



Matching headings to paragraphs

Reading Lesson 2: Matching headings to paragraphs

The reading passage has five sections, **A – E**.

Choose the correct heading for each section from the list of headings below.

List of headings

1. It tastes different.
2. It's easy to make.
3. It helps you to concentrate.
4. It's fun to customise.
5. It's healthier for you.
6. It's cheap.
7. It won't keep you up at night.

1. Section A = _____
2. Section B = _____
3. Section C = _____
4. Section D = _____
5. Section E = _____



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5 Reasons to Drink Cold-Brewed Tea

- A.** Cold-brewed tea has a lighter, sweeter taste than hot tea. The cold water pulls the delicate, subtle flavours out of the tea leaves without leaching out the tannins, which are the chemical compounds responsible for the bitter taste of an over-brewed cup of hot tea. If you appreciate the herbal flavour of well-brewed tea, you'll love the taste of cold-brewed tea.
- B.** All types of tea are good for you, but cold-brewed tea has an advantage over hot tea. Boiling water destroys some of the antioxidants in hot tea, while cold-brewing preserves all the goodness of the leaves. The catch: you'll have to steep your cold-brewed tea for 12 to 24 hours for the leaves to release all of their antioxidants, but the wait is worth the extra health boost.
- C.** Hot water pulls more caffeine from tea leaves than cold water does. In fact, cold-brewed tea has less than half as much caffeine as hot tea. If you're trying to cut back on your caffeine intake, or if you want something soothing to sip before bed, cold-brewed tea might be exactly what you need.
- D.** Just measure one to two tablespoons of tea leaves into a jar, add a quart of cold water, and put it in the refrigerator. Your tea will be ready to drink in six to eight hours, but you can let it steep for a full day if you want. Strain the leaves before you drink it, and don't throw them out – you can use them to make a second container of tea later.
- E.** You can add herbs, fruit, and sweeteners to cold-brewed tea, or you can experiment by mixing different types of tea in the same jar. Get creative and make your brew your own!



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