

THE COFFEE KNOWLEDGE & NOTES FLAGSHIP GUIDE

Boost Focus | Maximize Energy | Brew Smarter



COFFEE ESSENTIALS

1 BEAN TYPES



Arabica
Sweet
Acidic



Robusta
Strong
Bitter

2 ROAST LEVELS



Light



Medium



Dark

3 POPULAR BREWS



Americano
Espresso + Water



Latte
Espresso + Milk
+ Foam



Cold Brew
Steeped 12h



STUDENT BREW NOTES

1 CAFFEINE SCIENCE



- + • Blocks Adenosine (Tiredness molecule)
- Boosts Focus
- + • Takes 30-45 mins to work

2 PRODUCTIVITY TIPS



- Start with 1 cup (100mg)



- Hydrate (1:1 Water ratio)

- Time it right



3 STUDY STRATEGIES



- Study Sprints
- Take Breaks
- Minimize Sugar (to avoid crashes)

You can download this notes for study purpose link given below

BASIC COFFEE DETAILS FOR STUDENTS

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History of coffee

Coffee Production

Roasting

Grinding

Types Of Coffee

[Coffee](#) is naturally grown in many countries of the tropical and sub-tropical belt in South and Central America and Asia. It grows in different altitudes in different climates and different soil and is looked upon as an international [drink](#) consumed throughout the world.

Brazil, Columbia, The Ivory Coast, and Indonesia are the first, second, third and fourth, largest producers of [coffee](#) in the world respectively. The coffee plants are the genus Coffee which belongs to the Rubiaceae family. The coffee plant is an evergreen plant or a bush which is grown commercially in tropical climate throughout the world. It requires not only a hot climate but also a high rainfall, rich soil and a relatively high altitude. The coffee plant is unable to survive a wide variation of temperature or any other condition.

History of coffee

There is evidence to suggest that coffee trees were cultivated about 1000 years ago in Yemen. The first commercial cultivation of coffee is thought to have been the Yemen district of Arabia in the 15th century. The first coffee house was opened in England in Oxford in 1650. Three types of coffee plants are commercially used:

Coffea Arabica

Coffea Canephora

Coffea Liberica

Coffee Production

It involves several steps as Processing, Milling, Roasting and more.

Crops & Seed

Processing

Processing can be done by three different methods/process i.e Wet Process, Dry Process, Semi-Dry Process.

Milling

Milling includes Hulling, Polishing, Cleaning & Sorting, Grading.

Coffee

Other Steps

Aging and Decaffeination are the two other steps done after Grading.

Storage

Green coffee may be usable for several years, but it is vulnerable to quality degradation which depends on how it is stored. Coffee that is poorly stored may develop a burlap-like taste known as “bagginess”, and its positive qualities may

fade. A gas barrier liner to jute bags is sometimes used to preserve the quality of green coffee. Less frequently, green coffee is stored in vacuum packaging.

Roasting

Roasting and grinding are basically not part of production but almost all coffee sold to consumers throughout the world is sold as roasted coffee. Usually, there are four degrees of roasting Coffee: light, medium, medium-dark, and dark.

Grinding

Roasted coffee must be ground before it can be used to make the brew. Coffee is grounded to different grades of fineness which suit the many different methods of brewing.

The most suitable grinds for some common methods of brewing coffee are-

Method

- Filter
- Jug
- Turkish

Grounding Grade

Fine to medium
Coarse
Pulverized

- Cafeteria
- Vacuum Infusion
- Espresso
- Percolation

Medium

Medium fine to fine

Very fine

Medium

Types Of Coffee

Instant Coffee:

It is a beverage derived from brewed coffee beans. Through various manufacturing processes, the coffee is dehydrated into the form of powder or granules. These can be re-hydrated with hot water or milk along with cream and sugar.

