

Imagine that you are preparing a project with your friend. You have found some interesting material for the presentation and you want to read this text to your friend. You have 2 minutes to read the text silently, then be ready to read it out aloud. You will not have more than 2 minutes to read it.

Green tea has been used by the Chinese for centuries. Today green tea is popular all over the world. You may ask yourself why it is so. Green tea is very tasty itself. Moreover, you can add different herbs and fruits to it to make it even tastier. Still, there is much more to green tea than just that. Health experts say that green tea is very good. Green tea is a great way to prevent various illnesses including cancer. Green tea also contains a lot of vitamins and minerals which a human body needs to function well. If you are on a diet, try drinking green tea. Recent studies have found out that it is very effective as part of weight loss programmes. Green tea also boosts the immune system and fights the viruses. Finally, a cup of green tea will improve your mood and reduce the stress level.