# Subject: Health education

# http://customersrock.files.wordpress.com/2007/06/coffee.jpgTitle: Coffee Culture Around The World –Social aspects of coffee-- Benefits and potential risks of drinking coffee

**Grade:** 17 year olds

**Time:** 1.30 hours

**Teacher:** Coropouli Vivi

**Overview:** Goingfor coffee involves more than just consuming the beverage itself. It is a small social event as part of everyday life. Countries have formed their own rituals around coffee, each region’s coffee taste acknowledged as being related to its history, work habits and style. Coffee is directly connected to hospitality in home and commercial settings. Thus, it can be studied as a multicultural experience.

Coffee and health, or benefits and risks of drinking coffee is integrated in this lesson as it is taught within the realm of Health education.

**Objectives:**

Students will

* understand that countries have adopted coffee as part of their national identity
* understand that coffee is a cultural experience as part of food and beverage tourism/ understand how coffee is experienced through travel
* associate coffee and hospitality, coffee as a social event or part of the everyday life of people around the world
* understand that different coffee traditions lend themselves to culinary tourism
* read quotes of well-known people about coffee
* read facts about coffee consumption
* make a poster/questionnaire

**Materials:**

Worksheet

Internet access

**Methods and Approaches:**

Active learning

Comparative reading

Internet research

Pair, group work

Encouraging imagination and creativity

**Warm up:**

Ask students the following general questions:

1. What is the most popular way coffee is drunk in your country? What about other countries?
2. **What is your favourite place to drink your coffee? Why?**
3. **Do you follow the local coffee culture?**
4. What does it mean when a guy asks a girl to go out for a coffee?
5. Has anyone ever read the future in the coffee lefts of your cup?
6. Do you ever drink coffee "on the run"?
7. In which countries is ‘coffee break’ a routine?
8. Have you ever heard of a coffee party?
9. What is an Internet café?
10. Is coffee healthy? Have you ever heard of decaf or organic coffee?

**Activity 1**

Look at the pictures of Worksheet 1. Can you guess where these coffeehouses are? How do you know?

**Activity 2**

How much do you know about coffee culture around the world?

Match the texts to the country-ies.

A

In this country, where coffee was discovered, coffee drinking is more about building good relationships. Coffee is never drank alone by one person or even by one household. As soon as someone decides to prepare coffee, they invite as many neighbors as possible, sit down, drink the freshly made coffee, chat for about 30 minutes, drink more coffee, chat again for another 30 minutes and have what may be the final round of coffee - usually 3 cups is the standard. In a way you can say that this is caffe culture at its essence - drinking coffee and socializing, fostering good relations with friends and family.

B

This is not a kind of coffee you can drink while you're driving or working.

Also, your coffee experience does not end when you finish your delicious coffee. Your adventure continues even after the last sip of the coffee as it allows your fortune to be told by looking at the cup! Reading the future from the coffee cup is an ancient tradition. known also as tasseography.

The idea behind coffee fortune telling is actually very simple. It is believed that the shapes and patterns left by the grounds on the cup and saucer have some meanings.

C

There are as many types of coffee in this country as there are pastas. And just like pasta, coffee is an art form with many customs and traditions. There is a coffee drink specific for every time and mood. Want to start a heated discussion? Ask a group of friends how to make a small cup of very strong coffee!

Coffee is usually consumed standing up; you will be charged more to be seated, sometimes four times more.In most places you have to pay first and then show your receipt for ordering your ‘caffé’.

Any milky form of coffee should be drunk in the morning, and never after a meal.

D

This country houses the greatest number of consumers of coffee and coffee related businesses. So it seems only natural that the beverage be tied into the media, environments, lives and households. Television shows have all emphasized coffee as a main character in their shows and a standard to all socialization. The cafes are spaciously laid out, have modern tables with enough space for laptops so lots of people bring their Macbooks.

E

There are a number of ways to enjoy coffee in this country

In the morning, a fast and cheap way to get a coffee is to go into a brasserie (bar) and stand at the counter to order and drink. For a seat at a brasserie with your morning coffee you'll pay a little more. Outside on the terrace is best, and space heaters above keep you warm in winter. Breakfast with the coffee is usually a croissant, tartine (baguette with butter and jam), or perhaps a pain au chocolat. At a coffee shop

‘Coffee came here by way of Turkey and was first sold by street vendors. Armenians opened the first cafes, but it was a Sicilian street vendor named Procopio di Coltelli who in 1686 hit on the right formula, serving coffee, chocolate, alcohol, and food, while encouraging customers to smoke and gamble. it was so successful that France's greatest historian, Jules Michelet, wrote that coffee was in part responsible for the Revolution because it made people talk more than ever."   -- Dana Facaros

F

In this country, poetry is recited during the roasting procedure - green coffee beans, are roasted in a special pot over charcoal. It is then grinded with spices like cloves, ginger and sometimes with cinnamon, using a fundug and mudugga (mortar and pestle). The ground roasted beans are then steeped into hot water and poured into a Jebana, which has a filter made from palm leaves, before being served tenderly in an elaborate presentation into generously filled sugar tiny coffee cups, glasses or more traditionally, a fingan [a small handle-less cup].

