

# PRESENTAION NAME : COFFEE FOR DAILY LIFE

DEPARTMENT : CSE  
SECTION : E



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# How to Make Coffee?

-- Coffee is *a drink prepared from roasted coffee beans*

## Invention Of Coffee -

1. According to a story written down in 1671, coffee was first discovered by the 9th-century Ethiopian goat-herder Kaldi.
2. The earliest credible evidence of coffee-drinking or knowledge of the coffee tree appears in the middle of the 15th century in the accounts of Ahmed al-Ghaffar in Yemen. It was here in Arabia that coffee seeds were first roasted and brewed in a similar way to how it is prepared now.



# Types of Coffee :

There are four primary types of coffee beans we'll be discussing here:

- ✓ Arabica
- ✓ Robusta (caniphora)
- ✓ Liberica
- ✓ Excelsa(dewevrei)





# Specialties of the Product

- ▶ Arabia: Arabica contains almost 60% more lipids and almost twice the amount of sugar. These play an important part in not only the flavor, but the aroma and body of the coffee.
- ▶ Robusta: Robusta is widely used in espresso blends because it is known to produce a better **crema** (the creamy layer found on top of an espresso shot) than Arabica.
- ▶ Liberica: Liberica has a strong and unique flavor, with some people saying that you either “love or hate it”. It taste smokey and chocolatey.
- ▶ Excelsa: It has a distinctive tart, fruity, dark, mysterious taste. In blends, it enhances the middle and back palate and lingering finish of the coffee, giving the cup more substance and power.

## WHAT IS CREMA?



Crema is a brownish foam that forms on the top of freshly made espresso.

The presence of Crema represents a good quality and fresh coffee.

