

# TEA



A presentation with a short quiz at the end.

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Today we will look at a brief history of tea; its origins in China and its introduction to the west.

We will find out about the different types of Chinese tea and their characteristics and qualities.

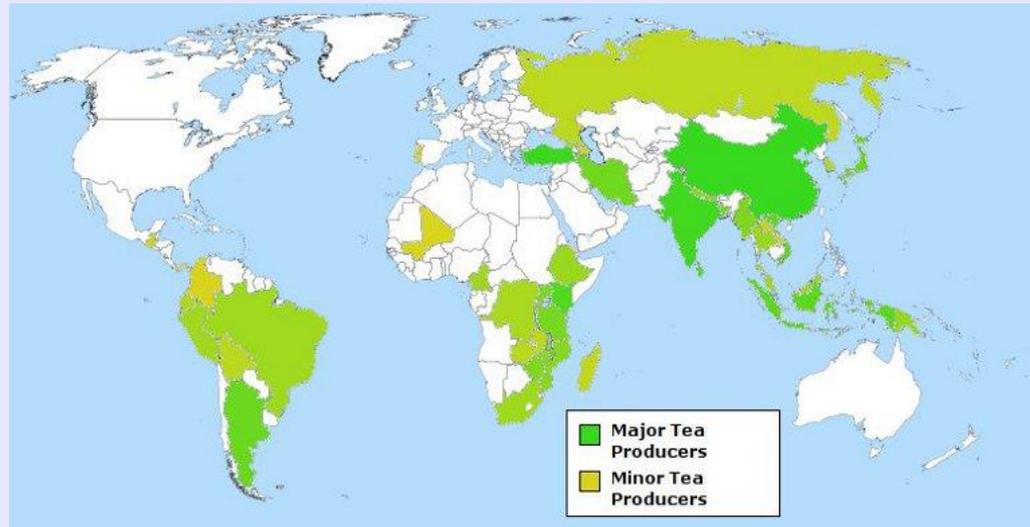
We will explore the tea ceremony; its features and traditions.

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I can locate the main tea growing areas on a map of China and recount some traditional trade names.

I can recount the type of climate and geography necessary to grow the tea plant successfully.

I can identify the main types of Chinese tea and some of their characteristics.



Tea plantations thrive in tropical climates because the plant grows best in a hot and wet climate. China grows over 40% of the tea produced in the world and the growing regions lie along the mid to south east mountainous areas.



More tea is consumed around the world than any beverage except water.

Tea was first brewed nearly 5000 years ago as a medicine.

Tea drinking spread after a Buddhist monk, Lu Yu, wrote a book, *Ch'a Ching* about it's healthy properties.

Tea gradually became one of the seven basic necessities of Chinese life.



RICE



TEA



FUEL



VINEGAR



OIL

SOY  
SAUCE



SALT



THE 7  
NECESSITIES  
OF  
LIFE

# What does a tea plantation look like?

The teas produced in different areas often have beautiful names such as - **Silver Needle**, **Oriental Beauty** and **Iron Buddha**.



[http://www.youtube.com/watch?v=oE\\_ZkXoEW7o](http://www.youtube.com/watch?v=oE_ZkXoEW7o)

Press (3 mins.)



A Japanese Buddhist priest, Saicho, is credited with introducing tea to Japan.

Later, it was later taken over the Silk Road (a trades route) to Central Asia, Russia, and the Middle East.

Dutch explorers became acquainted with tea in the 1590s and were soon importing tea to Europe.

Gradually, the British fell in love with tea.



Extension - [see Silk Route Notes]

# THE TEA CEREMONY

To begin...The pot is rinsed with boiling water and then tea leaves are added using chopsticks or a bamboo scoop. The temperature of the water is important; it needs to be hot but if it is too hot it can spoil the taste. The art of preparing and making tea is called Cha Dao.





The server pours the tea into small narrow cups which are often arranged in a circle. The cups are filled just over half way (the rest of the cup is filled with *friendship and affection*).

