

10 FACTS YOU DIDN'T KNOW ABOUT COFFEE

Americans are having a huge love affair with coffee. In fact, a 2018 survey by the National Coffee Association said about 64 percent of Americans have at least one cup of coffee every single day. And most of us aren't going for the cheap stuff, either. The U.S. Census Bureau says that Americans spend an average of \$1,100 each year on coffee alone — more than they spend on pets, entertainment, and even car insurance. That's quite a chunk of change for a caffeinated beverage.

So what is it about coffee that keeps us coming back for more? What does drinking all that coffee do to our bodies? And how in the world did we start drinking it anyway? No matter how much you love coffee, there's a good chance you don't know some of these facts and more, so we're here to fill you in. This is the untold truth of coffee — no self-respecting coffee lover should take another sip before getting all the dirt.

Coffee can make you smarter

If you want an extra excuse for drinking coffee first thing in the morning, here's one to try out: It actually makes you smarter. When you drink caffeine, your dopamine increases, and neurons in your brain fire more quickly than normal. This leads to improvements in your mood, energy levels, and reaction times. So when you feel like your brain is fuzzy until you drink your first cup of coffee in the morning, you're right. Coffee doesn't just make you more alert, it actually makes you smarter as well.

You can overdose on coffee

While coffee does make you smarter, don't go overboard with drinking it in the hopes that you'll win the Nobel Peace Prize. Like many great things in life, you can overdose on coffee. And the results aren't pretty. Coffee overdose symptoms include anxiety, heart palpitations, dizziness, and even throwing up. People have varying levels of coffee sensitivity, so if you want to know how much coffee is too much for you, use this coffee overdose calculator.

Coffee is the biggest source of antioxidants in your diet

If you thought blueberries were the only way to get your antioxidants, think again. While fruits and vegetables do have a lot of antioxidants, coffee probably provides more antioxidants in your diet than anything else.

Most Americans drink a lot more coffee than they eat fruits and vegetables, and coffee contains a lot of antioxidants per serving. Some of these antioxidants may prevent things like heart disease, cancer, and type 2 diabetes. So if you want to stay healthy, drink up. Make sure to eat your fruits and vegetables as well, as coffee contains a different type of antioxidants than they do.

Coffee is more potent when you drink it midmorning

Do you drink your coffee before you do anything else in the morning? If so, you might want to change your timing. In a 2013 study, researchers found that the best time to drink coffee is actually between 9:30 and 11:30. That's because cortisol, a hormone related to stress and alertness, naturally dips midmorning. Your cortisol levels actually peak between eight to nine in the morning, so if you drink your coffee then, when your body is already naturally alert, you won't get the same jolt as you will an hour or so later.

Some coffee costs almost a thousand dollars a pound

You'll be shocked to learn that a special type of coffee from Thailand costs almost \$1,000 a pound. Yes, you read that right. It's called Black Ivory Coffee and it's made from Thai Arabica coffee beans that have been

digested and then pooped out (...!!!)
by elephants in Ban Taklang, a rural Thai village.

There are two reasons you would want to pay an exorbitant amount of money to drink coffee made from beans digested by Thai elephants. The digestion process breaks down the bitter proteins found in most coffee. Elephants' digestion also ferments the beans, helping the fruit from the coffee pulp get into the bean.

Another type of coffee, called Kopi Luwak, is made from the poop of civets, a catlike animal in Indonesia and the Philippines. While this coffee will still set you back over \$200 per pound, it'll be a little easier on your wallet, and you'll still get to brag that you've tasted some of the most expensive coffee on Earth.

The largest cup of coffee ever held almost 4,000 gallons

Think your coffee mug is enormous? Check out the largest cup of coffee ever made. It can hold almost 4,000 gallons of coffee. Caffé Bene in South Korea created it in 2014 at their global roasting plant in Yangju, Gyeonggi Province. The mug measures ten feet, ten inches tall and was filled with a black iced Americano for the Guinness Book of World Records.

You could once be put to death for drinking coffee

While most people love coffee, Sultan Murad IV, a ruler of the Ottoman Empire in the 17th century, was not one of them. He despised it so much that he would disguise himself and then walk around the streets of Istanbul with a 100-pound broadsword. Anyone he found drinking coffee would be decapitated on the spot.

