

Green Tea Quiz: questions and answers



1. Where did green tea originate?

- China
- Colombia
- Germany

2. What is green tea good for?

- The digestion of food
- Diabetes
- Fever

3. Who were the first to discover green tea?

- English
- Chinese
- Spaniards

4. What is the predominant vitamin of green tea?

- Vitamin C
- Vitamin A
- Vitamin E

5. What is the predominant mineral of green tea?

- Calcium
- Iron

Potassium

6. How long does it take to steep the green tea?

- 2 minutes
- 20 seconds to 50 seconds
- 30 seconds to 3 minutes

7. Which of these vitamins green tea doesn't contain?

- Vitamin C
- Vitamin A
- Vitamin E

8. It is said that green tea can help to prevent which disease?

- An arthritis
- A leukemia
- A cancer

9. What is the best water temperature to prepare the green tea?

- 61 °C - 87 °C
- 75 °C - 90 °C
- 95 °C - 100 °C

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Right answers

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