

UNIT ONE

Coffee

New Words

1. **Coffee:** I can never sleep after I've been drinking coffee.
2. **Industry:** There are many arguments between workers and employers in industry today.
3. **Bean:** My mother cooks a beautiful bean soup every week.
4. **Energetic, energy:** Mr. Lan goes running every day. He's so energetic—it always surprises me that such an old man has such energy.
5. **Crush:** I could hardly breathe when the crowd moved forward and crushed me.
6. **Boil:** You should boil eggs in water for no more than ten minutes.
7. **Berry:** Don't touch the red berries on that tree. They could be poisonous.
8. **Spice:** I love the spices mother adds to our food. They make it taste so much more interesting.
9. **Pot:** My parents have a large pot for cooking meat and vegetables, and a smaller pot for making coffee.

Pre-reading activity

1. What is your favorite drink?
2. Where do you go to drink with your friends?
3. What do you think is the most popular drink in your country?

Reading Passage

Over 20 million people are employed in the *coffee industry*. They grow and sell enough coffee beans for 400,000,000 cups of coffee a year. Coffee is worth more money than any other industry in the world except oil. In Brazil alone, about 3,000,000 coffee plants are looked after every year.

The story has it—though no one really knows the truth—that coffee was discovered in the country known today as Ethiopia. A man called Kaldi who was looking after his goats noticed that his goats were very *energetic* after eating a certain kind of *berry*. He decided to try the berries himself and found that they gave him a lot of energy. Then some priests heard about this, they dried the berries then made them into a drink with water. Coffee was born!

It was in Turkey, however, that the coffee drink we know today was first made. Two Syrian businessmen brought the beans to Istanbul in 1555. The Turks heated the beans over a fire, *crushed* them and then *boiled* them in water. Coffee drinking became an important part of Turkish life, rather like tea did in Japan. Also, whereas in Western nations a man often chose a woman to be his wife because she was a good cook, in Turkey men often tested the coffee made by a woman before they thought seriously about marrying her.

By the 18th century coffee had become an important part of European life as well. In England, in particular, the coffee houses of London became important meeting places for writers and men working in government.

In some ways Turkish coffee is similar to the espresso coffee drunk in Italy—it is dark and strong and drunk from small cups. However, **it** is made in a completely different way, and sometimes a spice called cardamom is added. Turkish coffee is served from a *pot* called a cezve. In the same way that in tea-drinking nations, some people tell fortunes by looking at the tea leaves in the bottom of a cup, so in Turkey some people tell fortunes by looking at what is left of the coffee in the cup.

Main idea

Does each of these sentences say what each paragraph is about? Write T for True or F for False.

Paragraph 1: _____ Coffee growing is an important industry in the world.

Paragraph 2: _____ We think it was discovered by an Ethiopian man who watched his goats eat coffee berries.

Paragraph 3: _____ Coffee was first made in Japan and the Turks followed their way of making it.

Paragraph 4: _____ People in England did not like coffee much.

Paragraph 5: _____ Turkish coffee is drunk in Italy.

Vocabulary

1 Find words in the story that are near in meaning to the following phrases.

1. take care of
2. particular
3. laid them out in the sun to take all the water out of them
4. countries

2 Complete these sentences, using words from the box.

serve decided fortune worth noticed seriously tested businessmen

1. Her clothes are _____ over \$1,000 alone.
2. I _____ a strange looking man standing on the corner.
3. We've _____ to sell the house and buy another one.
4. The _____ were very tired after their long flight from India.
5. I've been thinking _____ of living in Africa.
6. Can you tell my _____ by looking at my hands?
7. I _____ the students on their maths and they're very good.
8. Is the waiter ready to _____ us yet?

3 Choose and write the correct word.

1. The huge man looked as if he could _____ (heat/crush) me with his bare hands.
2. Tea is made from leaves but coffee is made from _____ (industry/berries).
3. My students were so _____ (energetic/energy) today.
4. I'm going to _____ (dry/boil) the meat for three hours.

Looking for detail

1 Answer these questions about the story.

1. How many people work in the coffee industry?
2. Name a country that grows a lot of coffee.
3. Where do people think coffee was discovered?
4. Where do they drink a lot of tea?
5. When did the coffee houses of London become important meeting places?
6. What is the name of the spice the Turks sometimes add to coffee?
7. Do you believe that fortunes can be told by reading the coffee cups? Give a reason for your answer.
8. What does the underlined word "it" refer to in the last paragraph?

2 Complete these sentences. Your answers must come from the story.

1. A man called Kaldi ate the coffee berry because he saw that _____.
2. Later some priests _____.
3. The first coffee drink was made in _____.
4. In the West men wanted to marry a good cook, but in Turkey they _____.
5. Turkish coffee is served _____.

Organizing ideas

Put these sentences into the correct order by writing the numbers 1-6 next to each letter.

1. Some priests heard about him and decided to pick, dry and boil the berries.
2. The coffee industry is one of the most important industries in the world.
3. In the 18th century coffee houses became meeting places in Europe.
4. Turkish coffee is like Italian coffee ,but it sometimes has a spice and is made differently.
5. A berry, similar to coffee, was first discovered by an Ethiopian man with his goats.
6. Many years later two businessmen brought coffee beans to Turkey, where coffee became an important way of life.

Writing

Part 1: Sentence Structure


Write sentences about the story by putting these words in the correct order.

1. important/ world. / most / the /industries / one / in / the / is /of / Coffee
2. in / It / Ethiopia / was / discovered
3. energetic / berries. / after/ after / more / his / they / were / A / goats / they / looking / noticed / some / man / ate
4. energy. / and / more / He / had / found / tried / he / them
5. it / way / came / important / Turkey, / an / After / of / became / life / to / coffee
6. became / in / Later, / Europe / popular / it
7. in / Now / called / served / a / cardamom. / spice / small / it / cups / is / with

Part 2: Paragraph Structure

How to Write a Paragraph

1. Begin with the main idea for the first sentence which is called the topic sentence.
2. The next 2-5 sentences provide additional details related to the topic sentence.
3. Add a concluding sentence that relates to the topic and concludes the paragraph.



Sample Paragraph

1. Tea offers several health benefits.

2. First, it's hydrating and low in calories, making it a great addition to a healthy diet. Black tea contains theaflavins and thearubigins, which help lower cholesterol levels. Additionally, both green and black teas contain polyphenols that may reduce the risk of cancer.

3. Overall, remember to enjoy tea in moderation for better overall

Write a topic sentence for this paragraph.

_____. Let's explore two of them. First, coffee contains caffeine, a natural stimulant that fights fatigue and increases energy levels. Caffeine blocks adenosine receptors in the brain, leading to higher dopamine levels and reduced fatigue. For instance, a study found that consuming caffeine improved exercise endurance by 12% and decreased feelings of fatigue. So, that morning cup of joe can kickstart your day! In addition, regular coffee consumption is associated with a decreased risk of developing type 2 diabetes. Research shows that each daily cup of coffee is linked to a 6% lower risk of this metabolic disorder. Coffee's antioxidants and effects on insulin sensitivity play a role in this benefit. So, savor your coffee—it might help protect your health!