COFFEE

"Even bad coffee is better than no coffee at all."

David Lynch, American film director

1. Coffee Discussion

1. Do you like coffee? What's your favourite type of coffee?
2. How much coffee do you drink per day? Do you think this is a lot?
3. When do you usually drink coffee?
4. How do you take your coffee? With milk? With sugar? Or just black?
5. What food do you like to eat while drinking coffee?
6. What is the most popular chain of coffee shop in your country?
7. What is your favourite chain of coffee shop?
8. What's your opinion of Starbucks?

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2. Coffee Vocabulary

- **filter coffee** (noun) – *coffee made by passing hot water over freshly ground coffee contained in a filter.*
- **Irish coffee** (noun) – *a coffee drink with added whisky.*
- **caffeine** (noun) – *an alkaloid substance known for its stimulant effects.*
- **café** (noun) – *a small informal restaurant selling light snacks and drinks including coffee.*
- **roast** (noun) – *the extent to which coffee beans have been roasted to produce different flavours. From less intense to most intense the roasts are: light, medium, and dark.*
- **fair trade** (noun, adjective) – *trade between developed and developing countries in which a fair price has been paid to producers.*

Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun)

1. If you want to cut down on your **caffeine** levels, you should buy decaf coffee.
2. If I don't have any **filter coffee**, I'll drink instant coffee, even though I don't really like it.
3. You can use the Wi-Fi in the local **café** if you need to do some work.
4. Janet is very socially conscious; she always buys **fair trade** coffee.
5. My grandad said drinking an **Irish coffee** before bed helped him to sleep!
6. I love the taste of a dark **roast**; it reminds me of when I visited Italy.

Coffee vocabulary comprehension questions

1. Do you prefer filter coffee or instant coffee? What's the difference?
2. Have you ever tried an Irish coffee? Where was this?
3. Apart from coffee, what else contains caffeine?
4. What roast of coffee do you prefer?
5. Do you ever go to a cafe to work or read a book? Why do people like to do this?
6. Do you think everyone should buy fair trade coffee? Why or why not?

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3. Video: The Effects Of Caffeine

You are going to watch a TED Ed video called "How Does Caffeine Keep Us Awake?"

Watch the video here: https://yourenglishpal.com/blog/esl-conversation-lesson-plan-coffee/

While you watch the video, answer the following questions:

Multiple choice

1. How many Eiffel Tower's worth of caffeine are consumed every year?

   a) 13 ***b) 14*** *c) 15*

2. Which of the following is not an effect of caffeine?

   a) alertness *b) happiness* ***c) sleepiness***

3. What does caffeine in low doses do to insects?

   a) wakes them up ***b) helps memory*** *c) energises them*

4. What does adenosine do?

   a) helps us sleep *b) keeps us awake* *c) supplies energy*

Sentence completion

5. When adenosine docks into receptors, it starts a cascade of biochemical **reactions**.
6. Caffeine slows neurons down by **blocking** adenosine receptors.
7. Dopamine stimulates feelings of **pleasure**.
8. The effect of caffeine on adenosine and dopamine receptors could have long-term health **benefits**.

Short answer

9. Caffeine can help the body burn what? **Fat**
10. What can caffeine raise? **Heartrate and blood pressure**
11. What adapts to regular caffeine consumption? **Your brain**
12. What might you experience if you quit caffeine? **Tiredness, headaches, depressed moods**

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4. Coffee Conversation Questions

1. Does coffee help you wake up in the morning? If so, why do you think that is?
2. Could you survive without coffee? Why or why not?
3. Have you ever drunk too much coffee? If so, what happened?
4. Do you think some people are addicted to coffee? Are you?
5. Do you think coffee is bad for your health in any way?
6. Which countries are famous for producing coffee?
7. Which country produces the best coffee?
8. Do you think coffee farmers get paid enough? If not, how could this problem be solved?

5. Coffee Writing Task

Write about how coffee is produced. Try to use some of the vocabulary you learned earlier in this lesson. In your answer, include the following topics:

- The origins of coffee.
- How it is prepared for drinking.
- The different ways it can be drunk.

Alternative exam essay question

To help coffee producers in developing countries, people should only buy fair trade coffee. Do you agree or disagree?

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