

Goodies

Fancy a cup of tea?

No, I don't want
Chinese tea, I
want Chinese
ice cream.

A sip of
Chinese tea, a
day without Big
Dee talking ...
that would be
nice!

WHEN people go to have *yum cha*, they eat *dim sum* and drink Chinese tea. This drink is a part of Chinese culture. It has a long history. There are many different types of Chinese tea.

Have you had any Chinese tea today? What is your grandpa's favourite tea? Is it *pu-erh* (普洱) or *oolong* (烏龍)? Drinking Chinese tea makes you feel good and helps you stay healthy.



Types of tea

‘**W**HAT tea would you like?’ is the question you hear whenever you go to have *yum cha* at a restaurant. There are five major types of tea: red tea, green tea, oolong tea, black tea and **scented** tea.

I love *oolong* tea. Drinking it makes me feel relaxed.

I like *pu-erh*. The taste is a bit **woody**.



Green tea

IT is green because it has not been **processed**. It will be heated and dried before you can make tea with it. Dragon Well (龍井) is a good example.

Red tea

THIS tea is processed with **caffeine**. Drink it when you are feeling **sleepy**.

Black tea

PU-ERH is a type of black tea. Black tea is made with old tea leaves.

Oolong tea

THIS tea is like a cross between black and green tea. It has the **characteristics** of both.

Scented tea

FLAVOURED tea is made by mixing flowers with green tea or oolong tea. Jasmine tea (茉莉花茶) and *guk po* (菊普) are flower teas.