



# Caffeine In Beverages.

35. Buluba

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## Introduction:

Caffeine is the most widely utilized psychoactive substance among people of all age groups and cultural backgrounds. This is most likely due to the fact it is legal, easy to obtain, and socially acceptable to consume. It is classified as a stimulant drug, and is typically used to arouse the central nervous system for cognitive or physical endeavors. It is generally recognized as safe but when taken in excess can result in serious side effects, health hazards, or even in rare cases, death. Caffeine is produced by a variety of beans, leaves, and fruits; but is most commonly consumed in the forms of coffee (70%), soda (16%), and tea (12%). Approximately 9 out of 10 adults report regular use of caffeine, with an average daily intake of around 230mg.



## Materials:

- Hot or cold coffee or "Black" tea – as may be preferred by the user.
- A little sugar to the taste of user, cups, tea spoons, thermos flask/ ICE CUBES.
- Private place, comfortable to participants.
- Identified staminaless students and organizers.

## METHODS.

With permission from school Adm. Participants – organizes and those under study – take coffee or tea at recess in a friendly way. Someone has been chosen to keep observing "the staminaless" in class, secretly and finally report to the organizers about any notable changes.

It is intended to finally contact certain subject teachers through our patron/teacher on academic progress or improvement of our "staminaless"

STUDENT	TYPE OF BEVERAGE OPTED	PERSONAL RE
A	Black tea	"Never used coffee before. But when involved in coffee drinking I enjoyed it and find it quite refreshing. I feel strong and able to study for longer time than before.
B	Coffee	I feel comfortable and more active during afternoon lessons
C	Coffee with sugar	Refreshing, has enabled me to study for longer time at home at night
D	Tea and Coffee	Often feel tired after recess after joining coffee /tea group, I can following lessons properly during afternoon
E	Tea, coffee alternately	Did not know that coffee or tea is more refreshing than my ice cream at recess

EXPORTS BY EXPORTING COUNTRIES TO ALL DESTINATIONS  
AUGUST 2012

	Oct 11		Sep 11		Oct 10		Sep 10	
	to	to	to	to	to	to	to	
(000-bags)	Aug 12	Aug 12	Aug 12	Aug 12	Aug 11	Aug 11	Aug 11	Aug 11
<b>TOTAL</b>	<b>9 181 685 1/</b>	<b>99 588 115 1/</b>	<b>107 294 905 1/</b>	<b>7 829 979</b>	<b>96 971 395</b>	<b>105 213 988</b>		
Colombian Mills	4 415 340	7 728 868	8 262 879	2 524 276	8 634 080	9 209 898		
Cote d'Ivoire	2 366 461	27 000 268	27 000 268	1 639 779	21 718 962	27 001 146		
Arabian Moutons	2 622 800	27 776 852	30 382 212	2 749 678	30 382 212	33 579 809		
Arabica	1 547 825	18 900 619	42 462 626	2 742 248	34 427 085	37 900 671		
Angola	R	1 000	9 120	9 120	1 605	7 620	2 520	
Benin	R	0	0	0	0	0	0	
Burkina Faso	R	0	0	0	0	0	0	
Burundi	R	0	0	0	0	0	0	
Brazil	R/A	2 522 452	26 501 940	29 437 909	2 920 351	31 436 151	34 716 614	
Burkina Faso	R	20 000	332 281	336 666	9 354	295 008	337 671	
Cameroun	R/A	66 000	460 009	475 009	17 000	529 726	560 400	
Central African Republic	R	300	373 662	373 662	0	327 312	373 662	
Colombia	R	522 273	6 770 471	7 244 470	383 613	7 559 640	8 120 712	
Cote d'Ivoire	R	22 000	342 496	347 296	3 640	328 294	344 293	
Congo, Rep. of	R	0	0	0	0	0	0	
Cuba	R	0	0	0	0	0	0	
Cote d'Ivoire	R	150 000	1 955 373	1 615 121	70 190	899 596	1 008 654	
DRC	R	1 200	34 242	34 242	0	3 795	9 260	
Dominican Republic	R	4 200	37 057	310 436	13 377	84 657	15 214	
Ecuador	R/A	174 290	1 862 226	1 800 286	120 776	1 253 001	1 301 842	
El Salvador	R	49 207	1 010 209	1 071 007	77 949	1 041 089	1 050 276	
Ethiopia	R	400 495	2 500 074	2 746 271	203 698	2 026 095	3 035 500	
Ghana	R	0	0	0	0	762	712	
Guatemala	R	6 000	96 366	102 951	8 300	106 295	100 000	
Guinea	R	305 184	3 395 752	3 710 440	239 534	3 339 265	3 530 793	
Guinea	R	30 000	302 514	308 139	37 952	320 491	342 205	
Haiti	R	0	0	0	0	0	0	
Honduras	R	393 020	5 270 200	5 311 024	70 464	3 028 134	3 449 020	
India	R/A	347 120	5 231 211	5 316 811	302 205	5 460 003	5 523 622	
Indonesia	R/A	700 000	6 609 364	7 141 300	596 336	5 604 205	6 254 205	
Jamaica	R	1 000	12 464	14 427	2 959	14 812	16 114	
Jamaica	R	15 000	600 800	607 295	65 512	614 833	696 213	
Kenya	R	0	1 616	1 688	272	1 979	4 011	
Madagascar	R	8 000	102 429	105 593	12 542	105 744	112 727	
Malawi	R	500	18 795	20 477	1 275	22 487	22 905	
Mexico	R	344 563	3 007 354	3 208 554	215 247	2 520 500	2 666 700	
Nicaragua	R	151 195	1 595 500	1 532 284	70 400	1 509 101	1 564 427	
Nigeria	R	0	5 203	5 203	0	2 095	2 842	
Pakistan	R	1 000	39 328	40 340	1 539	54 526	59 030	
Papua New Guinea	R/A	10 824	1 056 576	1 181 045	144 022	944 246	1 020 049	
Paraguay	R	0	1 003	1 003	0	0	0	
Peru	R	500 000	3 718 574	4 522 000	671 546	3 490 032	3 975 800	
Philippines	R	956	4 802	4 829	0	10 360	10 360	
Rwanda	R	15 000	189 576	226 296	24 117	256 030	280 890	
Senegal	R	2 000	18 445	18 471	1 029	22 300	23 000	
Tanzania	R/A	21 547	543 111	570 124	10 799	749 568	700 111	
Thailand	R	15 000	200 400	203 004	7 100	325 000	373 000	
Togo	R	1 500	24 035	23 373	10 000	52 343	61 145	
Togo	R	6 000	150 000	150 000	10 000	150 000	150 000	
Uganda	R/A	212 467	2 500 045	2 081 026	308 799	2 009 712	2 079 440	
Uganda	R	50	925	800	45	2 140	2 150	
Vietnam, Dem. Rep. of	R	1 800 000	21 975 000	22 225 000	560 000	16 000 000	17 155 502	
Yemen	R	2 000	15 000	15 000	2 750	11 777	15 250	
Zambia	R	0	11 000	12 500	1 000	8 715	11 725	
Zimbabwe	R	250	2 721	3 195	235	4 766	5 211	
Other exporting countries	R/A	20 450	264 742	309 223	14 393	354 991	379 493	

