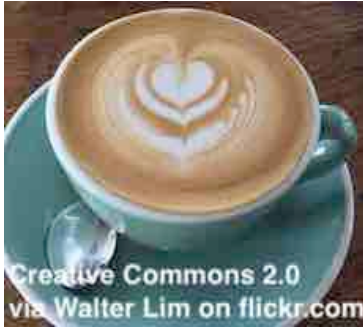## DNA could decide whether you like coffee or tea

25th November, 2018

New research suggests that our DNA helps us to decide whether we prefer coffee or tea. Researchers from the University of Queensland in Australia studied how our genes affected our taste and why we like some tastes more than others. Following the research, researchers believe they know why some of us prefer coffee while others like tea more. The researchers found that people who like more bitter tastes are more likely to drink coffee. The researchers said they found something strange in their research. People who were more sensitive to the bitter taste of caffeine were more likely to prefer coffee to tea. They were also more likely to drink more coffee than those who were not so sensitive to caffeine.

Researchers looked at data on more than 400,000 men and women in the United Kingdom. They also looked at an Australian study that compared the tastes of 1,757 twins with their siblings. The researchers said genes aren't the only factors affecting people's tastes. Other things like our changing environment, social factors or the effects of taking medicine can also turn us on or off coffee or tea. The researchers said we can learn to like coffee. Dr Liang-Dar Hwang said: "Bitter taste perception is shaped not only by genetics, but also environmental factors. Even though humans naturally dislike bitterness, we can learn to like or enjoy bitter-tasting food after being exposed to environmental factors."

Sources:
tribune.com.pk / smithsonianmag.com / discovermagazine.com

Writing

We can learn to like any taste of food in the world. Discuss.

Chat

Talk about these words from the article.

research / DNA / coffee / tea / genes / bitter / strange / sensitive / caffeine / taste data / study / twins / siblings / environment / medicine / perception / humans

True / False

a) The research was from a university in Austria. T / F

b) The researchers said our jeans affected whether we liked tea of coffee. T / F

c) People who like bitter tastes are less likely to like coffee. T / F

d) People who are sensitive to caffeine generally like coffee. T / F

e) Researchers studied the tastes of over 1,700 twins. T / F

f) Medicine can affect whether or not we like coffee. T / F

g) The researchers said we can't learn to like coffee if we dislike it. T / F

h) A researcher said not just genetics make us like bitter things. T / F

Synonym Match

(The words in **bold** are from the news article.)

1. decide	a. unusual
2. affected	b. brothers and sisters
3. prefer	c. statistics
4. strange	d. choose
5. likely	e. people
6. data	f. like better
7. siblings	g. formed
8. perception	h. influenced
9. shaped	i. awareness
10. humans	j. probable

Discussion – Student A

a) What do you think about what you read?

b) What do you know about tea?

c) Do you have a favourite cafe?

d) How healthy is coffee?

e) How healthy is tea?

f) Should you have sugar in tea and coffee?

g) Could you learn to like a food you hate?

h) What questions would you like to ask the researchers?

Phrase Match

1. DNA helps us to decide whether we
2. studied how our genes affected
3. why we like some tastes
4. more likely
5. those who were not so
6. looked at data on
7. the tastes of 1,757 twins
8. turn us on
9. not only by
10. being exposed to environmental

a. more than others
b. genetics
c. more than 400,000
d. sensitive to caffeine
e. or off coffee
f. our taste
g. factors
h. prefer coffee or tea
i. with their siblings
j. to drink coffee

Discussion – Student B

a) What do you know about coffee?
b) What does DNA do?
c) How have your tastes changed?
d) Do you prefer coffee or tea?
e) Do you prefer hot or cold drinks?
f) What bitter food and drinks do you like?
g) What would you like to drink right now?
h) What do you know about caffeine?

Spelling

1. decide whether we rpfeer coffee or tea
2. how our genes tdefceaf our taste
3. scerresrhae believe they know why
4. they found something gaestnr
5. more illeyk to
6. so netseisiv to caffeine
7. oacepdmr the tastes
8. 1,757 twins with their nsigbsil
9. the effects of taking cdeiimen
10. shaped not only by egtescin
11. humans lutlyraan dislike bitterness
12. being exoespd to environmental factors

Answers – Synonym Match

1. d	2. h	3. f	4. a	5. j
6. c	7. b	8. i	9. g	10. e

Role Play

Role A – Tea
You think tea is the best drink. Tell the others three reasons why. Tell them what is wrong with their drinks. Also, tell the others which is the worst of these (and why): coffee, cola or water.

Role B – Coffee
You think coffee is the best drink. Tell the others three reasons why. Tell them what is wrong with their drinks. Also, tell the others which is the worst of these (and why): tea, cola or water.

Role C – Cola
You think cola is the best drink. Tell the others three reasons why. Tell them what is wrong with their drinks. Also, tell the others which is the worst of these (and why): coffee, tea or water.

Role D – Water
You think water is the best drink. Tell the others three reasons why. Tell them what is wrong with their drinks. Also, tell the others which is the worst of these (and why): coffee, cola or tea.

Speaking – Drinks

Rank these with your partner. Put the best drinks at the top. Change partners often and share your rankings.

- cola
- water
- juice
- wine
- tea
- coffee
- lemonade
- milk

Answers – True False

a	F	b	F	c	F	d	T	e	T	f	T	g	F	h	T

Answers to Phrase Match and Spelling are in the text.