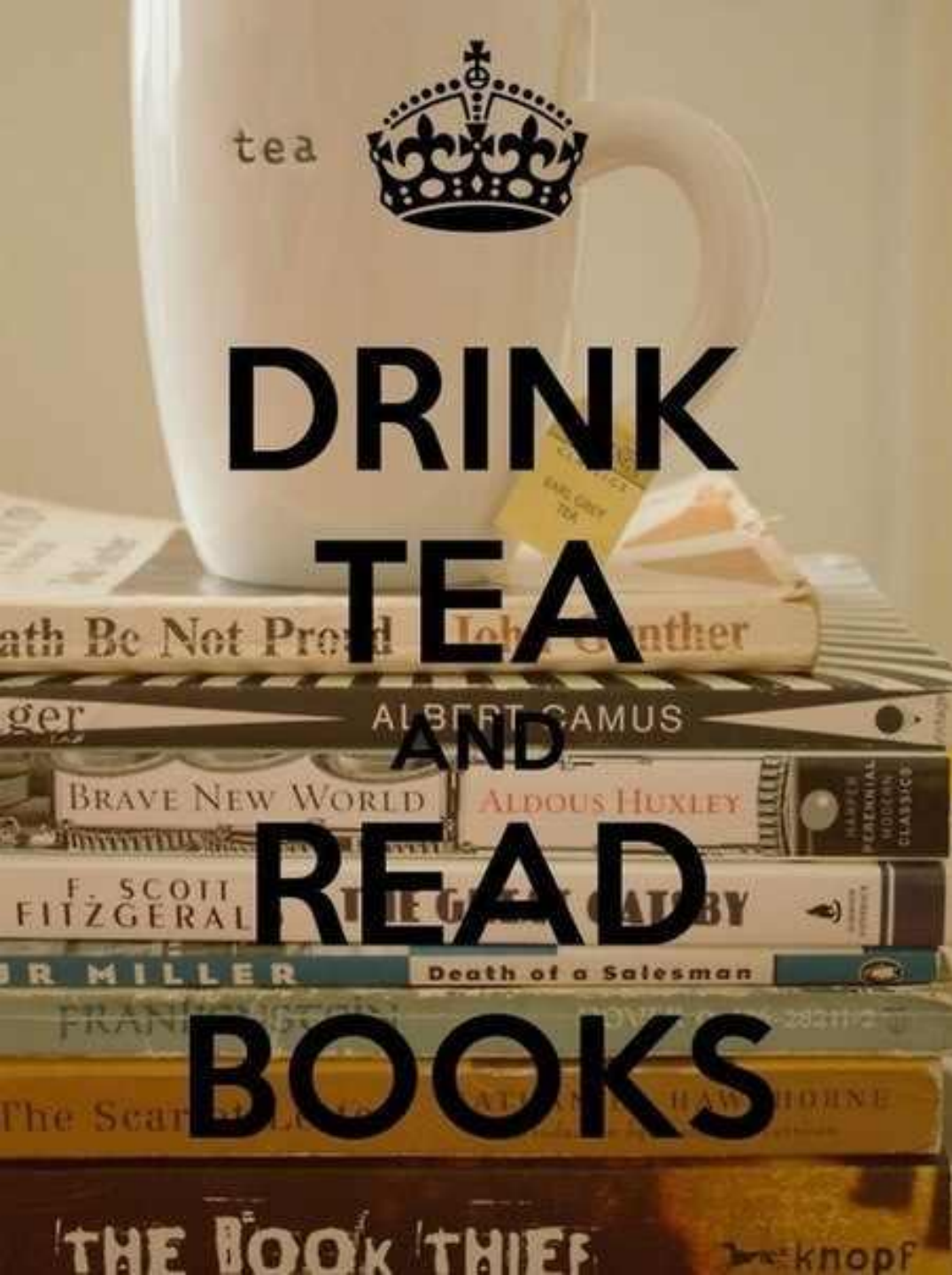
- There are many varieties of tea: black, red, yellow, green.





- But only one black tea several hundred varieties.





- English - one of the most nations in the world who loving tea. They drink black teas, mainly South Asian - India 50% and 30% Ceylon, and the East African similar to them (about 10%), and few Chinese tea drink, including oolong (red)

- They warmed dry kettle.
- Then it poured tea
- Teapot immediately pour boiling water and insist 5 minutes



- While the tea is brewed in very hot cup pour a few milk - 1/6 to 1/4 cup (to taste) and then pour in the milk tea.



End

