Reading

You are going to read an article about the relationship between personality and coffee. Before you read, put a tick in the table next to the kind of coffee that you usually drink:



black (without milk)	cappuccino	cold and sweet coffee drinks
instant (made quickly from a powder)	decaffeinated coffee (no caffeine)	latte

Now read the article quickly. Does your coffee drink match the adjectives that you chose to describe yourself in the Warm up?

What does your coffee say about you?

A new study reveals the personality traits of caffeine lovers

1. Every morning in the UK, caffeine lovers drink 70 million cups of coffee. But drinking coffee does not only give you energy in the morning. The type of coffee that you like to drink can also reveal a lot about your personality, according to a new study.
2. Psychologist Dr Ramani Durvasula matched the coffee preferences of 1000 coffee lovers with common character traits like generosity and moodiness.
3. The results showed that people who drink black coffee prefer a simple life, in general. However, they score low on patience and they can also be both ruder and moodier than latte drinkers, for example. Black coffee drinkers are not very relaxed about dealing with changes.
4. Latte drinkers are the most generous with their time and typically want to please other people. However, they can also feel slightly more anxious than black coffee drinkers, possibly because they try to do too much for other people.
5. Perfectionist cappuccino drinkers seem to have the most demanding personalities. According to Dr Durvasula's research, they also seem to be the most anxious. They're health-conscious, but some might take this too far.
6. As you might expect, people who drink decaffeinated coffee or ask for soy milk are a bit more health-conscious than other groups like latte drinkers. They also had high levels of anxiety.
7. Instant coffee drinkers tend to be more relaxed than cappuccino drinkers. However, they are poor at planning and often delay things that they need to do.
8. Finally, people who prefer their coffee cold and sweet had the highest score for creativity. These people are trendsetters, but, unsurprisingly, are a lot more relaxed about their health than cappuccino drinkers.

Sources: Independent.co.uk, Psychcentral.com

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