

## HSSU Bio. 201 Plants and People

### Chapter 16 Study Guide: Stimulating Beverages (Coffee, Tea, Cocoa)

#### Important Terms and Concepts

##### Caffeine

Theobromine  
Purine  
Alkaloid  
Diuretic  
Nerve stimulant  
Withdrawal

##### Coffee

*Coffea arabica*  
*Coffea canephora*  
Rubiaceae Family  
Arabica coffee  
Robusta coffee  
Shade grown  
Sun grown  
Ethiopian origins  
Arabic development  
Venetian traders  
Coffeehouses  
Plantations  
Picking  
Fermenting  
De-pulping  
Drying  
Roasting  
Light roast  
Dark roast  
French roast  
Espresso  
Capuchino

Latte  
Instant coffee  
Freeze dried coffee  
Decaffeinated Coffee  
Free Trade Coffee

##### Tea

*Camellia sinensis*  
Theaceae  
Tea plantations  
Flush  
Black tea  
Green tea  
Oolong tea  
White tea  
Plucking  
Withering  
Rolling  
Drying  
Earl Gray  
British East India Company  
Boston Tea Party, 1773  
Japanese tea ceremony

##### Chocolate

*Theobroma cacao*  
Malvaceae (Sterculiaceae)  
Family  
Amazon origins  
Aztecs  
Mole sauce

Cortez  
Cacao Pods  
Cauliflory  
Criollo variety  
Forastero variety  
Cacao harvest  
Fermentation  
Drying  
Roasting  
Winnowing  
Grinding  
Cocoa powder  
Cocoa butter  
Milk chocolate  
Antioxidants

##### Kola Nuts

*Cola nitida*  
Malvaceae  
Coca-Cola

##### Yerba Maté

*Ilex paraguariensis*  
Aquifoliaceae  
Holly Family

Black Drink  
Yaupon  
*Ilex vomitoria*

#### Discussion Questions

1. Describe the physiological effects of caffeine on the human body. How important is caffeine in contemporary society? Is this all good, or should we worry about caffeine?
2. Where does coffee come from? Where and how is it grown? Describe the process of coffee production from picking to brewing.
3. Where does tea come from? Where and how is it grown? Name the four major kinds of tea and say how they differ. How is tea processed to produce these different kinds of tea?
4. Where is cacao grown? How is it processed into chocolate? Describe the major kinds of cacao products and how they differ.