



# GREAT INVENTIONS

## THE TEA BAG



Summer vacation will start soon, and I can go to the park every day instead of school. Before that happens, I have to take hard final exams.

It doesn't bother me too much since I've been a good student this year. Even so, I'm a little nervous, so my mother gave me herbal tea to mitigate my nerves.

Teas and herbal drinks are easy to make with the variety of plants there are that can be used for different purposes, such as calming the nerves, getting rid of stomach aches, removing inflammation of swollen legs, even easing toothaches.

Long ago, herbal teas were prepared by cutting the leaves, roots, and barks from different plants or shrubs and allowing them to dry so they could be put in boiling water later. These dried cuttings release the necessary substances to soothe health problems



The drying process was simple, and special sites were used to do it. Then, the dried product was stored in pots or jars.

Sorcerers from hundreds of years ago used these teas as magic remedies and sold them in exchange for money or favors. Some were branded as witches and were thrown into fires to kill them. Others had better luck and were

highly respected and loved by the people of the town. They were considered equal to the doctors of the time.



In the Orient, it was common to drink herbal teas, teas, or herbal beverages to treat different diseases. There are stores full of spices and herbs that still sell these products today.

Nowadays, you can buy these herbs and plants already packaged in small and practical bags. These were invented at the beginning of the 20th century, and marketed by a US merchant from New York named Thomas Sullivan.

To make them, he used small bags made of porous paper, silk, or nylon and put the chopped plants needed to prepare a cup of delicious tea inside the bag. Using the little bag already filled, made it quicker and easier to make a cup of tea because there weren't any leaves floating in the water that had to be strained before drinking it.

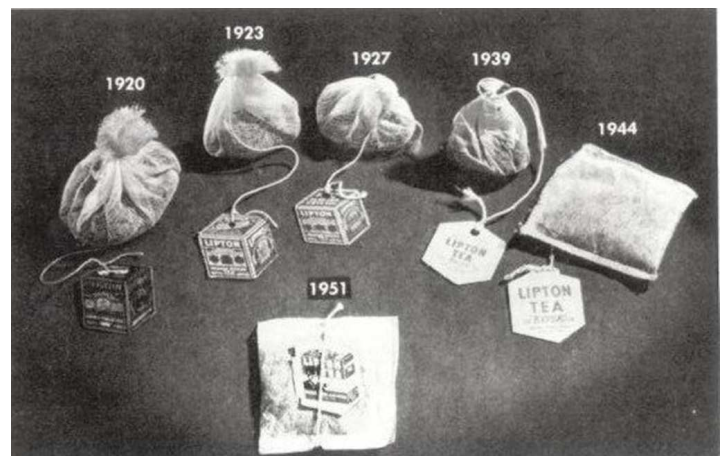


Photo Credit: [www.time.com](http://www.time.com)

Also, they added a thread or string with a label on it that tells what kind of herb in it. These two inventions make it quicker and easier to identify what kind of tea will be made when putting it in a cup of hot water.

The shapes of tea bags differ depending on which company makes them. They are usually square or rectangular, but some have a triangular or circular shape.

The way to make tea varies a little, but basically, it is done in 3 steps:

1. Boil the water.
2. Place the tea bag in the cup.
3. Pour the water into the cup where the tea bag is and wait to drink.



Some of the most consumed teas in the world for their benefits are:

- Chamomile, mint, and sage tea for digestive disorders
- Black, red, and green tea to lose weight and get diuretic effects.
- Lime blossom, lemon balm, valerian, and verbena tea to relax.
- White tea for antioxidant properties.



An interesting fact is that tea is the second drink most consumed in the world, water is the first. It is estimated that more than 1.5 billion cups of tea are consumed per day across the world. It is believed that Turkey is the country where more kilos of tea are consumed per year. Other countries that are large tea consumers are the United Kingdom, China, Japan, Russia, Iran, and Morocco.

Some other interesting facts are:

- There is a tea that costs more than a million dollars per gram. It is believed to be the best tea in the world and is grown in China.
- Drinking tea improves circulation, can prevent cardiovascular problems, and reduces the risk of heart attacks.
- Some people use dried tea bags in smelly shoes to absorb the unpleasant smell.
- Some beauty products contain tea because it helps to reduce fat in the skin.
- In the Victorian age, special teacups were made to keep the mustache from getting into the tea.



Now that you know so much about herbals and teas, I will say goodbye. I'm going to take my herbal tea, and I'm going to relax until my exam time comes. Goodbye, friends, wish me luck!



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Answer the questions.



1. What does the word mitigate mean in the text?
  - a. increase
  - b. bend
  - c. sound
  - d. calm
2. Why does the person in the text drink lime blossom tea?
  - a. He has swollen legs.
  - b. He has a stomachache.
  - c. He is nervous.
  - d. His head hurts.
3. How was the tea consumed in ancient times and why?
  - a. It was consumed in sachets because there was almost no water.
  - b. It was put in sachets to add to water because it was sold in the United States.
  - c. It was consumed by mixing dried herbs with milk because the water was bad.
  - d. It was consumed by mixing dried herbs with water because they had not invented the bags yet.
4. Why do you think there are so many different types of tea?
  - a. Various kinds of teas help ease various problems.
  - b. Some plants are not available everywhere in the world.
  - c. The cost of tea varies so much.
  - d. Specialists are needed to dry the tea.
5. In what part of the text do they discuss interesting facts about tea?
  - a. the beginning
  - b. the middle
  - c. the end
  - d. doesn't say



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6. Which countries are the main consumers of tea?
- United States of America and Mexico
  - Spain and Canada
  - Iraq and Greece
  - None of the answers is correct.



7. After reading the story, it can be deduced that \_\_\_\_\_
- thanks to tea, different diseases can be cured.
  - tea has been used since ancient times until today.
  - there are some countries that consume more tea than others.
  - All the answers are correct.

8. Who marketed the manufacture of tea bags
- the queen of the United Kingdom
  - Thomas Sullivan
  - a sorcerer
  - an inventor from the Orient



9. In the Victorian era, special teacups were manufactured to protect the beard from getting tea.

- True
- False



into the

10. What material are tea bags made of?
- porous paper
  - silk
  - nylon