

六大茶類(及花茶)介紹

An introduction of the six major tea types and the scented tea

中國茶文化歷史悠久，你對茶有多少認識呢？
Chinese tea culture has a long history.
How much do you know about tea?

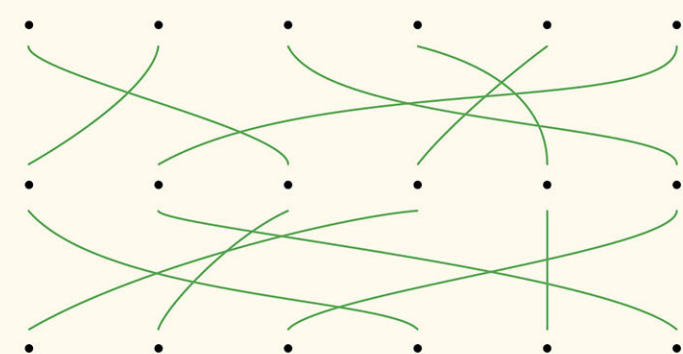
中國茶葉分類方法可以根據製作工序分為綠茶、白茶、黃茶、青茶、紅茶和黑茶六大類。
Chinese tea can be classified into six major types according to the different processes, namely, green tea, white tea, yellow tea, Oolong tea, black tea and Pu'er.

圖中的紅綠燈、熊貓和牠手上的竹葉顏色代表了中國六大茶類，只要記着「熊貓過馬路」就能記得六大茶類！
In the cartoon, the colours of the traffic lights, the panda and the bamboo leaves in the panda's hand represent the six major types of teas in China. You only need to remember the cartoon "Panda crosses the road" and you will remember the six major tea types.

花茶雖然很受歡迎，但不屬於六大茶類。將鮮花與茶胚拌和加工後可製成花茶，如茉莉花茶。喝茶時帶有花香，很吸引呢！
Although scented tea is very popular, it does not belong to any of the six major tea types. Scented tea, like jasmine tea can be made by blending the flowers with the tea embryos for further processing. The tea will carry aroma of the flowers while drinking. So appealing!

答案 Answers:

分辨茶類 Differentiating the tea types:



茶具配對 Matching of tea ware:

G
E
I
J
B
A
D
H
C
F

泡茶有序 The proper steps in brewing tea:



茶•具•文•物•館
FLAGSTAFF HOUSE MUSEUM OF TEA WARE

教育工作紙 EDUCATION WORKSHEET



你愛飲茶嗎？

Do you love tea?

你知道飲茶有很多好處嗎？
Do you know the many benefits of tea drinking ?



沖泡方便
Easy to brew

幫助消化
Improving digestion

降膽固醇
Lowering of cholesterol

降血糖
Lowering of blood sugar level

降血脂
Lowering of fat in blood

醒腦提神
Refreshing

放鬆精神
Relaxing

享受慢活
Enjoying a relaxed life

傳承中國文化
Inheriting Chinese culture

生津解渴
Thirst quenching

抗氧化
Anti-oxidation

可冷飲、可熱嘗
Can be served in hot or cold

除了這些好處以外，你還想到什麼呢？
Apart from the above-mentioned benefits, what else would you think of ?

分辨茶類

Differentiating the Tea Types

六大茶類應該如何分辨？

How to differentiate the six major tea types?

請你試試根據茶葉特徵及茶湯顏色配對茶葉品種，並找出它們屬於什麼茶類。
Please try to match the tea type by the characteristics of the tea leaves and the colour of the infusion.

你可以細心觀察茶葉的顏色、形狀及茶湯顏色去分辨茶類。

You can look at the tea leaves carefully. Their colours, shapes and infusions to tell the different types.



茶葉的形狀是不是很有趣呢？它們可以是球形、針形、螺形、眉形等。

你可以先到地下展廳走廊細心觀察茶葉再配對吧！

Are the shapes of tea leaves interesting? They can be in any shape, like spheres, needles, spirals, or eyebrows. You can go to the corridor along with the exhibition galleries at the ground floor to take a look at the different tea leaves before you start matching!

泡茶有序

The proper steps in brewing tea

泡茶需要靜下心來輕鬆享受，不能急忙進行呀！你知道如何泡茶嗎？

Brewing tea is relaxing and one needs to slow down to enjoy the process!

Do you know how to brew a cup of tea?

1 暖壺、暖杯

Warming the teapot and the teacups

將茶壺、茶杯溫熱，既能潔淨茶具且讓茶葉發揮最佳滋味，暖壺、暖杯時應該：

Warm the teapot and the teacups first. It can clean the tea ware and also enable the tea leaves to give its best flavour. When warming the teapot and the teacups, one should:

- 將茶壺及茶杯放在火爐上直接加熱
Put the teapot and the teacups on fire to heat them up directly
- 將熱水注入茶壺及茶杯，讓茶具逐漸升溫
Put hot water into the teapot and teacups and let them warm up gradually

2 置茶

Placing of tea leaves

將適當份量的茶葉放入茶壺時應該：

When one puts the right amount of tea leaves into the teapot, one should:

- 用茶則將茶葉放入壺內
Use the tea scoop to put the tea leaves into the teapot
- 用手抓取茶葉放入壺內
Use your hands to take the tea leaves from the tea caddy and put them into the teapot

3 溫潤泡

First brew

注入熱水後用壺蓋將泡沫刮走，並將第一泡茶湯倒去。將它倒掉的原因是什麼？

After pouring the hot water into the teapot, we usually sweep aside the bubble with the rim of the teapot's cover and throw away the first brew as well. Why should we throw away the first brew?

