

## Tea and coffee (茶与咖啡)

知识点:

### 1. Main types of Coffee:

- Espresso: 意式浓缩咖啡
- Americano: 美式黑咖啡
- Cappuccino: 卡布奇诺
- Latte: 拿铁
- Mocha: 摩卡
- Cold Brew: 冷萃咖啡

### 2. Main types of Tea:

- Green Tea: 绿茶
- Black Tea: 红茶
- Herbal Tea: 花茶、混合香料的茶
- White Tea: 白茶
- Oolong Tea: 乌龙
- Pu-erh Tea: 普洱茶
- Earl Grey: 伯爵茶 (一种英式红茶)

### 3. 与咖啡或者茶相关的表达:

- Coffee enthusiast/ lover/ freak/ person: 咖啡爱好者
- Coffee geek/snob: 咖啡达人 (往往是自诩的, 而且有装腔作势的嫌疑)  
She's such a self-proclaimed coffee snob.
- Tea enthusiast/ lover/ freak/ person: 茶爱好者
- Daily go-to 每天必做的事情, 反复选择  
Tea/ coffee is my daily go-to.
- Can't live without it. 离了它活不了

**I can't live without my coffee in the morning.**

- **Can't function without it.** 离了它发挥不了功能, 不能正常运转

**I can't function without my morning coffee.**

- **A part of my daily routine** 我日常作息的一部分

**Having a coffee is a part of my morning routine.**

- **Daily ritual** 日常的仪式

**My daily ritual includes brewing a fresh pot of coffee (一壶新鲜的咖啡) before I start work.**

- **Brew:** 酿造, 酿啤酒, 泡茶泡咖啡

- **A cup of joe** (美式口语里的俚语): 代替 “coffee” 的表达

**Every morning, I start my day with a cup of joe to wake up and get energized.**

- **Caffeine kick:** 咖啡因醒神儿的那个劲儿, 咖啡因的作用力

**I rely on that caffeine kick from my espresso to boost my productivity in the morning.**

- **Jittery:** 喝完带咖啡因的饮品之后哆哆嗦嗦要犯神经病的那种感觉

**Some people avoid caffeine because it makes them feel jittery.**

- **Keeps me going:** 让我一直保持状态

**A good breakfast keeps me going throughout the day without feeling tired.**

## **1. When was the last time you had a coffee or tea?**

① I had my most recent (最近的) cup of coffee this morning, it was a latte (拿铁) / black coffee (黑咖) / espresso (浓缩咖啡), just like any other day (就像每天一样). It's become a bit of a daily ritual for me (有点像是生活仪式) / a part of my morning routine (是我早晨作息的一部分). A delicious coffee to kickstart/start/go about (开启) the day. It's like my morning fuel (早上的燃料) that keeps me going (让我保持状态) until lunchtime. I can't function without my morning coffee. (原因)

② It was this morning. I made myself a delicious cold brew (给自己做了一杯美味的冷萃咖啡). I'm a bit of a coffee geek/ coffee snob (咖啡达人), you know? These days I rarely have coffee outside (很少在外面喝咖啡), as I prefer to brew my own coffee (自己酿造咖啡). (You see, I'm quite particular/picky (挑剔) about the quality of my coffee. I start by selecting coffee beans, then I grind (研磨) them before brewing. I would say that my coffee is a world away from (没法比, 隔了一个世界) that typical coffee you can get from a coffee shop.) (原因+细节)

③ I'm definitely a tea person (喜欢喝茶的人). Coffee can be too strong for my taste, and sometimes it makes me feel jittery (让我发慌). Tea, on the other hand, is my daily go-to (每天都喝). Last time when I had a tea was yesterday in the afternoon. I savored/ enjoyed a cup of green tea/ herbal tea/ black tea/ Earl Grey with just a splash of milk (伯爵红茶加了一丁点牛奶). I appreciated the aroma (香气) and the warmth it brought to me (我怕很喜欢它的香气和给我带来的温暖). I find tea so comforting, and perfect for unwinding (很适合放松). (原因, 细节)

2. Do you usually buy your coffee at a coffee shop?

① Oh, yeh! I'm a regular (常客) at my local coffee shop. I swing by (路过顺便造访) there almost every afternoon after work. I usually grab (随意地拿) a latte or a Capuchino, depending on my mood (看我的心情). And I love the inside look and the vibe (室内的样子和氛围) of that coffee shop. There's just something special about the place that keeps drawing me in (吸引我进去) every day (付费课上经典句型). (细节)

② As I mentioned just now, I'm not really into having coffee outside. I brew my own coffee (泡自己的咖啡). Therefore, I hardly ever (偶尔) go to

a coffee shop just for the coffee. Normally I go there to meet up with my friends and grab a bite (随便吃一口). (原因)

### 3. Do you prefer to use tea or coffee to serve your guests?

① Like I mentioned, I'm a total coffee freak (咖啡狂人), so I tend to serve coffee to my guests. Because that's what I'm good at (擅长). I take pride in making a killer cup of coffee (我以制作超级无敌好喝的咖啡为傲, take pride in...以……为傲). It's my thing (是我的小情结, 小爱好), you know? I usually let my guests choose the coffee beans themselves, and then I give them a little show (给他们表演), like, how I grind them and brew the coffee. It's a perfect conversation starter (谈资). We chat about the beans, the brew, and it adds a fun vibe (增加趣味). (原因, 细节)

② Well, I prefer to serve tea as I have such a wide collection of different kinds of teas (我的茶叶的收藏量很大). I have green tea, white tea, Oolong, Pu-erh, herbal tea, etc. So, whenever I have guests over (有客人来), I'll show them my tea collection and let them pick out the tea they want. I don't know how to make coffee. I only have instant coffee (速溶咖啡), which is embarrassing. (原因, 细节)

③ It depends on what my guests want. Some people prefer a couple of warm tea, while some others love savoring coffee (细品咖啡). Even though I'm a coffee geek (咖啡达人), still I want to be a perfect host (完美的主人) by offering them both tea and coffee. So, I always make sure that I have both options for my guests to make them feel more comfortable and welcomed. (分群体)

### 4. Do people like tea and coffee nowadays?

① Absolutely! Most people love their tea and coffee. It's actually quite uncommon/unusual to come across (遇到) someone who are not into

tea or coffee (很难遇到不喜欢咖啡或茶的人) . Especially these days, people are swamped with their work and life. They need that caffeine kick (咖啡因的作用力) in the morning to keep them going and maintain their productivity (保持高产量) throughout the day (一整天下来) . Of course, there're a few people who don't have a liking for (不喜欢) coffee or tea, and it's usually because they're hyper-sensitive to caffeine (对咖啡因高度敏感) . They get jittery (抖抖索索战战兢兢) from coffee and tea. (主流情况, 特殊情况补充)

② Well, it seems to me that (貌似, 在我看来) tea and coffee are quite popular/ well-liked (受欢迎、被喜爱) nowadays in this fast-paced society (快节奏的社会) . People need some extra energy to go about their day (过一天的生活) . But it also depends on personal preferences (也看个人喜好) , you know. Some people can't kickstart their day (没办法开启自己的一天) without a cup of coffee, while some others prefer a soothing and warm cup of tea (一杯温暖又安抚人心的热茶) . And there are those people who enjoy both, depending on their mood. So yeah, I'd say coffee and tea are still pretty relevant (重要的, 有价值的) in people's lives. (转折, 分群体)

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