Tea, like coffee, contains caffeine. By weight, tea has more caffeine than coffee. However, since you use far less tea to make a cup than you do coffee, by the cup it has much less caffeine. There are two methods of removing caffeine from tea. The first is a chemical process, using chemicals such as benzine or dimethyl chloride. The vast majority of specialty teas on the market today are chemically treated because:

A large amount of caffeine can be removed (99%).

A great deal of flavor is retained when teas are chemically decaffeinated.

There is no threat of harm from the chemicals used in decaffeination.

The other method of decaffeinating teas, is called natural water process. It involves compressing leaves before withering (which removes some juices and enzymes), and then steaming them (see also Tea Growing & Processing). This process is repeated until the caffeine level is reduced. This method is preferred by those wishing to avoid chemicals at any cost. It should be noted, however, that flavor is lost during this method of decaffeination.

In addition to caffeine, tea contains two other alkaloids:

**Theobromine** - Found also in cacao plants & kola nuts, it is a diuretic, cardiac / nerve stimulant, and vasodilator.

**Theophylline** - Is an isomer of theobromine, and has similar effects.

Even though they are both present in tea leaves, caffeine is found in greater quantity than both theobromine and theophylline. Although tea has very little caffeine compared to coffee, the addition of these other two alkaloids probably explains why a cup of tea can still give you that "lift," without the coffee jitters.

THE Director General of Tanzania Coffee Board has said local coffee consumption has slightly gone up compared to the past.

Eng Adolph Kumburu said domestic coffee consumption stood at an average of 5 per cent of the country's total output, up from 1 per cent some three years ago. "The rate of local coffee intake could be as high as 10 per cent," he reveals, saying promotional campaigns were being stepped up to improve both production, quality and consumption habits in the country.

He said that small-scale farmers produce about 90 per cent of total coffee produced in Tanzania in the form of inter-cropping. Meanwhile, according to the US Department of Agriculture's Foreign Agricultural Services, Tanzanians continue to prefer tea to coffee.

However, most of Tanzanian tourist-oriented establishments serve higher-quality coffees prepared using standard European methods to their visitors. Despite the fact that Tanzania's small per cent share of 1 per cent in the world coffee output, the specificity of Tanzania's coffee and attention to quality have combined well to make Tanzania's coffee one of the best.

PETER TEMBA in Moshi, 28th December 2011

## Conclusions:

Students, day or boarders can work more comfortable and concentrate at work if provided with refreshments in particular beverages that contain caffeine: Black tea, Coffee and the like often, at recess students take groundnuts, ice creams, "UBUYU: biscuits – all these do not offer stamina equivalent to caffeine drinks

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## Further information:

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