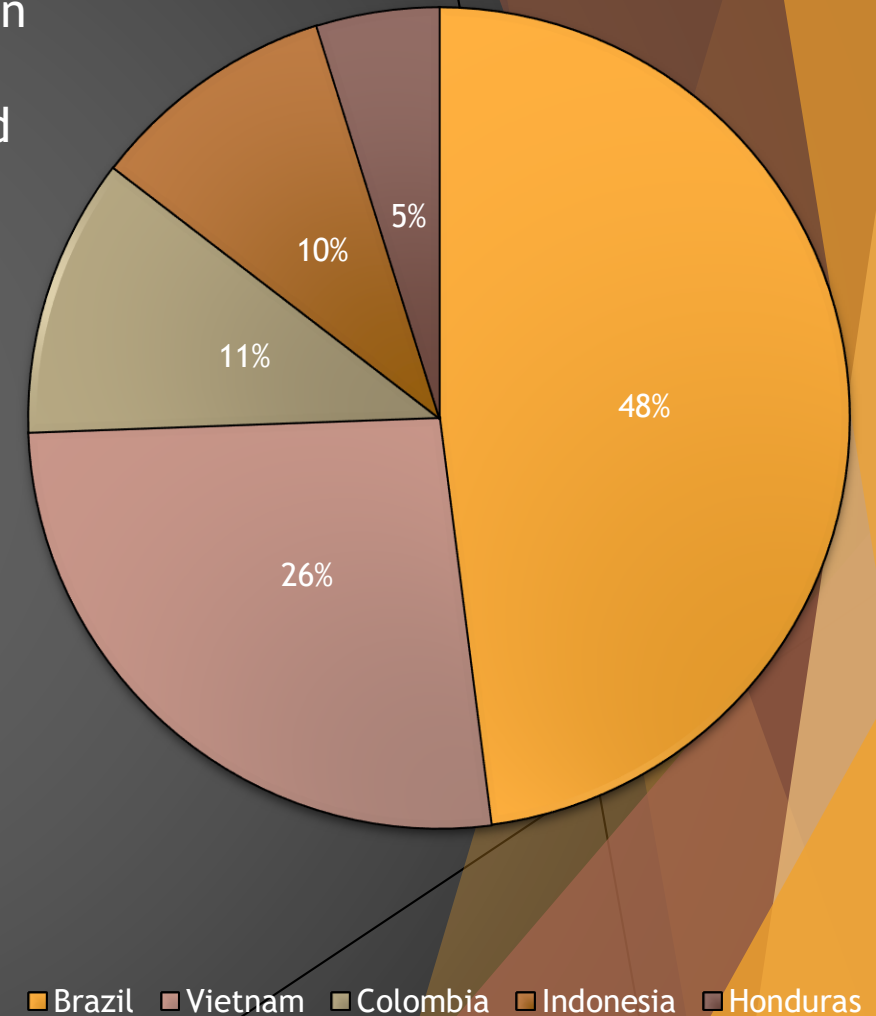




# TOP 5 COFFEE PRODUCING COUNTRIES

- ▶ Example: Vietnam marketing year 2022/2023 coffee production down to **30.22 million bags**, green bean equivalent (GBE), due to lower yields, heavy rainfall that supported the flowering and cherry setting stage
- ▶ Brazil, the top coffee producing country, accounted for 48 percent of the global coffee supply. **Vietnam**, was the second largest coffee producer, accounting for roughly 26 percent of the world coffee production. Dec 20, 2023

Country	Coffee Production – Metric tons (000s) per year
Brazil	2,681
Vietnam	1,542
Colombia	754
Indonesia	669
Honduras	475



# How Coffee Plants Grow ?

**Small, fragrant white blossoms (similar to a jasmine flower) will grow where the leaves and branches meet. These flowers house the plant's sex cells and are what help the plants reproduce over time. About 6 weeks after the flowers are pollinated, the coffee cherry will develop where the flowers were located.**

# HOW TO MAKE A CUP OF COFFEE!

- ❖ **In a cup, take 1.5 teaspoons of instant coffee and 1.5 tablespoons sugar (or add as per taste).**
- ❖ **Add 3 tablespoons hot boiling water.**
- ❖ **Then begin to stir briskly and beat coffee for 3 to 4 minutes.**
- ❖ **First mix the coffee and sugar with water.**







# Best brand for coffee machine

- InstaCuppa French Press Coffee Maker.
- Cafe JEI French Press Coffee Maker.
- Nescafe E-Smart Coffee Maker.
- Pigeon Brewster Coffee Maker.
- Preethi Cafe Zest Drip Coffee Maker.
- Philips Drip Coffee Maker.
- Morphy Richards New Europa Coffee Maker.
- Black + Decker Coffee Maker etc.



# Coffee Benefits :

Coffee is high in antioxidants and many studies show that it is good for your health.

1. **Diabetes.** People who drink more coffee seem to have a lower risk of developing type 2 diabetes. People with type 2 diabetes who drink more coffee might also have a slightly lower risk of dying.
2. **Heart failure.** Drinking caffeinated coffee seems to reduce the long term risk of heart failure in people who do not have heart disease
3. **Thyroid cancer** Drinking more coffee seems to be linked with a lower risk of thyroid cancer.





# Coffee Benefits :

4. Boosts energy level.
5. Linked to a lower risk Of depression.
6. Could protect against liver conditions.
7. Supports heart health.
8. Reduce body fat.
9. Increased physical activity.





# Coffee Side Effects :

*Coffee is safe for most adults. Drinking more than 6 cups/day might cause "Caffeinism" with symptoms such as anxiety or agitation. People who drink a lot of coffee to get the same effects. There is some concern that drinking more than 5 cups of coffee per day might not be safe for people with heart disease. But for people who don't have heart disease, drinking several cups daily does not seem to increase the chance of developing a heart problem. There are so many side effects of coffee.*

1. **Pregnancy and breastfeeding.** Drinking 1 or 2 cups of coffee per day seems to be safe for breastfeeding mothers and their infants. But the caffeine in larger amounts can irritate a nursing infant's digestive tract and also cause sleep problems and irritability.
2. **Anxiety disorders** The Caffeine in coffee might make anxiety worse
3. **Bleeding disorders** There is some concern that coffee might make bleeding disorders worse.





# Coffee Side Effects :

**4. Diarrhea**The Caffein in coffee, especially when taken in large amounts,can worsen diarrhea.

**5. Glaucoma**Drinking caffeinated coffee increases pressure inside the eye.The increase starts within 30 minutes and lasts for atleast 90 minutes.

**6. High blood pressure**Drinking caffeinated coffee increase blood pressure in people with high blood pressure.

But this doesn't seem to occur in people who drink caffeinated products regularly.





If you have any  
**question**  
about the topic  
please feel free  
to ask us.

**Thank You !!**

