

# Tea and Life Style

## Tea in a Daily Life

Green tea drinking scenes in Japan have been changed through the years. Recently, supplying tea in cans, paper packages and plastic bottles have formed a new and a big tea beverage market.

Also, the practical use of tea leaves has gained attention by using of its components.

In the past, when a guest came to a Japanese house, the hostess immediately served green tea. Green tea break is also popular in the office as well. The tea is extremely efficient in relaxation of mind and enliven the communicate.

Enjoying lunch with friends is a relaxing time during the stressful work time. There, a cup of green tea is also flourishing. In some elementary schools, students gargle with green tea to prevent to catch a cold in winter.

Serving green tea in portable package, including cans and plastic bottles, extended it from indoor to outdoor. For example in all seasonal outdoor sport matches, drinking of green tea has become very popular.

