

Recitation C

Matcha: Japanese Green Tea

Matcha is a traditional Japanese green tea that has attracted attention around the world in recent years. Unlike ordinary green tea, matcha is made by grinding specially grown tea leaves into a fine powder. Because people drink the entire leaf, matcha has a strong, slightly bitter flavor and a bright green color. This unique style of tea makes matcha clearly different from other types of tea.

The history of matcha in Japan goes back hundreds of years. It has been closely connected to the Japanese tea ceremony, which developed together with Zen Buddhism. In the tea ceremony, preparing and drinking matcha is not only about taste, but also about attitude and spirit. The ceremony teaches important values such as calmness, respect, and appreciation. Through this tradition, matcha became an important cultural symbol in Japanese society and was passed down from generation to generation.

In addition to its cultural value, matcha is also known for its health benefits. It contains a high level of antioxidants, which are believed to help protect the body and maintain good health. Matcha also includes caffeine and an amino acid. This combination allows people to feel awake and focused while remaining relaxed at the same time. Because of this effect, many people choose matcha as a healthier alternative to coffee.

Today, matcha is enjoyed in many modern forms. It is commonly used in matcha lattes, cakes, ice cream, and other desserts. Cafés and restaurants around the world serve matcha-based products, showing its growing global popularity. Through these new styles, matcha has become familiar to people outside Japan.

Overall, matcha successfully combines Japanese tradition with a modern lifestyle and continues to attract people worldwide. It plays an important role in sharing Japanese culture with the global community and deepening international interest in Japan.

(296 words)