

Coffee



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Coffee

There is a popular Ethiopian legend which claims that coffee was discovered around 850 AD by a goat herder named Kaldi.

One day, he noticed that his goats were not eating grass as they usually did, but they were eating fruits from some unknown trees, instead.

Out of curiosity, he tried to find out more about those trees. There was nothing special about the trees which had some fruits on it.

So, he plucked some of the fruits from the trees and tasted them. Kaldi found that there was nothing special about the taste of the fruits, but he felt more energetic after consuming them.

Therefore, he concluded that the fruits could make one more energetic.



Coffee

Back at his village, no one believed him when he told the villagers about the special fruit he had discovered. Without giving up, Kaldi convinced an old man, who yawned frequently, to taste the fruit. After consuming it, the old man did not feel sleepy anymore and felt energetic. The news about this discovery spread very fast. Eventually, coffee (the fruit from the tree) drinking became a popular habit among the locals.

Coffee beans contain 'caffeine' which can stimulate one's brain cells, heart, arteries, and kidneys which makes a person more alert. Consequently, coffee became a common and popular drink in the Arab countries, and it soon spread to Europe and the USA.





Coffee beans were then ground into coffee powder by a chemist in Japan to ease its consumption. This made it a lot easier for people to prepare and enjoy their coffee. Coffee drinking today has become more of an addiction and some people simply cannot live without having their cup of coffee every day.

Food for Thought:

Engaging in innovation and invention requires careful and sharp observation.

