



E-CONTENT

UDAI PRATAP COLLEGE, VARANASI-221002

Programme/Class: Diploma in Plant Identification, Utilization & Ethnomedicine/BSc-IV Semester

UG, Year: II, Semester: IV, Paper: I, UNIT-I

Subject: Botany; Course Code: BO40401T

Course Title: Economic Botany, Ethnomedicine and Phytochemistry

Topic: Cultivation & Uses of BEVERAGES

Name: Prof. Ajai Kumar Singh, Department of Botany, Faculty of Science,
Mobile No. 9450538149, E-mail: ajaiupcollege@gmail.com

BEVERAGES

Beverage is referred to any drink, usually other than water. It is derived from the old French “beverage”, based on Latin word “bibere” which means “to drink”.

- ✚ Beverages can be defined as **any fluid which is consumed by drinking.**
- ✚ A beverage is a drink intended for human consumption. It can be naturally occurring fluid, such as water and milk, or a drink that is prepared using various ingredients like tea, coffee, fruit juices, and carbonated soft drinks.
- ✚ It consists of diverse group of foods products, usually liquids that include the most essential drink water to wide range of commercially available fluids like **fruit beverage, synthetic drinks, alcoholic beverages, milk, dairy beverages, tea, coffee, chocolate drinks** etc.
- ✚ The beverages are rarely consumed for its food value but it is vital for life.

Beverages are a part of our daily lives. The popular choice of beverage varies between countries, as also the way it is cultivated, produced, served, brewed, and so on.

BEVERAGES

Non-alcoholic

[Non-alcoholic beverages are drinks that do not contain any alcohol. They can be served cold/hot, making them suitable for various occasions and weather conditions.]

Alcoholic

(Drinks that contain Ethanol [Alcohol] produced by the fermentation of Yeast, Sugars, and Starches. They can be classified into several types based on their ingredients and brewing methods. Some popular alcoholic beverages include: BEER, WINE, SPIRITS, COCKTAILS.)

Hot Beverages:

Hot beverages are drinks that are served hot, typically above 100°F (38°C). Some popular hot beverages include:

- **COFFEE:** A popular hot beverage made from roasted coffee beans. It contains Caffeine, which acts as a stimulant. There are different types of coffee, such as **ESPRESSO, CAPPUCINO, LATTE,** and **DRIP COFFEE.**
- **TEA:** A hot beverage made from the leaves of the plant (*Camellia sinensis*). It is one of the most consumed beverages in the world and has various types, such as black tea, green tea, oolong tea, and white tea.
- **HOT CHOCOLATE:** A sweet and warm beverage made from Cocoa powder, milk, and sugar. It is often served with Marshmallows/Whipped cream on top.
- **HERBAL TEA:** A caffeine-free hot beverage made from various herbs, fruits, and spices. Some popular herbal teas include **Chamomile, Peppermint,** and **Hibiscus tea.**

Cold Beverages:

Cold beverages are drinks that are served cold, typically below 70°F (21°C). Some popular cold beverages include:

- **SODA:** A carbonated soft drink that contains Carbon dioxide gas, water, and Sweeteners. It may also contain Caffeine and flavours. Some popular soda brands include Coca-Cola, Pepsi, Sprite etc.
- **JUICE:** A drink made from the fruit's flesh or extract. It may contain pulp or be pulp-free. Some popular fruit juices include Orange juice, Apple juice, and Grape juice.

- **SMOOTHIES:** A thick and smooth drink made from blended fruits or vegetables with added liquids such as water, milk, or yogurt. It may contain ice or frozen fruits for a colder texture.
- **ICED TEA:** A cold version of tea that is brewed and then chilled before serving. It may contain sugar or frozen fruits for a colder texture.
- **MILKSHAKES:** A sweet and cold drink made from blended ice cream with added milk or water. It may contain flavours such as Chocolate, Strawberry, or Vanilla.

