

Coffee or Tea

New research suggests that our DNA helps us to decide whether we prefer coffee or tea. Researchers from the University of Queensland in Australia studied how our genes affected our taste and why we like some tastes more than others. Following the research, researchers believe they know why some of us prefer coffee while others like tea more. The researchers found that people who like more bitter tastes are more likely to drink coffee. The researchers said they found something strange in their research. People who were more sensitive to the bitter taste of caffeine were more likely to prefer coffee to tea. They were also more likely to drink more coffee than those who were not so sensitive to caffeine. Researchers looked at data on more than 400,000 men and women in the United Kingdom. They also looked at an Australian study that compared the tastes of 1,757 twins with their siblings. The researchers said genes aren't the only factors affecting people's tastes. Other things like our changing environment, social factors or the effects of taking medicine can also turn us on or off coffee or tea. The researchers said we can learn to like coffee. Dr Liang-Dar Hwang said: "Bitter taste perception is shaped not only by genetics, but also environmental factors. Even though humans naturally dislike bitterness, we can learn to like or enjoy bitter-tasting food after being exposed to environmental factors."

1. TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

1. The research was from a university in Austria. T / F
2. The researchers said our genes affected whether we liked tea or coffee. T / F
3. People who like bitter tastes are less likely to like coffee. T / F
4. People who are sensitive to caffeine generally like coffee. T / F
5. Researchers studied the tastes of over 1,700 twins. T / F
6. Medicine can affect whether or not we like coffee. T / F
7. The researchers said we can't learn to like coffee if we dislike it. T / F
8. A researcher said not just genetics make us like bitter things. T / F

Put the words in the right order

A. decide helps we prefer us DNA whether coffee .

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

B. more Why like than some we tastes others

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

C. prefer of know some coffee . why They us

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

D. is Taste only by not perception shaped genetics .

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____

E. can like to We learn bitter-tasting food .

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____