

Study Guide

Beverages

Directions: Read chapter 37, and answer the following questions. Later, you can use this study guide to review.

1. List the benefits of drinking beverages.

2. Why might tap water be safer than bottled water?

3. Name five different types of bottled water.

4. Why shouldn't you reuse bottled water containers?

5. Why is it better to drink juices rather than juice drinks?

6. What is the difference between juice drinks and fruit-flavored drinks?

7. What are coffee beans?

8. Name the most popular coffee roasts.

9. Describe the two types of instant coffee.

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10. List the steps you should take when cleaning a coffee carafe and basket. Why should they be cleaned in this manner?

11. Where does tea come from and how is it processed?

12. Explain how to brew black or oolong tea.

13. Define herb teas. How are they different from other tea types?

14. List the benefits of smoothies.

15. Describe the difference between hot chocolate and hot cocoa.

16. Name three kinds of soft drinks.

Activity 1

Beverages

Beating the Beverage Blues

Directions: Each of the following people has a beverage dilemma. On the lines below the statement about each person, describe a good solution to the person’s dilemma.

1. Alexis received an expensive flavored coffee for her birthday. After brewing one carafe, she decided to use it only for special occasions, so she folded the package down, closed it, and put it in a cabinet. When she used it again two months later, the coffee had lost most of its flavor and tasted bitter.

2. Art came in feeling hot after his softball game and craved something cold to drink. In the refrigerator was a carafe of cold tap water, a can of fruit-flavored drink, and a can of fruit drink. Which is the best choice and why?

3. As Pierre headed out of the decoration committee meeting for a beverage, he offered to take orders for other members. Zak asked Pierre to bring him back something with fruit juice in it, so he could get one of his daily servings of fruit. When Pierre returned with a can of orange soda that read “10 percent fruit juice” on the label, Zak was disappointed.

4. Rachel enjoys trying new types of tea. Recently, she bought a package of orange cinnamon spice tea. When she got home, she realized that it was loose tea. Rachel made the tea and used cheesecloth to strain out the tea leaves, but it didn’t work all that well. The tea was delicious, but some of the tea particles slipped through the cheesecloth into the tea.

Activity 2

Beverages

A Perfect Cup!

Directions: With your lab group, investigate how to make a perfect cup of coffee, tea, or hot cocoa. Use your text and Internet resources. Be sure to list your sources on a separate sheet of paper and attach it to this activity. In the space provided below, write down the procedure for making coffee, tea, and hot cocoa. Then prepare enough of each beverage for each of your group members to taste. Then complete the evaluation below by checking the appropriate rating: 3 = Great, 2 = Good, 1 = Fair.

1. Making coffee: _____

2. Making tea: _____

3. Making hot cocoa: _____

Beverage Characteristics	3	2	1
The coffee, tea, and cocoa were served hot.			
The coffee, tea, and cocoa had a desirable flavor and appropriate aroma.			
The beverages had no bitter or burned aftertaste.			