**Basics of Chinese Tea Art**

**Course Outline**

**First lecture: The basics of tea culture**

1. The origins of tea tree cultivation.

2. The spread of tea across the world.

3. The discovery and use of tea.

4. The tea ceremony.

**Second lecture: The basic knowledge of Chinese tea art**

1. The customs of tea drinking.

2. For brewing tea choose the right water.

3. For brewing tea choose the right tea set.

4. Introduction to the six main categories of Chinese tea:

 green tea, white tea, yellow tea, wulong tea, red tea, and black tea.

**Third lecture: Focusing on green tea**

1. A brief introduction to green tea.

2. About green tea brewing. Brewing in practice.

**Fourth Lecture: Focusing on white tea**

1. A brief introduction to white tea.

2. White tea benefits and its preparation in practice.

**Fifth Lecture: Focusing on yellow tea**

1. A brief introduction to yellow tea.

2. The processing and the brewing method of yellow tea.

**Sixth Lecture: Focusing on wulong (oolong) tea**

1. A brief introduction to wulong tea.

2. About wulong tea brewing. Breving in practice.

**Seventh lecture: Focusing on red (black) tea**

1. A brief introduction of red tea.

2. Red tea benefits and its preparation in practice.

**Eighth lecture: Focusing on black (dark) tea**

1. A brief introduction of black tea.

2. The processing and the brewing method of black tea.

**Ninth lecture: Tea and the health**

1. Physique and the tea drinking.

2. When to drink tea.

3. Taboos of tea drinking.

4. Tea as a medicine and food ingredient.

**Tenth Lecture: Course completion reports**

Students introduce one type of Chinese tea at their own choice and carry out a tea ceremony.