

COMPARISON OF BELARUSIAN & BRITISH TEA TRADITIONS

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Introduction. It has always been surprised by the fact that in Great Britain, where the weather is usually foggy and rainy, the expectancy of life is the highest in the world. The secret of the British longevity has been covered in centuries old tea traditions. Tea in England is not simple Tea. Tea traditions there is not only followed by the Queen, but also by the British. It's special culture – from brewing to drinking. It was studied in more depth the customs and traditions of tea drinking of the peoples of Belarus and Great Britain.

During the study of various sources of information, many interesting facts were discovered from the history of the appearance of tea in Britain and Belarus. It was visited “Дом траўніка”, unique museum which is situated in Ivanovo district, in Strelna, Belarus, and we got to know there how our ancestors made different infusions of herbs, what heals prosperities herbs have, what diseases can be cured with Belarusian tea, the recipes of different kinds of tea, brewings (вярвов). Some of them were fixed by the commission of UNESCO.

Contest. The practice of brewing tea came to our country in the XIX century. XVIII century in Belarus was the age of coffee, widely spread throughout Europe. It was such a popular drink that every home was sure to keep invigorating grains. Then Antony Tizengauz opened the first coffee shop in Grodno, and one of his contemporaries wrote that “A house without coffee is a poor house”. Coffee makers, coffee grinders and sets of tiny cups were mandatory in any decent home, the famous cookbook "Lithuanian hostess" included various recipes for making coffee. By the way, coffee grinders of that time were quite large and powerful, because only wealthy people could afford to buy expensive colonial goods, and those who were poorer ground literally everything, starting with acorns, wheat and roasted peas, flavored a handful of natural grains with this additive and the resulting drink was also called "Kava". As for tea, it was understood as herbs, especially used for treatment, this explains the Belarusian name of tea - "garbata", derived from the Latin word herba, "plant". Roman chamomile, peppermint, mallow, savory, yarrow, buckthorn and oak bark-everything that can be brewed with boiling water and used to quench thirst and improve health was used [1].

Herbalists had special status in Belarus, they knew not only the secrets of healing and strength-giving teas, but could also collect a mixture of herbs for the treatment of various diseases. Speaking about the prevalence of herbalists on the territory of Belarus, it is reported that 2 - 3 villages always had a herbalist,

to which they went for collecting. Beekeepers have always lived near herbalists. They not only gave honey for delicious teas, but also knew the secrets of miraculous herbal collections. From time immemorial, Belarusians have been drinking herbal tea. Both young and old knew that this is an excellent energy recharge, containing many biologically significant elements. Such a drink, for example, with the addition of honey can easily replace a summer meal, when in hot weather you do not really want to eat [2]. You can also add overseas spices, depending on the desired effect. For example, turmeric has the properties of antibiotics, fennel is useful for gastritis, saffron relieves headaches, ginger strengthens the immune system, cloves purify the blood, cardamom stimulates digestion, cinnamon strengthens the heart [3].

Tea is not grown in Britain, but, perhaps, Britain is one of the leaders in tea consumption. In 1662, the British king Charles II married a Portuguese Princess, a fan of tea drinking. The king himself did not like the drink. He imposed high duties on tea imports. Despite this, more and more tea was imported. In the XIX century, tea began to be imported from China, then India and Ceylon became the leading suppliers [4].

Before the English were introduced to tea, they knew two main meals – breakfast and lunch. Lunch was a long and plentiful meal at the end of the day. Adopting the European habit of tea drinking, the British introduced an additional daily meal at 5 o'clock. The menu was based on small pies, buttered sandwiches, sweets and, of course, tea. With a population of 59 million, the British drink 165 million cups of tea every day. Moreover, 86% of tea mugs are drunk at home [5].

The most tricky question in English tea drinking is to add tea in milk or milk in tea. According to an old tradition, first pour a quarter cup of milk, and then the brewed tea. It is believed, that in this sequence both components are better mixed. According to another version, the British feared for expensive porcelain and therefore did not immediately pour hot tea into it. The English drink tea three times a day and at a strictly defined time: in the morning for Breakfast, at 13 o'clock for lunch and so-called "five o'clock tea". The most favorite tea party is at five o'clock.

Conclusion. At the end, we can draw the following conclusions:

1. Tea as a plant, as well as a drink, appeared in Britain from China and Ceylon, while it was first imported to Belarus from Russia.

2. For both nations, tea is an integral part of the national culture.

3. Both Belarus and the UK have their own tea traditions and ceremonies, for example, in Belarus, herbal preparations and honey are often added to tea, which is called Belarusian tea; and in Britain, they like tea with milk, which is called English tea.

4. English and Belarusian tea parties, like any ceremony, do not tolerate fuss. Everything here is designed to maximize pleasant sensations – from the exquisite taste of tea to socializing in pleasant company.

5. In both countries, much attention is paid to tea in the literature.

But there are also traditions that are unique to one country:

1. Tea is a separate meal in Britain.

2. The drink often includes medicinal herbs in Belarus.

3. The British only believe that by drinking a cup of black tea, you will get rid of the "evil eye".

It is really enjoyed to study of the tea traditions of two countries: Belarus and Great Britain, to study the appearance and history of tea, because tea in one form or another is the main drink not only in the countries we studied, but also around the world.

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