The next sultan was a little nicer to coffee drinkers, but not much. If you were caught drinking coffee once, you would be beaten with a club. The second time, you were sewn into a leather bag and thrown into the river. If you've unsuccessfully tried to limit your coffee intake, you can take heart that even these extreme measures weren't enough to stop Turkish people from drinking coffee.

Coffee was first discovered by goats

The first mammals to taste coffee weren't humans — they were Ethiopian goats. While no one knows exactly how coffee was first discovered, one of the most popular legends is that Kaldi, a goat herder, noticed that his goats became more energetic after eating coffee beans. He reported his findings to his local abbot, who then shared the discovery with the other monks at his monastery.

From there, word about coffee continued spreading east until it reached the Arabian peninsula. The first coffee came to the U.S. in the mid 1600s, making its debut in New York.

The Boston Tea Party made coffee popular in the U.S.

While coffee came to the U.S. in the mid 17th century, it only became popular after the Boston Tea Party in 1773. Because of the high taxation of tea by the British, drinking coffee became a way to show that you were a patriotic American. Coffee continued to rise in popularity during the Civil War, when soldiers drank it to stay alert during their long hours of fighting.

Teddy Roosevelt's kids started a chain of coffee shops

Long before Howard Shultz or Starbucks was born, Theodore Roosevelt's kids started a coffee chain in New York City. Roosevelt loved coffee because he'd been given it to ease his asthma attacks as a kid. Apparently love of coffee ran in the Roosevelt family, because his kids, Kermit, Ted, Archie, and Ethel got together and

opened a coffeehouse in 1919. They named it the Brazilian Coffeehouse.

READ THE TEXT AND DECIDE IF THE FOLLOWING STATEMENTS ARE

TRUE or FALSE

- A. The most expensive coffee is the one pooped out by elephants
- B. Coffee was discovered by a goat herder
- C. The most expensive coffee costs 5000 a pound
- D. Over consumption of coffee can make you smarter
- E. A famous American president used to drink coffee to cure his asthma.
- F. A sultan used to punish coffee drinkers by throwing them into a river
- G. At one time drinking coffee was a way to show that you were a patriotic American
- H. The largest cup of coffee could hold 4.000 litres of coffee
- I. The best time to drink coffee is at 13.00
- J. Coffee has the same antioxidants as blueberries.

1st VIDEO:

HOW CAFFEINE WORKS

<https://www.youtube.com/watch?v=UMqgYMH9EWs>

How does caffeine turn a morning zombie into a functioning member of society? This lesson will get you thinking about the science behind an everyday drug.

WATCH THE VIDEO

AND ANSWER THE FOLLOWING QUESTIONS

- 1) Caffeine can pass through the blood-brain barrier.
 - a) True
 - b) False
- 2) Which of the following is not an effect of adrenaline?
 - a) Increased Heart rate
 - b) Closes Airways
 - c) Increase in Blood Pressure
 - d) Increased Blood Flow to Muscles
 - e) Sugar Release from Liver
- 3) What is the half-life of caffeine in the average human body?
 - a) 2 Hours
 - b) 4 Hours
 - c) 6 Hours
 - d) 8 Hours

- 4) In your own words describe how caffeine acts as a **stimulant** in your central nervous system. (3-5 lines)

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2nd VIDEO:

<https://www.youtube.com/watch?v=sliu-fdz0Aw>

READ OR WATCH THE VIDEO ABOUT COFFEE ADDICTION AND ANSWER THE QUESTIONS

How long can you go without a shot of caffeine? Can you wake up the morning without a cup of coffee, or get through the day without a soda or energy drink?

The struggle is real when it comes to caffeine addiction. While it is a widely-consumed legal stimulant, the fact doesn't make you immune to the health risks and uncomfortable symptoms associated with having a dependency. While we know it can be found in coffee, you may find it surprising the substance is also in many other types of drinks, foods, and medications, including pain relievers, cocoa beans, and tea. Below are some signs to look out for if you think you may be addicted to caffeine. If you remain unsure, don't hesitate to seek the counsel of your doctor. The more you know, the better off you are.

Lethargic much?