Coffee

Filter Coffee:

Drip brew, or filter coffee, is a method for brewing coffee which involves pouring water over roasted, ground coffee beans contained in a filter. Water seeps through the coffee, absorbing its oils and essences, solely under gravity, and then passes through the bottom of the filter. The used coffee grounds are retained in the filter with the liquid falling (dripping) into a collecting vessel such as a carafe or pot. Ex. Indian filter coffee

Decaffeinated Coffee/ Decaf:

Coffee contains caffeine which is a stimulant. Decaffeinated coffee is made from beans after the caffeine has been extracted and contains about 1-2% of caffeine.

Alcoholic Beverages

Espresso:

It is a concentrated coffee beverage brewed by forcing hot water under pressure through finely-ground coffee. Served without milk.

Café Au Lait:

This is the simple milk coffee where brewed coffee is added to milk in the ratio of 1:1 making it much less intense in taste.

Crops & Seed

Cappuccino:

Usually equal parts espresso, steamed milk, and frothed [milk](#), often with cinnamon or flaked chocolate sprinkled on top.

Café Latte

Essentially, a single shot of espresso in steamed (not frothed) milk. The ratio of milk to coffee should be about 3:1

Turkish Coffee:

Turkish coffee is coffee prepared by boiling finely powdered roast [coffee beans](#) in a pot, possibly with sugar, and serving it into a cup, where the dregs settle. The name describes the method of preparation, not the raw material; there is no special Turkish variety of the [coffee](#) bean.

Grains & Pasta

Irish Coffee:

It is a cocktail consisting of hot coffee, Irish whiskey, and sugar, stirred and topped with thick cream. The coffee is drunk through the cream.

1. How much caffeine per gram?

On average, **1 gram of dry coffee grounds** contains about **12mg to 15mg of caffeine**.

However, the type of bean changes this significantly:

- Arabica**: Roughly **1.2%** caffeine by weight (**12mg** per gram).
- Robusta**: Roughly **2.2%** caffeine by weight (**22mg** per gram).

In a Standard Cup:

If you use the "Standard" measurement I gave you earlier (**17g of coffee** for a 300ml mug), you are looking at approximately **150mg to 200mg of caffeine** per cup.

2. Is it Good or Bad for Health?

The consensus among health organizations (like the FDA and Mayo Clinic) is that for most healthy adults, **up to 400mg of caffeine per day** is perfectly safe. That is roughly **2 to 4 cups** of home-brewed coffee.

The "Good" (Benefits)

- **Cognitive Function:** Improves alertness, mood, and reaction time.
- **Metabolism:** Can boost metabolic rate by **3% to 11%**, helping with fat burning.
- **Disease Prevention:** Linked to a lower risk of Type 2 diabetes, Parkinson's, and Alzheimer's.
- **Antioxidants:** For many people in Western diets, coffee is a primary source of antioxidants.

The "Bad" (Side Effects)

- **Anxiety & Jitters:** Too much caffeine can overstimulate the "fight or flight" response.
- **Sleep Disruption:** Caffeine has a "half-life" of about **5 to 6 hours**. If you drink it at 4:00 PM, half of it is still in your system at 10:00 PM.
- **Digestive Issues:** Coffee is acidic and can trigger heartburn or IBS symptoms in sensitive people.
- **Heart Rate:** In high doses, it can cause palpitations or increased blood pressure.

3. The "Lethal" or Dangerous Dose

To be clear: it is very difficult to "overdose" on brewed coffee. You would likely feel too sick to keep drinking long before reaching a dangerous level.

- **Toxic levels** usually begin around **10,000mg (10g)**, which is about **50 to 100 cups** of coffee in a single day.
- **The real danger** is usually with pure caffeine powder or pills, where a single teaspoon can be fatal.

Summary Table: Caffeine Content

Beverage	Average Caffeine
8oz (240ml) Brewed Coffee	95mg – 165mg
1oz (30ml) Espresso	47mg – 64mg
8oz (240ml) Decaf	2mg – 5mg
Daily Safe Upper Limit	400mg

Thank you for watching us