- 溫潤泡混雜了茶葉雜質
The first brew consists of impurities of the tea
- 茶的香氣、味道並未釋出
The aroma and flavour of the tea are not released
- 以上皆是
All of the above

4 沖泡、焗茶

Brewing tea, soaking tea

將熱水重新注入茶壺沖泡茶葉時，水溫應：When we pour the hot water into the teapot again to brew the tea, the temperature of the water should be:

- 愈熱愈好
The hotter, the better
- 視乎茶葉特性，以合適的溫度沖泡
Depending on the characteristics of the tea leaves and pour water with the appropriate temperature

5 出茶

Serving tea

出茶時為了平均分配茶湯，我們可以：

To divide the tea equally, we can:

- 將茶杯緊湊排好後，輪流給幾杯茶同時倒茶，並將剩下茶湯分別點入杯中
Arrange the teacups side by side and serve the tea into the several teacups almost at the same time and pour the rest of the tea into the cups until it finishes
- 先將茶湯倒至公道杯，沉澱再分至茶杯
Pour the tea into the tea jug, let it settle and then divide the tea amongst the teacups
- 以上皆是
All of the above

茶具配對

Matching of tea ware

小提示 Tips :

地下三號展廳有茶桌可以讓你觸摸茶具呢！

You can touch the tea ware displayed on the table in Gallery 3 at the ground floor!

- 出茶時先將茶湯注入，再分斟到杯中，避免茶湯先濃後淡
The tea is poured into it and then from there into the teacups. This prevents the tea from getting too concentrated at first and then diluted later
- 洗杯時怕熱水燙手可以夾着茶杯邊緣清洗，既衛生又方便
To hold the teacups during washing with hot water. It saves the hands from being burned during washing and is convenient and hygienic
- 尖削的尾端專門清除堵塞在壺流的茶葉渣滓
The tapered end of the tail is used to clean up the tea leaves that block the flow of the teapot
- 由底部、壺流、壺把及壺口組成
Comprise the base, the flow, the handle and the spout
- 從茶葉罐中取茶及量度茶葉的份量
To take the right amount of tea leaves from the tea caddy
- 內壁純白，方便觀賞茶湯色澤
Its inside is white and is good for appreciation of the colour of infusion
- 置放茶葉入內，以方便仔細欣賞及聞香
Put the tea leaves inside for appreciation and smelling
- 扁平微翹的外形，方便清理浸泡後的茶葉
Its flat shape with a slightly pout for ease of cleaning of the tea leaves after soaking
- 存放茶葉，以保持茶葉質素
Store the tea leaves in order to safeguard its quality
- 保持茶桌的整潔及乾淨
Keep the tea table clean and tidy



A. 茶杯
Teacup



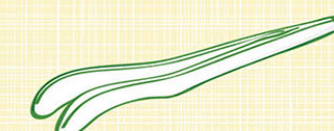
B. 茶則
Tea scoop



C. 茶葉罐
Tea caddy



D. 茶荷
Tea leaf holder



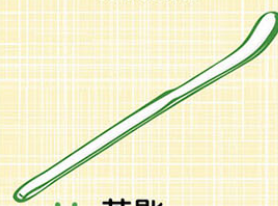
E. 茶夾
Tea clips



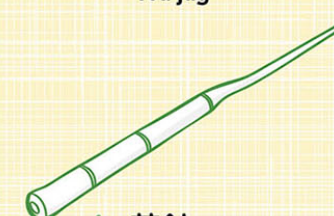
F. 茶巾
Tea towel



G. 公道杯
Tea jug



H. 茶匙
Tea spoon



I. 茶針
Tea needle



J. 茶壺
Teapot

為什麼茶壺那麼小，只能泡出兩杯茶湯？

Why are the teapots so small, only enough to brew two cups of tea?

因為這樣才能保持茶的最佳飲用狀態呀！茶壺的大小應根據飲茶人數多少而定，並配合茶杯大小，避免茶葉因為浸泡太久流失鮮香。

Only by doing this can the tea be kept in its best condition. The size of teapot normally depends on the number of drinkers, and also in tally with the size of teacups, to avoid soaking the tea leaves for too long and lose its aroma.

你知道嗎？Do you know?

雖然不同的茶類沖泡方法大致相若，但茶葉份量、沖泡水溫、浸泡時間等細節都有所不同。例如黑茶、青茶需要用約98°C的水沖泡；綠茶的浸泡時間不宜過長等。用合適的方法沖泡，才可發揮茶的最佳滋味！

- 雖然不同的茶類沖泡方法大致相若，但茶葉份量、沖泡水溫、浸泡時間等細節都有所不同。例如黑茶、青茶需要用約98°C的水沖泡；綠茶的浸泡時間不宜過長等。用合適的方法沖泡，才可發揮茶的最佳滋味！

雖然不同的茶類沖泡方法大致相若，但茶葉份量、沖泡水溫、浸泡時間等細節都有所不同。例如黑茶、青茶需要用約98°C的水沖泡；綠茶的浸泡時間不宜過長等。用合適的方法沖泡，才可發揮茶的最佳滋味！

The ways of brewing tea are very similar but the actual amount of tea leaves, the temperature of water and the amount of time for soaking will vary according to the different types of tea. For Pu'er tea and Oolong tea, water needs to be boiled at about 98°C; green tea should not be soaked for too long, etc. Brewing tea in the right way and one will be able to taste the best!

小提示：請到地下三號展廳看看唐博士怎樣泡工夫茶吧！

Tips: Please visit Gallery 3 at the ground floor to see how Dr. Tong brewed the Gongfu tea!