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COFFEE

Coffee

Tara enjoyed assisting her mother with grocery shopping. She picked up a pen and paper to note down the list of items needed: bananas, biscuits, jam, and coffee. Coffee is a popular beverage worldwide, making it in high demand. As demand increases, so does the supply.

Traditionally, coffee plants were grown under the shade of trees, but this method provides a low yield, making it an expensive beverage. To increase production, coffee cultivators clear the trees and grow the plants in direct sunlight, resulting in a higher yield and lower cost. However, this method also produces a high amount of carbon, an environmental pollutant.



Hi!
I am Tara

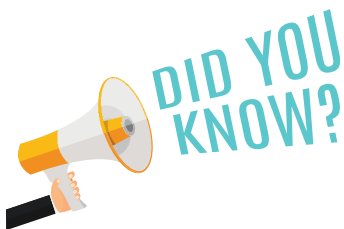


Tara realized that cheaper is not always better, as felling trees leads to a loss of wildlife and topsoil erosion. Additionally, monoculture farming, the practice of growing a single crop in a particular area, reduces soil quality. According to studies, more than three-quarters of coffee farms in Brazil and Vietnam have lost vital tree cover. Tara wondered if this topsoil loss could lead to desertification.

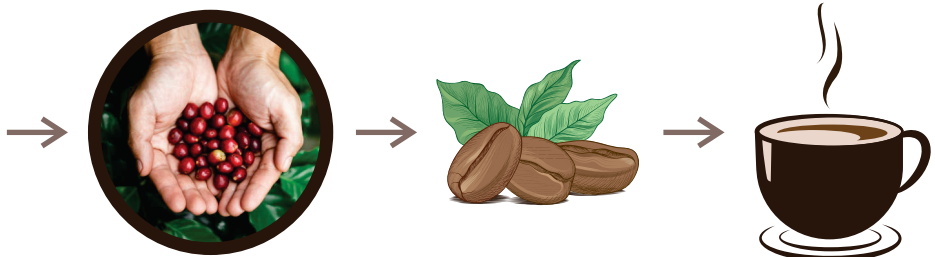
Despite her mother's love for a daily cup of coffee, Tara considered asking her to quit drinking it. However, she reasoned that drinking one or two cups per day would not cause harm. Tara enjoyed cold coffee with ice cream but vowed to ask her mother not to use disposable coffee cups, which contain plastic and contribute to pollution. With that, Tara jotted down the grocery list.



Based on research, a single cup of hot-brewed black coffee contains no calories or fat, and is low in sodium. Additionally, it is rich in micro-nutrients such as potassium, magnesium, and niacin. Furthermore, it is packed with antioxidants that provide several health benefits. However, it is crucial to limit consumption as it can be energizing.



Fascinating historical facts reveal that until the end of the 17th century, the world's limited supply of coffee came primarily from Yemen, located in southern Arabia. However, due to the growing demand for the beverage, the cultivation of coffee plants quickly spread to Java and other islands of the Indonesian archipelago in the 17th century, and later, to the Americas in the 18th century. In 1825, the Hawaiian Islands also began cultivating coffee.



New Words

1. **cultivators**- people who grow and care for crops

2. **topsoil erosion**- the loss of topsoil due to factors such as wind

and water erosion
3. **vital**- essential or important

Find other new and interesting words for each other, and write their meanings in your notebooks.

Comprehension

1. How did Tara help her mother?
2. Which is the favourite beverage of the people all over the world?
3. When would coffee consumption double?
4. Which system of coffee production emits more carbon?
5. Why does the topsoil get eroded?
6. What is monoculture farming?

Take turns to make more questions like these above for each other and answer them.

Prompts Pair up

Team Animal Charades

- a. Together, write down the names of various animals on small pieces of paper and fold them.
 - b. Place the folded papers in a container or hat.
 - c. Take turns picking a paper and acting out the animal without making any sounds while your partner tries to guess which animal you are portraying. Keep track of the time it takes for each correct guess and see if you can improve with each round.
- a. "Simon," who will give commands to the other.
 - b. The partner must follow the commands only if they are preceded by the words "Simon says."
 - c. If the partner follows a command that does not start with "Simon says," switch roles. Keep switching and see how long you can keep the game going without making a mistake.

Partner Simon Says

- a. Choose which one of you will be

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