

BENEFITS

PREVENT LIVER DISEASE

Studies have shown that men who drink more than 10 cups of green tea per day are less likely to develop liver problems.

BURN STORED FAT

Clinical studies suggest that green tea extract may boost metabolism and help burn fat.

LOWER CHOLESTEROL

Research shows that green tea lowers total cholesterol and raises HDL (good) cholesterol in both animals and people.

STOP DENTAL DECAY

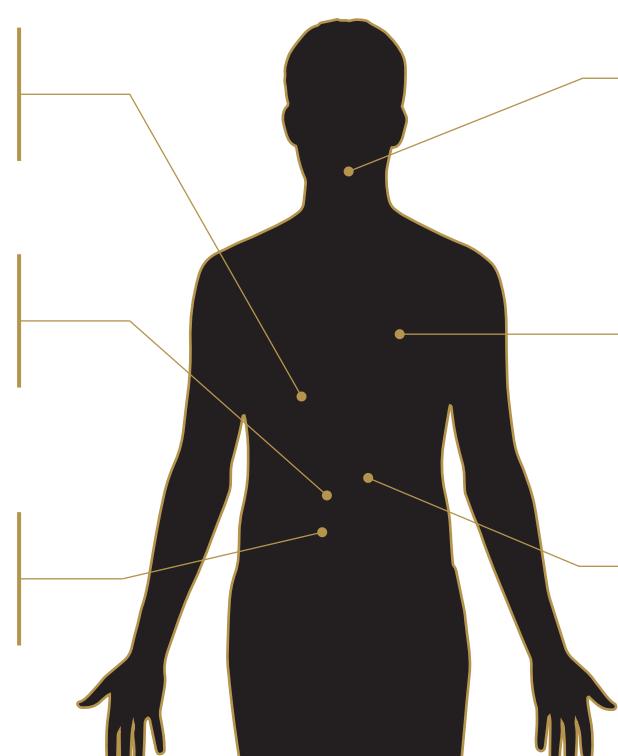
Preliminary studies suggest that drinking green tea can help prevent dental cavities.

PREVENT ATHEROSCLEROSIS

The antioxidant properties of green tea may help prevent atherosclerosis, particularly coronary artery disease.

CONTROL DIABETES

Green tea has been used traditionally to control blood sugar levels.



GLOBAL TEA PRODUCTION



AVAILABLE FORMS OF GREEN TEA



Tea bag



Loose leaf



Matcha
(instant-powder)



Bottled or sweet-
ened with sugar

GREEN TEA MAKING PROCESS



PICKING
Choose fresh tea leaves
from tea TREES



FIXATION
Fry tea leaves with
high-tempreture
enzymes, stop oxidation



ROLLING
Inactive enzymes,
and moulding the shape
of tea leaves



DEHYDRATION
Dry tea leaves with
moderate temprature

SI 520 002, WINTER 2018
MIDTERM PROJECT
SIYU JIA

Text Credit:

1. Statista Survey: What kind of tea do you usually drink at work/at the office? (Feb 2 to 6, 2017); Why do you usually drink tea? (Feb 10, 2017);
2. Benefits: <http://bit.ly/2E3XhiD>; <http://bit.ly/2wfsqPb>
3. Nutritions: <http://bit.ly/1frh1yD>
4. Tea production: <http://bit.ly/2ddsZuP>

Image Credit:

1. <http://amzn.to/2oTKpoY>
2. <http://bit.ly/2Hiczko>
3. <http://bit.ly/2FmVAw>

4. <http://bit.ly/2FDCtIe>
5. <http://bit.ly/2FzrOV>
6. <http://bit.ly/2FDctle>