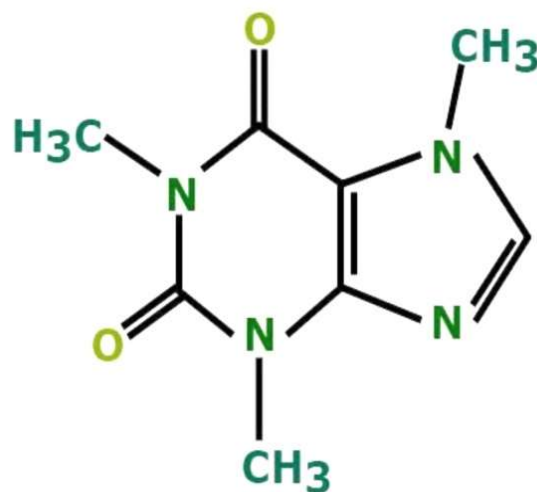
Classification of Beverages

- ❖ Non-alcoholic Beverages,
- ❖ Alcoholic Beverages,
- ❖ Hot Beverages,
- ❖ Cold Beverages,
- ❖ **Energy and Sports Drinks:** These are beverages that are designed to provide energy or help athletes rehydrate during exercise. Examples include RED BULL, GATORADE, and POWERADE.
- ❖ **Functional Beverages:** These are drinks that offer additional health benefits beyond basic hydration. Examples include PROBIOTIC DRINKS, PROTEIN SHAKES, and VITAMIN-INFUSED WATER.

IMPORTANCE OF BEVERAGES

Beverages play a critical role in human health and well-being. They help to maintain fluid balance in the body, provide essential nutrients like vitamins and minerals, and can even have therapeutic effects in certain circumstances. For example, warm beverages like tea and soup can help soothe a sore throat or ease congestion, while sports drinks can help replenish electrolytes lost during exercise.

- ✦ Stimulants have been enjoyed by Man from earliest time.
- ✦ Tea of Eastern Asia, Cocoa of Mexico and Central America, Coffee of North Eastern Africa and Arabia are the specific beverages of these regions.
- ✦ There are other plant products also which are used as beverage in some parts of the world, e.g.
 - MATE: The principal drink of South Americans.
 - KHAT: Used by Arabians.
 - GUARANA: Another South American drink has highest Caffeine content.
- ✦ These plant originated beverages are preferred because of mildly stimulating alkaloid *Caffein* and because of their stimulating effect.
- ✦ Beverages are light stimulatory in nature. Some substances obtained from plants like *Cocaine, Cannabis, Opium* etc. are highly or strong stimulants.
- ✦ Benzedrine and Amphetamines are examples of **SYNTHETIC STIMULANTS**, introduced commercially in 1932. Other common synthetic stimulants are Dixedrine, Diphetamine, Preludin, Rotalon and Methedrine.



Chemical formula of Caffeine



TEA (*Camellia sinensis*)-Bush and Twig



***Coffea arabica* flowers**



***Coffea arabica* fruit**



COFFEE mature fruits



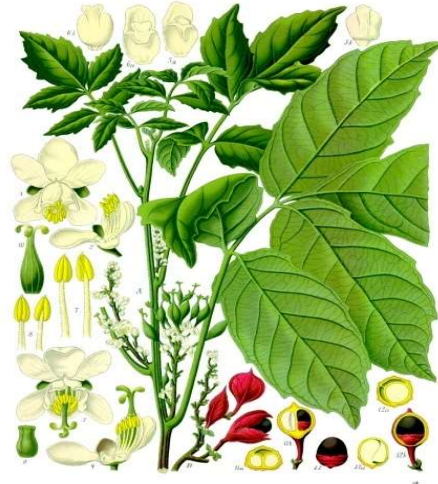
COCOA (*Theobroma cacao*) fruits



MATE (*Ilex paraguariensis*)



KHAT (*Catha edulis*)



GUARANA (*Paullinia cupana*)

Declaration

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