「 品評中國茶」工作坊

Dr Bacon NG
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世界茶文化專家委員會及
香港茶道總會之中國茶藝導師
中國國家高級茶藝師及高級評茶員
香港理工大學康復治療科學系校友會副會長

流程

7:00-7:10pm (10min) 理大校友事務處 (AAO) 介紹

7:10-7:40pm (30 min) 中國茶文化簡介

7:40-8:15pm (35 min) 中國茶藝表演及分享

8:15-8:30pm (15 min) 討論交流

中國茶文化簡介

天圓地方

茶文化

緣起

茶道 (Teaism)

中國茶道成熟於唐代，陸羽是中國茶道的鼻祖，唐代《封氏聞見記》中的茶道是指倡導陸羽飲茶之道，陸羽強調「精行儉德」的精神，注重烹茶的條件和方法，並追求怡靜舒適的雅趣。

是從享受品茗過程中完善自身修養和表達個人對融合飲茶的藝術、道德、禮儀、哲理、宗教、文化風俗以及精神意境的演釋。各地的茶道都有着自己的地區特色，例如有中國茶道，台灣茶道，日本茶道和香港茶道等等。

『香江茶道』 歷史

- 從陸羽茶經提到『發乎神農氏』和『精行儉德』為茶德，用茶倡導儉樸。
- 香港飲茶文化，始於1846 年開設的三元樓和杏花樓, 開展廣東式飲茶加點心的文化
- 現代茶莊(雅博茶坊，茶藝樂園，福茗堂茶莊…等等。

個人茶道追求

- 不求珍貴茶葉，但求掌握冲泡每種茶葉的技考，制茶和藏茶的配合，發揮每種茶葉的可觀性和其內在美。泡得舒服，喝得自在，身心舒泰，達至和、悅、靜的景界。

茶葉保健成份及功效（1）

茶葉成份	乾茶 百分比	功效
茶多酚/ 茶單寧 Tea Polyphenols	10 - 30 - 黃烷醇类/兒茶素 Catechin（60-80%） - 黃酮类（0.7%） - 酚酸类 - 花青素类	抗菌、殺菌、解毒 增強微血管壁的韌性、 抑制動脈硬化、活血化瘀、促進血液中纖維蛋白元的溶解，降低血脂，有減肥作用，減少高血壓、冠心病的發病率
脂多糖 (單糖、双糖和多糖)	3 -10 （可溶性糖很小）	降血糖、降血脂、降血壓、抗凝血、抗血栓、改善人體造血的功能，提高抵抗力，預防低劑量輻射
咖啡鹼	2-4	興奮中樞神經，消除疲勞，增進思維 抵抗酒精，煙鹼的毒害，利尿 提高胃液分泌，幫助消化，增進食慾
氨基酸(>26种)	2-4	振奮精神，強心利尿，擴張血管， 鬆弛支氣管平滑肌肉

茶葉保健成份及功效（2）

茶葉成份	百分比	功效
皂素	0.1	防癌、消炎
礦物質	不定	鉀、磷、鈣、鎂、鐵、鋅、氟
維生素	不定	含有超過10種維生素，包括 A、D、E、F、K、B_1、B_2、C、P、U
芳香物質	不定	化濕祛痰、殺菌、 治療氣管炎、消炎鎮痛、 治療風濕性關節炎、 減輕糖尿病

Cochrane Library

1. Filippini T, Malavolti M, Borrelli F, Izzo AA, Fairweather-Tait SJ, Horneber M, Vinceti M. Green tea (Camelliasinensis) for the prevention of cancer. Cochrane Database of Systematic Reviews 2020, Issue 3. Art. No.: CD005004. DOI:10.1002/14651858.CD005004.pub3.

2. Hartley, L. Flowers, N., Holmes, J., Clarke, A., Stranges, S, Hooper, L., & Rees, K. (2013). Green and black tea for prevention of cardiovascular disease. Cochrane Database of Systematic Reviews. Issue 6. Art. No.: CD009934. doi:10.1002/14651858.CD009934.pub2.

3. Jurgens TM, Whelan AM, Killian L, Doucette S, Kirk S, Foy E. Green tea for weight loss and weight maintenance in overweight or obese adults. Cochrane Database of Systematic Reviews 2012, Issue 12. Art. No.: CD008650. doi:10.1002/14651858.CD008650.pub2.

Cochrane Review (1) Cancer Prevention

Filippini 2020. “A beneficial effect of green tea consumption on cancer prevention remains unproven so far.” (11 experimental and 131 non-experimental)

- Improve quality of life
- Green tea polyphenols inhibit cell proliferation, and have been shown (primarily in in vitro and ex vivo studies) to exert a powerful antioxidant activity.
- A meta-analysis (Guo ,2017) concluded that there is a dose-response relationship between black/ green/ non specific tea and prevention of lung cancer, around 7.5g green leaves (3 cups) consumed per day.
- Caution with high-dose green tea extracts due to the possible gastrointestinal effects.

Filippini T, Malavolti M, Borrelli F, Izzo AA, Fairweather-Tait SJ, Horneber M, Vinceti M. Green tea (Camelliasinensis) for the prevention of cancer. Cochrane Database of Systematic Reviews 2020, Issue 3. Art. No.: CD005004. DOI:10.1002/14651858.CD005004.pub3.

