

Tea culture

Good morning everyone!

You've all been training hard for the sports festival tomorrow. Good luck, and may the best team win! It's been really hot recently, so remember to take breaks from the sun and stay hydrated by drinking lots of water.

Both Japanese and British people are known for drinking lots of tea. In the UK, over 165 million cups of tea are consumed every day! When you think of Japanese tea culture, you might think of tea ceremonies, where green tea is paired with sugary sweets. Similarly, in England we have afternoon tea, where black tea with milk is paired with cakes and scones. One big difference is that in Japan, green tea is often served at sushi restaurants, but in England we generally don't drink tea with meals, except for breakfast or afternoon tea.

What about drinking tea for hydration? I love drinking tea, but did you know that tea isn't as hydrating as water? This is due to the caffeine in tea*. Caffeine can help keep you awake, but it also makes you want to use the toilet more often and feel thirsty. So for the sports festival, it's better to choose a sports drink or water.

*only black, green, oolong and white tea. There is no caffeine in herbal teas.

g a s p r k e i v q p r p d e
 d f l p x h t t w s b q l e p
 t t c g o d r n y s y n q r a
 u e f o r r a i e j c w r b k
 h r a e n e t h f f l o r p r
 a n r c s s e s p m i i n c p
 l o n a x t u n x k b i c e u
 e o f f u h i m h i b z c r s
 q n z f u i c v e f k y u e z
 m z u e b r u c a f b x r m h
 e d b i c s l s n l p q e o z
 g e l n f t t q p d s w m n k
 c x a e b y u r d s t d c y l
 f w c v b x r y r u l e s d r
 a w k d y d e h y d r a t e m

afternoon
 black
 caffeine
 ceremony
 consume
 culture
 festival
 green
 hydrate
 rules
 scones
 sports
 tea
 thirsty

