

Title:

Tea: Origins, Flavors and Health Benefits

Word Count:

513

Summary:

Here you can read about the difference between black tea, green tea, oolong tea and white tea.

Keywords:

tea,drink,drinks,food

Article Body:

How many times do we just want to drink tea after a heavy meal, but are then bombarded with all

What you should always remember is that there are only four types of tea.

- 1) Black tea
- 2) Green tea
- 3) White tea
- 4) Oolong tea

All these are made from the leaves of the *Camellia sinensis*, also known as the tea plant. Other

1) Black Tea

The strong flavored burnt Sienna colored hot beverage is the most popular type of tea in the W

2) Green Tea

The lightly oxidized tea has been popular in China, Japan and Korea for centuries. Recently, r

3) White Tea

White tea is rarer and more expensive than the other types of teas mentioned above. Originated

4) Oolong Tea

The traditional Chinese tea is the common companion of Chinese foods such as dim sum and chop

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