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Tea-rivia

- 1** Which island nation in the Indian Ocean is famous for producing Ceylon tea?
 - a) Sri Lanka
 - b) Madagascar
 - c) Seychelles
 - d) Mauritius
- 2** Which technique involves drying tea leaves in bamboo baskets over charcoal fires?
 - a) Roasting
 - b) Smoking
 - c) Steaming
 - d) Sun-drying
- 3** Which tea variety is often recommended for promoting sleep?
 - a) Earl Grey
 - b) Chamomile tea
 - c) Green tea
 - d) Oolong tea
- 4** What is the primary benefit of drinking tea in the morning, according to research?
 - a) Boosts metabolism and energy levels
 - b) Increases blood sugar levels
 - c) Reduces stomach acidity
 - d) Causes dehydration
- 5** In Russia, tea is traditionally prepared using what type of special pot?
 - a) Kettle
 - b) Samovar
 - c) Teapot
 - d) Gaiwan
- 6** Which tea variety is named after its tightly rolled leaves that resemble small pellets?
 - a) Gunpowder tea
 - b) Dragon Well tea
 - c) Oolong tea
 - d) Silver Needle tea
- 7** What is the practice of pouring tea between two cups from a height, often seen in Malaysia?
 - a) Gaiwan pouring
 - b) Tea pulling
 - c) Chaozhou-style brewing
 - d) Tea tossing
- 8** Which European country is known for serving tea with lemon instead of milk?
 - a) Germany
 - b) France
 - c) Italy
 - d) Russia
- 9** Which type of tea is often considered the most delicate and is made from the youngest tea leaves?
 - a) Green Tea
 - b) Black Tea
 - c) White Tea
 - d) Oolong Tea
- 10** In which country is butter tea a traditional drink?
 - a) Nepal
 - b) Tibet
 - c) Mongolia
 - d) Bhutan



Cancer Council
Australia's Biggest
Morning Tea



Tea-rivia

Answer sheet



1 a) Sri Lanka

Sri Lanka, formerly known as Ceylon, is renowned for producing some of the world's finest black tea. The high altitudes and tropical climate contribute to the distinctive flavour and aroma of Ceylon tea, which varies depending on the region where it is grown.

2 b) Smoking

This method is most famously used in the production of Lapsang Souchong, a Chinese black tea. The leaves absorb the smoke from burning pinewood, giving the tea a distinct smoky flavour.

3 b) Chamomile tea

Chamomile tea, made from the dried flowers of the chamomile plant, has natural sedative properties. It is commonly used to relieve stress and insomnia, and is caffeine-free, making it an ideal nighttime tea.

4 a) Boosts metabolism and energy levels

Boosts metabolism and energy levels (Tea, especially green tea, can help stimulate metabolism and provide a mild energy boost without the jitters associated with coffee)

5 b) Samovar

A samovar is a traditional Russian metal container used to heat water for tea. It often includes a small teapot on top for brewing a concentrated tea, which is later diluted with hot water from the samovar.

6 a) Gunpowder tea

Gunpowder tea is a Chinese green tea with leaves rolled into small pellets, resembling gunpowder grains. This rolling method helps preserve the flavour and freshness of the tea for longer periods.

7 b) Tea pulling

Known as "teh tarik" in Malaysia, this practice involves pouring tea back and forth between two cups from a height to create a frothy texture and enhance the flavour. It's often served sweetened with condensed milk.

8 d) Russia

In Russia, it is common to drink tea with a slice of lemon, known as "tea with lemon" or "чай с лимоном" (chai s limonom). This custom enhances the flavour and provides a dose of vitamin C, especially during the colder months.

9 c) White Tea

White tea is minimally processed and made from young tea leaves or buds. It has a light and subtle flavour.

10 b) Tibet

Butter tea, or "po cha," is a Tibetan beverage made by mixing tea with yak butter and salt. It is traditionally consumed to provide warmth and energy in the cold Himalayan climate.