One of the tell-tale signs of caffeine dependency is the unshakeable lethargy you feel when you go without. Going to work sluggish, canceling plans with friends and loved ones due to fatigue, and not feeling motivated to participate in your usual activities are all indicators of withdrawal. If missing that morning cup of java leaves you tired and lacking in energy, you might be addicted to caffeine. Since many habitual coffee drinkers use caffeine as an aid for starting the day or as a refresher in the afternoon, it comes as no surprise that their energy levels dip dramatically when they don't get that regular intake. For many, quitting caffeine can mean losing the psychological energy push that drinking coffee provides.

Pounding headaches are not a good sign

Headaches brought on by caffeine-related issues are no fun to deal with it. Since the primary cause of these head problems have to do with withdrawal from the substance, often times the pain can be eased, ironically, by consuming more caffeine. Of course, at the point in which you need to have more of something just to stave off pain, you're probably aware that you have a bit of a problem, namely addiction. As people who consume only small amounts of caffeine daily don't tend to suffer debilitating headaches when they pull back, you might consider gradually cutting back on coffee, sodas, and teas that contain caffeine.

If you feel like **puking** when you don't have a cuppa, you may be addicted

If you are indeed addicted to caffeine and suddenly go without, you may experience physical symptoms of withdrawal, such as nausea. This strange, uneasy feeling like you need to vomit ASAP is one indicator of an unhealthy dependency on caffeine. On the other hand, drinking coffee in and of itself can be the cause of your nausea, too. While having coffee in small amounts can be fine, over consumption can make you feel sick to your stomach.

Depression

According to the Mayo Clinic, there's an indirect connection between caffeine consumption and depression. Since excessive intake of caffeine can prevent people from getting the proper amount of sleep, their moods may be affected adversely, contributing to feelings of depression. Moreover, if you're already addicted to caffeine, stopping your coffee habit cold turkey can also add to your depressed state. Cited studies have shown that people who already suffer from mood disorders such as anxiety and depression

may want to steer clear of caffeine altogether.

Muscle problems

You know that all over achy feeling you get when you're coming down with the flu? Similar types of muscle pain, cramping, and stiffness can occur when you've become addicted to caffeine and try to pull back from it. Normal activities that you take for granted, like walking and light exercise, might start to feel strenuous and burdensome during caffeine withdrawal.

Check your mood swings

Since caffeine is a legal substance found in beverages you can easily purchase, it can be easy to forget that caffeine is still a stimulant — and a powerfully addictive one at that. As such, it can affect your moods tremendously. People who are dependent on their daily intake suffer greatly when they don't get their fix, so to speak. If you are addicted, you may find that over time, you need more and more caffeine to remain stable. Consuming your regular amount no longer has the same effect, causing you to experience more and more dips in your moods. It's a cycle that proves difficult to break.

Inability to concentrate

If you recently stopped drinking coffee and feel like your brain is not functioning like it used to, be aware that you might be addicted to caffeine. As you have been habitually relying on daily doses of the substance to stay alert and focused for work and play, you might find that quitting cold turkey leaves you in a haze you aren't used to.

Digestion issues are no fun

If you find that you have digestive issues that cause you to feel constipated on the reg, it may be time to examine your relationship to caffeine.

Having trouble maintaining regular healthy bowel movements can be one surefire sign that the answer is yes. Cited studies indicate that drinking coffee and other beverages that contain caffeine can lead to a host of stomach problems, including flatulence, painful heartburn, ulcers, IBS, and frequent urination. To avoid these physical issues, you may want to reduce your caffeine intake or remove it from your diet altogether.

While these indicators don't necessarily mean you are addicted to caffeine, they do present red flags. As such, if you are unsure if you are dependent on it, ask your doctor to help you parse out your symptoms.

The struggle is real when it comes to caffeine addiction. Everyone already knows there's caffeine in your morning coffee, but you may be surprised to find it in a whole bunch of other drinks, foods, and medications as well. And while it's a widely-consumed legal stimulant, there are still health risks and uncomfortable symptoms associated with having a dependency. Here are some signs to look out for if you think you may be addicted to caffeine...

READ THE TEXT - WATCH THE VIDEO ANSWER THE QUESTIONS

What are the signs that tell you that you are a caffeine addict

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)

WRITING

Your best friend seems to be a caffeine addict. Using the information from the texts and the videos you have just watched write a short email to him, informing him of the dangers of caffeine addiction and offering him some pieces of advice on what to do in order to get over his addiction. (50 words)
(You should use expressions such as: If I were you..../You should.../ Why don't you.../It would be a good idea if you....)