

## Tea 101 Test

(Grade 3-5)

Instructions: Access Tea 102 by going to [www.indonique.com/tea101](http://www.indonique.com/tea101) either using the PowerPoint or downloadable PDF.

1. What is the **most** consumed beverage in the world?
  - A. Cola
  - B. Milk
  - C. Tea
  - D. Water
  
2. What is the **second** most consumed beverage in the world?
  - A. Cola
  - B. Milk
  - C. Tea
  - D. Water
  
3. All tea comes from the plant Camellia Sinensis and everything else is called a herbal or tisane in French.

True or False
  
4. White, green, oolong and black teas all come from the same plant.

True or False
  
5. Which of these is a tea-growing region?
  - A. Assam
  - B. Darjeeling
  - C. Ceylon
  - D. Formosa
  - E. Nilgiri
  - F. All of the above
  
6. England produces more tea than any other nation.

True or False
  
7. Ceylon is the colonial name of what country?
  - A. China
  - B. Taiwan
  - C. Sri Lanka
  
8. The healthy component in tea is:
  - A. polyphenols
  - B. iron
  - C. chlorophyll

9. An antioxidant is
- A. Someone who hates people from Oxidantia
  - B. An Italian Pasta Recipe
  - C. A molecule that may be healthy when consumed by humans
10. White, green, oolong and black tea types vary in how they are prepared by having different steep times and temperatures.
- True or False
11. Only green tea has been associated with potential health benefits.
- True or False
12. Orange Pekoe (OP) refers to:
- A. Finely shredded orange peels used to flavor tea
  - B. A new monkey species recently discovered near nuclear reactor plants in New Jersey
  - C. The top most whole tea leaves of a tea plant
13. There are over 5000 types of teas to choose from.
- True or False
14. Tea farms or plantations are called Tea Estates?
- True or False
15. The tea plant *Camellia sinensis*, has adapted to grow from dense lowland jungle environments to high mountainous environments?
- True or False
16. To make a tea taste stronger
- A. Steep it longer
  - B. Use more tea leaf
  - C. Use hotter water
17. Switching from carbonated sugar drinks to tea can
- A. Make you healthier and stronger
  - B. Reduce fat
  - C. Help you perform better on tests
  - D. All of the above

Tea 101 Test  
(Grade 3-12)  
**Answer key**

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- c. Help you perform better on tests
- d. **All of the above**