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Abstracts from the 2013 Oklahoma Research Day

Held at the University of Central Oklahoma

04. Liberal Arts

03. Ethnic Studies

04.03.01 Chinese Tea and its Culture

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When thinking of Chinese culture, Chinese tea is one of its important cultural icons that come to mind. From its ancient times to modern life, Chinese tea plays an important role in the lives of Chinese people. With four major tea types (black, green, oolong, and white) stemming from the same plant, anyone can enjoy a cup of Chinese tea that suits their preference. Not only does tea serve as a relaxing, warm beverage, but it can also benefit the drinker's health. As the Chinese culture evolves, the significance of having tea also increases. Through conducting both primary and secondary research, this study further examines the important roles tea plays in Chinese culture and its many functions in modern life. The personal interviews with native Chinese citizens have provided a deeper understanding of the social aspect that tea exhibits in modern life such as symbolizing togetherness and harmony, functioning as a medium in which people communicate ideas and spend valuable time with one another. The library database research also has produced rich findings in authentic visuals of Chinese tea, its long history, its medical values, and its entertaining functions.