
词汇: *tea* 茶叶

Are you a **tea drinker**? If so, you're not alone. Every day around the world millions of cups of this popular **brew** are drunk, and it's been that way for thousands of years. The oldest discovered tea is from the Han Dynasty, dating from 206BC to 220AD. But it's thought that the tea trend really took off during the Tang Dynasty in the 8th Century, when it became China's national **drink**. Now, Turkey, the Republic of Ireland and the UK are believed to be the biggest tea-drinking nations, per capita.

Tea is **consumed** in many ways – **slurped**, **sipped** or **glugged**. It can be **poured** from **pots**, **infused** or **brewed** in the cup using **tea bags** – and it's this latter process that is causing concern. Research last year found some **premium** tea bags might be leaving billions of microscopic plastic particles in the cup. Scientists from McGill University in Montreal found that some 'plastic' tea bags shed high levels of **microplastics** into water. However, The World Health Organization says such particles in **drinking water** do not appear to pose a risk.

Most tea bags are made from paper, with a small amount of plastic used to seal them shut – made from oil. This has led to debate about whether they can be recycled, but many are still **composted**. However, gardener Mike Armitage has told the BBC that the plastic contained in the soil could be washed into streams and rivers and ultimately out to sea.

Unilever, the owners of the tea brand PG Tips, said their tea bags are made with a small amount of plastic – used to seal them – and that they are suitable for composting. And the brand Yorkshire Tea said their bags do contain 25% **polypropylene**, but they were “actively developing plant-based and **biodegradable** alternatives”.

While tea bag manufacturers might be doing their bit to reduce plastic pollution, it could be a good time to switch your favourite **beverage** to coffee, or if that **isn't your cup of tea** then try using **loose-leaf tea**, which can have a better flavour.

词汇表

tea drinker	喜欢喝茶的人
brew	茶
drink	饮品
consume	喝，饮用
slurp	咕嘟咕嘟地喝
sip	小口喝，抿
glug	大口喝
pour	倒
pot	壶
infused	泡（茶）
brewed	冲泡
tea bag	茶包
premium	高级的，优质的
microplastics	微塑料
drinking water	饮用水
compost	把…制成堆肥
polypropylene	聚丙烯
biodegradable	可生物降解的
beverage	饮料
not be someone's cup of tea	非某人所好，不合某人的心意
loose-leaf tea	散装茶叶

测验与练习

1. 阅读课文并回答问题。

1. When is it thought tea became China's national drink?
2. What is the concern about the production of some tea bags?
3. True or false? *Tea can be infused from a pot.*
4. According to the article, who is looking into developing biodegradable tea bags?
5. What could you use that might give you better flavoured tea?

2. 选择意思恰当的单词或词组来完成下列句子。

1. My brother is very drunk – I think he's _____ too much alcohol!

sipped	infused	consumed	brewed
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2. The new K-pop star seems to be _____ on social media.

trending	trended	trend	trends
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3. If spicy food is _____, just try eating a plate of plain noodles!

not your tea cup	not your cups of tea	your cup of tea	not your cup of tea
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4. The restaurant now _____ food waste whenever it can.

slurps	composts	brews	biodegrades
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5. Our hotel was located in a _____ position, right by the beach.

premium	premiums	premiumed	premiumum
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答案

1. 阅读课文并回答问题。

1. When is it thought tea became China's national drink?

The tea trend really took off during the Tang Dynasty in the 8th Century, when it became China's national drink.

2. What is the concern about the production of some tea bags?

Research found some premium tea bags contain billions of microscopic plastic particles.

3. True or false? *Tea can be infused from a pot.*

False. You can infuse tea in a pot or cup but not from the pot.

4. According to the article, who is looking into developing biodegradable tea bags?

Tea brand, Yorkshire Tea, said they were "actively developing plant-based and biodegradable alternatives".

5. What could you use that might give you better flavoured tea?

Loose-leaf tea can give you a better flavour.

2. 选择意思恰当的单词或词组来完成下列句子。

1. My brother is very drunk – I think he's **consumed** too much alcohol!

2. The new K-pop star seems to be **trending** on social media.

3. If spicy food is **not your cup of tea**, just try eating a plate of plain noodles!

4. The restaurant now **composts** food waste whenever it can.

5. Our hotel was located in a **premium** position, right by the beach.