

# Yerba Mate

*The Ancient Drink of Health and Friendship*



While learning about Argentina in our cultural presentation we learned a little about a traditional drink called Yerba Mate. It is a drink that is very popular in countries such as Argentina, Paraguay, Uruguay, and Southern Brazil. This is a worksheet that I would like the students to take home for the weekend and use the links for the internet to find the answers for each question. It is due on Monday when we will also discuss what you personally learned while doing this activity from your house.

What is Yerba Mate?

<http://www.noborders.net/mate/>

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How do you use it?

<http://www.noborders.net/mate/>

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Name the four brewing methods found on this link?

<http://www.guayaki.com/yerbamate/preparation.html>

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Briefly explain the process in which the mate leaves are made into tea. (Hint: Look at the bold sentences)

<http://www.guayaki.com/yerbamate/preparation.html>

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Explain the sharing and serving process involved in drinking mate with family and friends.

<http://www.experienceargentina.com/ea/yerbamatehistory.htm>

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Extra Credit: Fill in the blank. 2pts. (Answer is found within one of the links)

Drinkers of Mate say that it is not only good for the body but also good for the

\_\_\_\_\_?

## Quiz about **Yerba Mate!!!!**

1. Briefly explain what is “Yerba Mate?”

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2. Who introduced the world to Mate?

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3. Name the four main countries where mate is used?

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4. What is the name of the cup that is used?

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5. What is the name of the straw that is used to protect the drinker from the leaves and stems? \_\_\_\_\_

6. Briefly explain a traditional mate sharing event?

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Extra Credit: Fill in the blank

Drinkers of Mate say that is not only good for the body but also good for the \_\_\_\_\_?