

# It's getting cold, let's have tea!

Discover new ways to enjoy this comfort drink and learn all about the benefits of drinking it

● There is plenty of research showing that drinking tea can actually improve your health

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If you're not a coffee fan, tea might be your drink of choice.

With mornings getting chillier by the day, it is a great idea to make yourself a cup of boiling hot tea.

A daily cup (or two!) will provide you with something warm to help you fight off the chill of the cold months and a little bit extra energy to keep you up and running throughout the day.

People drink it in the morning to wake up, before bed to wind down, or during the afternoon for, well, some tea time. It is the best companion to break-free from the monotony of life!

No matter what the season, this tasty comfort drink has long been a permanent fixture in the Arab world, and for good reason.

Tea is used as both a relaxant in social gatherings, and a stimulant for others, often used to just stay awake.

In a traditional Arab setting, Arab people prepare tea in a certain way, utilising all the following components: a very



A cup of tea a day

hot brazier of coals, a stand for the tea pot sitting atop the fire, the teapot itself, strong black or green tea with loads of sugar, and serving decorative small glasses. Sometimes they add a delicious mint flavour.

The way the tea is prepared simply makes it taste better!

Pouring the water from two or three feet above the teapot does several things.

First, it aerates the water so that when it hits the tea leaves it enhances their flavour. Second, it creates a more frothy tea, each cup has a bubbling foam atop it that somehow makes it taste better. Then, there's the fantastic mint flavour that froths over the tongue.

In Bahrain, you will find it being served everywhere; from the menus of high-end restaurants to small cozy tea shops, and even tiny little street shops that sell nothing but different variations of it for a few fils.

So, what exactly is it about the drink that has cemented its position as one of the favourite hot beverages of choice across the Kingdom?

One of the reasons why it is such a celebrated drink is because of its versatility. The most basic recipe calls for the drink to be prepared with loose black tea leaves, milk, cardamom, and sugar.

The tea is strong to the point that many people will only go for one small cup of it. It is when you add the final ingredient that you end up with something really delicious in a cup.

Tea calls for several crushed spices to be added and, depending on which part of the world you are from, these can vary.

Some of the most popular spices include saffron, cinnamon, ginger, cloves, and orange peel. The truly decadent versions contain a crushed mixture of all of these.



Pouring the water above the teapot

While many people might hesitate to call it a 'healthy drink' based on the fact that it contains sugar (some places make it using sweetened condensed milk), the truth of the matter is that the sweetness is present to balance the robustness of the spices; you can make the tea without the sugar, and some people even prefer it this way.

Compared to a cup of coffee, tea has considerably less caffeine, yet the drink will keep you charged enough for the majority of your day.

The spices in the drink will also aid in digestion, which is

why it is considered to be the perfect way to end a large meal.

The ginger and cinnamon are responsible for lowering your blood pressure and cholesterol levels, as well as reducing the risk of heart disease.

The cardamom also helps to bolster your immune system.

Tea, especially green tea, contains substances linked to a lower risk for stroke, cancer and diabetes; encourages weight loss; lower cholesterol; and brings about mental alertness and improves brain function.

Studies have also suggested that drinking three or more cups of tea a day could actually be better for you than drinking the same amount of water, with the antioxidants contained within tea boosting the body's health, at the same time as rehydrating it.

So now that you already know some of the health benefits, are you ready to swap your daily cup of coffee with a cup of boiling hot tea?



A comfort drink in the Arab world



Tea was imported to the Arabian Peninsula and Gulf from the Asian subcontinent and is central to their tea culture.

## Bahrain has 34 registered waterfronts, working on seven more

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Bahrain has 34 registered public waterfronts with a total length of 41.38 kilometres, Works, Municipalities and Urban Planning Minister Eng. Essam bin Abdulla Khalaf has said.

The Kingdom also has seven registered waterfronts currently under development with 10.225 kilometres, he added.

The upcoming waterfronts are in Gallali (1,997 metres), Dair (1,029 m), Samaheej (940 m), Abu Sobh (1,034 metres), Karzakan 1 (119 metres), Karzakan 2 (234.5 metres) and Al Jazaer (4,871 metres).

The limits of the registered waterfronts and coasts are in the strategic planning approved by the Council of Representatives and endorsed by His Majesty King Hamad bin Isa Al Khalifa in 2016, the minister said.

The planning has called for developing and increasing the public waterfronts and easing access to them.

## National Health Survey Report out

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Health Minister Faeqa Saeed Al Saleh announced the publication of the National Health Survey Report, a key project jointly implemented by the Ministry of Health and the Information & eGovernment Authority (iGA).

The announcement was made at a ceremony held remotely via Microsoft Teams, with iGA Chief Executive, Mohammed Ali Al Qaed and members of the Supervisory and Technical Committees in attendance.

The minister welcomed the attendees, praising the ongoing cooperation with the iGA, which helps to elevate public health standards by providing accurate and up-to-date healthcare data.

## BDF Commander-in-Chief attends joint maritime drill



Bahrain Defence Force (BDF) Commander-in-Chief Field Marshal Shaikh Khalifa bin Ahmed Al Khalifa yesterday attended the joint maritime drill, (The Maritime Barrier), being conducted by the BDF, along with the Interior Ministry since Tuesday. Chief of Staff Lieutenant-General Dhiyab bin Saqr Al-Nuaimi was present. The Commander-in-Chief was briefed about the stages of the joint drill, implemented to strengthen the maritime military system aimed at protecting the kingdom's territorial and economic waters against maritime infiltration, combating smuggling and piracy operations, and ensuring rapid response to search and rescue operations.

## Airport's new ATC building almost ready

● One of the most modern air control centers in the region

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The new Bahrain International Airport Air Traffic Control Center building, featuring the latest technology, will be ready by the end of this year.

Transportation and Communication Minister Kamal bin Ahmed Mohammed yesterday toured the building where he was briefed on the latest developments of the project.

The building will be among the most modern air control centers in the region as it was designed according to high engineering and technical



Transportation Minister tours the building

standards and equipped with the most advanced air-traffic control equipment, the minister added.

The building covers 3,120 square metres and features a

main hall with advanced equipment for air traffic control, a special room for the equipment operating the devices and systems, and several other facilities.