

Coffee time

1. What do you know about coffee? Talk with a partner and write down 3 facts you already know about coffee.

2. Listen to the recording about coffee and answer the questions.

1. Where did coffee originally come from?
2. What are coffee beans, and where are they found?
3. What steps are needed to prepare coffee beans for drinking?
4. How do Arabica and Robusta beans differ?
5. What are some benefits and risks of caffeine?
6. What is "specialty coffee culture"?
7. How do people in different countries enjoy coffee?

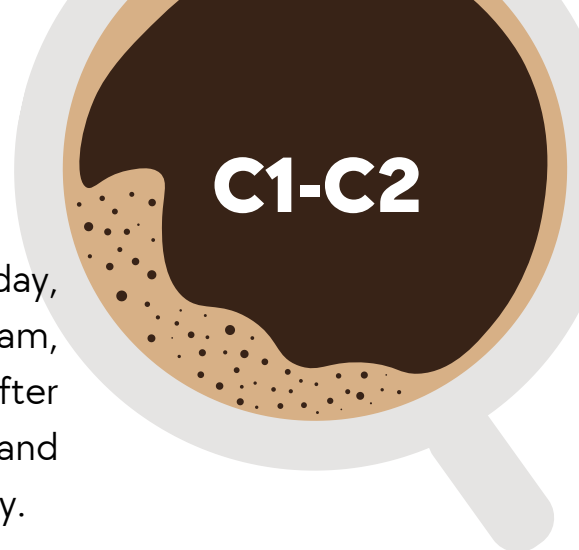
3. Read and check your answers.

Coffee: A Global Passion



For millions around the world, coffee is more than a beverage—it's a ritual, a comfort, and a source of energy. But behind every cup lies a rich and complex story that spans continents, cultures, and centuries.

Coffee's origins trace back to the highlands of Ethiopia, where, according to legend, a goat herder noticed his animals behaving energetically after eating berries from a particular tree. These berries contained what we now call coffee beans—the seeds inside the cherries. The beans were eventually roasted and brewed into the drink we know today.



Coffee plants thrive in warm, tropical climates. Today, over 70 countries grow coffee, with Brazil, Vietnam, and Colombia leading global production. After harvesting, the beans go through drying, roasting, and grinding processes to develop the flavours we enjoy.

There are two main species of coffee beans: Arabica and Robusta. Arabica beans tend to have a smoother, sweeter taste, while Robusta beans are stronger and more bitter, often used in instant coffee.

Caffeine, the natural stimulant in coffee, can boost alertness, concentration, and even physical performance. However, excessive consumption may lead to side effects like insomnia, anxiety, or rapid heartbeat.

In recent years, speciality coffee culture has gained popularity. Enthusiasts and baristas focus on bean origin, brewing methods, and flavour profiles, turning coffee preparation into a true art. From French press to pour-over to cold brew, there's a method for every taste.

Beyond its physical effects, coffee plays a cultural role worldwide. In Italy, quick espressos at the bar are common. In Sweden, “fika” means enjoying coffee with friends and pastries. In many places, cafés serve as meeting points for conversation, study, or reflection.

Coffee is more than a drink—it’s a global connection in a cup.

4. Discussion time!

- How has coffee culture changed in your country over time?
- In your opinion, why is coffee so important in many social settings?
- Do you think the popularity of coffee has more to do with tradition, taste, or the effects of caffeine? Why?

