

# Activity 1

## Beverages

### What Kind of Beverage?

**Purpose:** To identify various types of beverages.

**Directions:** In the space provided to the left of each number, write the name of the beverage that is described.

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1. Meets strict EPA standards for clean water.
2. Water-based product that may contain sugar, vitamins, minerals, and herbs.
3. Contains 100 percent fruit or vegetable juice.
4. Contains 10 to 50 percent fruit or vegetable juice.
5. May be fortified with vitamins and minerals, but contains no juice.
6. Medium-roast coffee with moderate flavor and color.
7. Strongly flavored coffee with dark color.
8. These tea leaves are fermented, then heated and dried, producing a dark brew with a well-developed flavor.
9. These tea leaves are steamed, rolled, and dried, but not fermented. They produce a light, greenish-yellow tea with a slightly bitter flavor.
10. Tea leaves are partially fermented resulting in an intermediate color and flavor.
11. Tea made from flowers, leaves, seeds, and roots of herbs and other plants.
12. Made by combining chopped, unsweetened chocolate and milk in saucepan.
13. Blend of milk or yogurt and fresh fruit.
14. A mix of fruit juices and tea or a carbonated beverage.
15. A hot beverage flavored with such spices as cinnamon, nutmeg, or cloves.
16. Flavored, carbonated beverages.



# Activity 2

## Beverages

### Making and Serving Beverages

**Purpose:** To describe procedures for making and serving beverages.

**Directions:** In the space provided, describe how to prepare and serve each beverage listed below. Use your text and the Internet as resources.

1. Tap water:

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2. Homemade juice:

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3. Drip coffee:

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4. Pot of black tea:

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5. Pot of green tea:

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6. Hot chocolate:

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7. Fruit smoothie:

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8. Mulled punch:

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# Activity 3

## Beverages

### Beverage Puzzle

**Purpose:** To define beverage vocabulary.

**Directions:** Use the information in your textbook to help you answer each item below. Write the name of the beverage term described in the blanks provided, one letter in each space. If your answers are correct, the circled letters will complete the definition in item 11.

1. A natural stimulant that affects the nervous system, heart, and kidneys is called... ○ \_ \_ \_ \_ \_
2. Fruit drinks often fortified with vitamins that minerals and do not contain any juice are called fruit-... \_ \_ ○ \_ \_ \_ \_
3. Beverages containing 10 to 50 percent juice with the remainder made of water, sweeteners, flavorings, and additives are called... \_ \_ \_ \_ \_ ○ \_ \_ \_ \_
4. The twin seeds of the deep red fruit produced by tropical coffee plants are called... \_ \_ \_ \_ \_ ○ \_ \_ \_
5. A product of cocoa powder often made into a hot beverage called hot... \_ ○ \_ \_ \_
6. Fruit juices and tea or carbonated beverages are combined to form a mixture called... \_ \_ ○ \_ \_
7. A beverage made from the leaves of a shrub grown in tropical areas is called... \_ \_ ○
8. Contains dissolved minerals such as calcium, magnesium, sodium, and bicarbonates... \_ \_ \_ ○ \_ \_ \_
9. Pour boiling water over the tea and let the tea brew, or... \_ \_ ○ \_ \_
10. A popular carbonated beverage with few, if any, nutrients is called a(n)... \_ \_ \_ \_ \_ ○ \_ \_ \_ \_
11. \_ \_ \_ \_ \_ beverages have been combined with carbon dioxide to make bubbles.