The guests thank the server by tapping on the table three times with one finger. The tea is often transferred to a narrower, taller drinking cup.

It is most polite to empty the cup in three swallows.

<http://www.youtube.com/watch?v=xV3oCBrttVI>

**Press (4 mins)  
Tea Ceremony**



Chinese tea is a beverage from the leaves of tea plants, *Camellia Sinensis*, boiled with water.

Chinese tea can be classified into five distinctive categories:

**White**



**Black**



**Green**



**Oolong**



**Post-fermented**





**White tea** comes from the buds and leaves of the tea plant which are allowed to wither in sunlight. The beverage itself is not white or colourless but pale yellow.



**Green tea** is a popular healthy choice in China but it has recently become more popular in the West.

Green tea is used in health foods, dietary supplements, and cosmetic items.



**Oolong** is a traditional Chinese tea with leaves that have been allowed to wither under the strong sun.

It can be sweet and fruity with honey aromas or woody and thick with roasted aromas or green and fresh with bouquet aromas.



**Black tea** retains its flavour for several years unlike green tea. This was why black tea was favoured as a trade item - it *travelled* well.

Compressed bricks of black tea even served as a form of currency in Mongolia, Tibet and Siberia into the 19th century.

Black tea still accounts for over ninety percent of all tea sold in the West.



**Fermented teas** are a class of teas that have fermented in the open air from months to many years.

It can taste thick and unctuous and leave a pleasant after taste.

These teas are often sold compressed in a variety of shapes, including bricks, discs, bowls, or mushrooms.

# Now test your recall?

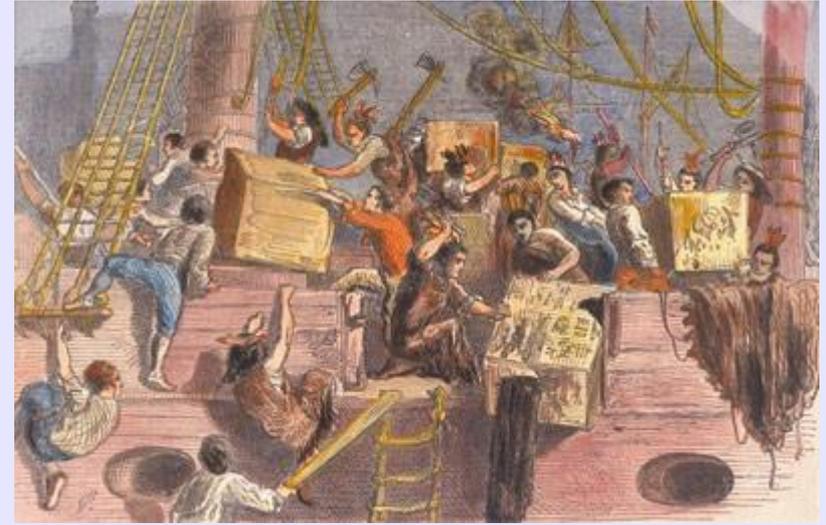


- 1 Tea is best grown in which type of climate?
- 2 One of the teas grown in China has the name Silver\_\_\_\_\_ ?
- 3 Name one of the seven necessities of Chinese life.
- 4 What is Cha Dao?
- 5 During a tea ceremony, in how many swallows should the cup be emptied?
- 6 Chinese tea can be classified into how many categories?
- 7 Which type of tea is the most commonly sold in the West?

Thank you! Xièxiè!

Further activities.  
You might wish to  
research...

- 1 The Boston Tea Party
- 2 The Townshend Act (1767)
- 3 The Cutty Sark
- 4 Glasgow Tea Merchant: Stuart Cranston



### **The Cutty Sark**

Built on the Clyde in 1869 for the Jock Willis Shipping Line, she was one of the last tea clippers to be built and one of the fastest, coming at the end of a long period of design development which halted as sailing ships gave way to steam propulsion.