1. **Sudan**
2. **Italy**
3. **France**
4. **USA**
5. **Ethiopia**
6. **Turkey**

###### **Activity3**

Match the two halves to make quotations of famous people or sayings about coffee. Then try to guess their country of origin.

1. Only this coffee provides in a single glass all four essential food groups:

2. "How sweet coffee tastes!

3. "Coffee should be black as hell, strong as death,

4. A cup of coffee shared with a friend

5. Ah, that is a perfume in which I delight; when they roast coffee near my house,

6. Cappuccino is the dessert

7. “The coffee was boiling over a charcoal fire, and large slices of bread

8. "Good coffee should be black like the devil,

9. I judge a restaurant

10*. "* If someone offers you coffee,

a. and sweet as love." --Proverb

b. by the bread and by the coffee. --*Burt Lancaster*

c. I hasten to open the door to take in all the aroma. --***Jean Jacques Rousseau***

d. Lovelier than a thousand kisses, sweeter than Muscatel wine!" --*Johann Sebastian Bach (Coffee Cantata)*

f. is happiness tasted and time well spent.

g. form of coffee.

h. and butter were piled one upon the other--*Charles Dickens* (1812-1870)

i. hot like hell, and sweet like a kiss.--Proverb

j. alcohol, caffeine, sugar, and fat. --*Alex Levine*

k. you should respect, honour, and remember them for 40 years for their great gift.

##### Activity 4

**Coffee and health**

Answer the following questions. Then read facts about the benefits and risks of drinking coffee.

**COFFEE DISCUSSION**

1. What role does coffee play in your life?
2. Are you a ‘coffeeholic’?
3. Do you need coffee to wake you up in the morning?
4. Is coffee bad for you?
5. Are there any health benefits to drinking coffee?
6. What do you think happens when you overdose on coffee?
7. Do you think caffeine is a dangerous drug?
8. Would you drink less coffee if you knew it stained your teeth?

Read about **possible benefits or potential risks of excess coffee consumption**

**Coffee Facts.**

Research has also shown that 1-2 cups of quality coffee may have the following benefits and potential risks:

**Possible Benefits of Drinking Coffee** (in no particular order):

1. Reduced risk of Alzheimer’s disease  
2. Reduced risk of gallstone disease  
3. Reduced risk of Parkinson’s disease (80% less likely to develop for those regular coffee consumers)4. Enhanced cognitive performance  
5. Analgesic enhancement (increases the effectiveness of certain types of pain killers)  
6. Reduced risk of Type 2 Diabetes  
7. Cancer-fighting antioxidants in coffee (many people get their only source of antioxidants from coffee)  
8. Cardioprotective  
9. Reduced risk of cancer (oral, esophageal, and pharyngeal cancer)10. Reduced asthma attacks

**Potential Risks of Excess Coffee Consumption:**

1. Sleep pattern changes  
2. Increased anxiety  
3. Staining of the teeth (my dentist always bugs me about this one.)4. Effects on pregnancy and menopause  
5. Cholesterol (French Press method can use trap cafestol and kahweol which may raise LDL levels that paper filters capture)

Overall, coffee offers many benefits and very little side effects to the average consumer of this beverage. You’ll reap more rewards by drinking it in moderation. That’s 1-2 cups per day. Over consumption of caffeine does have its drawbacks.

##### HOMEWORK

### Make a poster

Use the information above to make a poster that illustrates benefits and potential risks of drinking coffee. Use images from Google, collect information from the Internet and write short notes on the poster.

###### Make a questionnaire

Search the Internet and then make a questionnaire about coffee culture or coffee and health.

**Evaluation**

Students answered the following questions:

1. Did you enjoy this class?
2. What were some good points about this lesson? Select from the following list:

Interesting texts

Authentic, real life tasks

Critical thinking

Use of technology

Pair, group work

1. What were the problem areas of this lesson?
2. Which of the four skills did you practice during this lesson: reading, listening, writing or speaking?
3. Was the subject matter presented in a logical, organized manner?
4. What do you think about the amount of homework?
5. Do you have any suggestions for making the lesson better in the future?
6. Did the content serve as a window into learning about other cultures?
7. Were you challenged to think critically about your world view?
8. Were you able to communicate with people from other cultures in your class?

**Links:**

<http://www.lavazza.com/corporate/it/coffeculture/>

<http://www.nationalgeographic.com/coffee/ax/frame.html>

<http://www.frappenation.com/greek/recipes.html>

<http://www.frappenation.com/>

<http://www.youtube.com/watch?v=mFKtVKJMgLs&feature=player_embedded>

<http://www.talkaboutcoffee.com/coffee_culture.html>

<http://coffee.suite101.com/article.cfm/coffee_culture_around_the_world>

<http://www.theepicentre.com/Entertaining/turkcof.html>

<http://www.ico.org/coffee_story.asp>

<http://www.cofei.com/culture/coffee-quotes.html>

<http://www.nescafe.com>

<http://www.decentcoffee.com/TurkishCoffee.html>

<http://www.wondersofcoffee.org/coffeejourney.html>

<http://www.cosic.org>

<http://www.positivelycoffee.org>

<http://www.ico.org>

<http://www.coffeeplaces.com>