

Chapter 1

Beverages

LEARNING OBJECTIVES:

After reading this chapter learners would be able to:

1. understand the different types of beverages
2. understand the uses of beverages
3. understand the non alcoholic and alcoholic beverages

GUIDE TO BETTER LEARNING:

1. Definition
2. Introduction
3. Nutrients provided by the beverages
 - I Carbohydrates
 - II Fats
 - III Minerals
 - IV Vitamins
4. Types of beverages
 - I Refreshing
 - II Stimulating
 - III Nourishing
 - IV Alcoholic

IMPORTANT DEFINITIONS :

1. Beverage can be defined as any liquid, which provides any one or more than one of the following on consumption i.e. refreshment, nourishment, stimulation, energy, etc.
2. Beverages are potable drinks which have refreshing, stimulating, nourishing and thirst satisfying qualities.





3. Alcoholic beverages must have minimum of 1% to maximum of 76% Ethyl Alcohol by volume.

INTRODUCTION:

The word 'Beverage' is derived from the Latin word 'Bever'. In Latin it means rest from work. A human body contains five and half litres of blood and body contains a large quantity of water. Due to sweat, perspiration, etc. the fluid level in the body may reduce. Heavy fluid loss can even cause death especially amongst infants. A person may survive for a longer period without food but cannot survive for long without liquid (beverage). When a person feels thirsty, he feels like taking a drink which may include water or any other potable beverage.

Beverage may be refreshing (water, aerated drinks, etc.), stimulating (tea, coffee, liquors, etc.), nourishing (juices, milk, malt beverages, etc.).

The right quantity of beverage also helps in digesting food in human body.

Most beverages provide nutrients like vitamins, minerals, refreshment, energy (carbohydrates, fats), protein, etc. One ml. of alcohol provides seven calories to the body, one gram of carbohydrate provides four calories and one gram of fat provides nine calories to the human body.

Beverage can be defined as any liquid, which provides any one or more then one of the following on consumption i.e. refreshment, nourishment, stimulation, energy, etc. And it includes the following:

- I Stimulating drinks
- II Refreshing drinks
- III Nourishing drinks
- IV Alcoholic drinks:

Drinks containing 1% alcohol to 76% alcohol are termed as alcoholic drinks and if it contains more than 76% alcohol then it is termed as medicine. Ethyl alcohol is the only type of alcohol which is consumed. All other types of alcohols are used for industrial purposes. One ml. of alcohol provides 7 calories.



SUMMARY / RECAPITULATION:

Word Beverage is derived from Latin Word '*Bever*'.

Body contains five and half litres of blood and to maintain its water level in the body, beverage plays a vital role.

IMPORTANT TERMS

- Bever
- De-hydration
- Heavy Fluid Loss
- Stimulation
- Nourishing
- Refreshing
- Energy

MULTIPLE CHOICE QUESTIONS:

1. The word beverage is derived from:
a) American b) Latin c) Indian d) Greek
2. Human body containslitres of blood
a) 5 ½ litres, b) 7 ½ litres c) 3 ½ litres d) 4 ½ litres
3. One ml. of alcohol providescalories.
a) 6 b) 5 c) 7 d) 8
4. One gram of carbohydrate providescalories.
a) 2 b) 8 c) 7 d) 4
5. One gram of fat providescalories
a) 3 b) 5 c) 6 d) 9

ANSWERS:

- 1) d, 2) a, 3) c,
- 4) d, 5) d





SHORT ANSWER QUESTIONS:

1. Define a Beverage.
2. What is the importance of beverage for human body?
3. Name the nutrients provided by different beverages.

LONG ANSWER QUESTIONS:

1. Explain in detail the role of beverage in keeping the human body healthy.
2. List different types of beverages and their uses.

