

**"Tea myths 1" @ <http://www.youtube.com/ESL4free>**

-- many myths abound .

No.#1: *It is not true that tea has more caffeine than coffee.*

1 <input type="text"/> ml	tea	50mg caffeine
"	coffee	75mg "
"	2 <input type="text"/> coffee	100 - 115mg "
can	cola	3 <input type="text"/> - 70mg "

No.#2: *It is not true that tea stains teeth.*

Only 4  needed; cavities & plaque prevented.

No.#3: *It is not true that* 5  *tea is healthier than* 6  *tea.*

simple favonoids > 7  tea  
 complex favonoids > 8  tea } reduce medical problems

**DIFFICULT WORDS AND EXPRESSIONS IN THE LISTENING**

**Antioxidants:** substances that help stop oxidation in the body.

**Astonishing:** amazing; astounding.

**Astounding:** amazing; astonishing.

**Caffeine:** stimulant (keeps people awake and energetic) found in coffee, tea, colas, etc.

**Cavities:** holes in the teeth.

**Fighting a rearguard action:** fighting something that is following or chasing.

**Flavonoid:** type of antioxidant found in food that helps the human body fight muscle damage, heart disease and cancer.

**Fluoride:** chemical compound found in toothpaste.

**Humble:** modest; common;

**Mundane:** ordinary; routine; everyday.

**Myth:** legend; fantasy.

**Plaque:** bacteria on the teeth.

**Stain:** spot; mark; coloured area.

**Utter nonsense:** completely wrong and silly.