GUO, Z. et al. Association of Lung Cancer and Tea-Drinking Habits of Different Subgroup Populations: Meta-Analysis of Case-Control Studies and Cohort Studies. Iranian journal of public health, [s. l.], v. 48, n. 9, p. 1566–1576, 2019. Disponível em: https://search.ebscohost.com/login.aspx?direct=true&db=cmedm&AN=31700812&site=eds-live. Acesso em: 4 jun. 2024.

Cochrane Review (2) - Green and Black Tea for Prevention of CVD

- Forest Plot favour intervention group
  - Black tea
    - LDL Cholesterol, BP
  - Green tea
    - Total Cholesterol, LDL Cholesterol, systolic and diastolic BP
  - All Tea
    - systolic and diastolic BP

Hartley, L. Flowers, N., Holmes, J., Clarke, A., Stranges, S, Hooper, L., & Rees, K. (2013). Green and black tea for prevention of cardiovascular disease. Cochrane Database of Systematic Reviews. Issue 6. Art. No.: CD009934. doi:10.1002/14651858.CD009934.pub2.

Cochrane Review (3) Weight Loss

Daily consumption of Catechins 兒茶素 and EGCG表沒食子兒茶素 (沒食子酸酯)

Jurgens TM, Whelan AM, Killian L, Doucette S, Kirk S, Foy E. Green tea for weight loss and weight maintenance in overweight or obese adults. *Cochrane Database of Systematic Reviews 2012, Issue 12. Art. No.: CD008650. doi:*10.1002/14651858.CD008650.pub2.

Green Tea Improved Working Memory of Normal Subject

- Double-blind, counterbalanced, within subject design of 12 Healthy volunteers received a milk whey-based softy drink containing 27.5g green tea extract vs milk and use functional MRI which indicated an increase in parietal-frontal connectivity, which correlated in task performance and cognitive functioning (working memory)

Schmidt, A., Hammann, F., Wöhnerhanssen, B., Meyer-Gerspach, A.C., Drewn, J., Beglinger, C., Borgwardt, S. (2014). Green tea extract enhances parieto-frontal connectivity during working memory processing. Psychopharmacology, 231, 3879-3888. doi:10.1007/s00213-014-3526-1

Green Tea and Cognition

- Association between green tea consumption and cognition in 2,501 people aged over 55 years by showing that the intake of green tea was significantly related to a lower prevalence of cognitive impairments

Ng TP, Feng L, Niti M, Kua EH, Yap KB (2008) Tea consumption and cognitive impairment and decline in older Chinese adults. Am J Clin Nutr 88:224–231

- Green tea consumption lead to better cognitive performances in community-living older adults

Feng L, Gwee X, Kua EH, Ng TP (2010) Cognitive function and tea consumption in community dwelling older Chinese in Singapore. J Nutr Health Aging 14:433–438

下列情況不宜飲濃茶

- 神經衰弱，易失眠人士，晚上不喝濃茶
- 患胃病人士，濃茶會刺激胃酸分泌
- 空肚飲濃茶，易引致茶暈
- 不飲「隔夜茶」，因刺激胃部
- 不可以茶送藥，影響藥效吸收
- 懷孕婦女或小孩不建議濃茶，因加重心臟及腎臟的負擔
- 鞣酸進入哺乳期媽媽的血液後，會抑制乳腺分泌，而咖啡因還可通過乳汁進入寶寶體內

茶

知識 技考

基本制茶工序概況-以發酵程度分

發酵度/茶類	綠	黃	白	青	紅	黑
無發酵	✓	✓		✓		
輕發酵			✓	✓		
重發酵				✓	全	
後發酵						Y/N

基本制茶工序概況-以茶類分

茶類/工序	萎凋	搖青	殺青	揉捻	悶黃	渥堆	乾燥
綠			✓	✓			✓
黃			✓	✓	✓		✓
白	✓						✓
青	✓	✓		✓			✓
紅	✓			✓			✓
黑			✓	✓		✓ 熟	✓

茶葉評審

茶類	示範
綠茶	龍井、 太平猴魁
黃茶	君山銀針
白茶	白牡丹
青茶(烏龍茶)	鐵觀音（清香/濃香）、鳳凰單欉
紅茶	祁紅
黑茶	普洱茶餅(青餅或熟餅)/
加工茶	茉莉花茶

選茶/評茶

	外形		內質			
	條索、整碎、淨度	色澤	香氣	滋味	湯色	葉底
綠茶	細條幼嫩	鮮綠顯毫	鮮清草香	爽口清新	黃綠明亮	嫩綠軟柔
黃茶	針形/條形	金黃黃綠	清新異香	濃醇醇爽	淺黃深黃	均整黃亮
白茶	針形完整	銀亮灰綠	清新毫香	清甜鮮爽	杏黃明亮	肥嫩鮮亮
青茶	條/粒緊結	烏潤光澤	高清花香	醇厚回甘	金黃橙黃	紅邊綠心
紅茶	細緊幼嫩	烏黑油潤	濃醇果甜	濃醇收斂	紅艷金圈	柔軟均嫩
黑茶	散狀/壓制	黃褐光澤	陳香純正	濃醇平和	深紅栗紅	葉芽柔均