

The buzz about coffee

What exactly is coffee?

Coffee is a little red berry that grows on bushes. Inside each berry are two beans, and it is these beans that are roasted to produce the drink we know and love today. There are two main types of coffee bean:

Arabica, which is **milder** and grown mainly in Latin America, and Robusta, which contains more caffeine and is grown mainly in Africa and Asia.

When was coffee discovered?

According to legend, coffee was discovered in the 9th century when an Ethiopian shepherd called Kaldi noticed his goats “dancing” after eating coffee berries. Kaldi tried the berries himself, and the **energizing** effect they had on him were seen by a local monk. The monk decided to pick some berries, too, and used them to brew the very first cup of coffee.

Where is coffee grown?

For hundreds of years, coffee was only grown in Arabia and Africa. It wasn't until the 1600s that the first European-owned coffee plantation was established in Java by the Dutch. As the French, Spanish, and Portuguese also began to grow coffee in other parts of the world, the drink became more and more popular in Europe and, eventually, America. Nowadays, the biggest coffee-producing countries are Brazil, Colombia, Vietnam, Indonesia, and Mexico. In fact, there are about 25 million farmers around the world **involved in** coffee production.

Why is it so popular?

Twelve billion pounds of coffee are consumed every year. As well as its energizing effects, delicious taste, and **distinctive** smell, research has shown that drinking coffee may help to reduce the risk of diseases such as Alzheimer's, Type 2 diabetes, and skin cancer. Furthermore, new flavors and varieties regularly appear in coffee houses everywhere, with customers **keen** to discover new coffee drinking experiences.

1 Look at the words in bold in the text and match them to the definitions.

- | | | |
|----------|--|-------|
| a | making someone feel full of energy | _____ |
| b | less strong taste than something else | _____ |
| c | easy to recognize because of its unique features | _____ |
| d | take part in something | _____ |
| e | wanting to do something | _____ |

2 Read the text and check the sentences True (T), False (F), or the information is Not Given (NG).

- | | | |
|----------|---|---|
| a | Arabica coffee beans are only grown in Latin America. | T <input type="checkbox"/> F <input type="checkbox"/> NG <input type="checkbox"/> |
| b | Robusta coffee is stronger than Arabica coffee. | T <input type="checkbox"/> F <input type="checkbox"/> NG <input type="checkbox"/> |
| c | Kaldi's goats were eating Robusta coffee beans. | T <input type="checkbox"/> F <input type="checkbox"/> NG <input type="checkbox"/> |
| d | The first coffee plantation outside of Arabia and Africa was in Europe. | T <input type="checkbox"/> F <input type="checkbox"/> NG <input type="checkbox"/> |
| e | Vietnam produces more coffee than Indonesia. | T <input type="checkbox"/> F <input type="checkbox"/> NG <input type="checkbox"/> |

3 Why do you think people drink coffee? Talk to a partner.