



COFFEE PSYCHOLOGY



Scan to review worksheet

Expemo code:

158M-I3CB-X613

1

Warm up

Match the personality adjectives with the descriptions.

Group 1:

- | | |
|--|----------------------------|
| 1. You are happy to give money or your time to help other people: | a. health <u>conscious</u> |
| 2. You change your feelings quickly, and you can get angry in just one minute: | b. <u>generous</u> |
| 3. You don't mind waiting for something to happen: | c. <u>moody</u> |
| 4. You go running every morning, and you never eat fast food: | d. <u>patient</u> |

Group 2:

- | | |
|---|---------------------|
| 1. You have a lot of new and unusual ideas: | a. <u>creative</u> |
| 2. You never get stressed or worried: | b. <u>demanding</u> |
| 3. You use a lot of other people's time and energy: | c. <u>relaxed</u> |
| 4. You worry a lot about the future: | d. <u>anxious</u> |

Questions:

1. Which adjectives are negative?
2. Which of these words forms the opposite using the prefix *im-*?

Choose two positive adjectives and one negative adjective that describe you. Write these here.



2 Reading

You are going to read an article about the relationship between personality and coffee. Before you read, put a tick in the table next to the kind of coffee that you usually drink:



black (without milk)	cappuccino	cold and sweet coffee drinks
instant (made quickly from a powder)	decaffeinated coffee (no caffeine)	latte

Now read the article quickly. Does your coffee drink match the adjectives that you chose to describe yourself in the Warm up?

What does your coffee say about you?

A new study reveals the personality traits of caffeine lovers

- Every morning in the UK, caffeine lovers drink 70 million cups of coffee. But drinking coffee does not only give you energy in the morning. The type of coffee that you like to drink can also reveal a lot about your personality, according to a new study.
- Psychologist Dr. Ramani Durvasula matched the coffee preferences of 1000 coffee lovers with common character traits like generosity and moodiness.
- The results showed that people who drink black coffee prefer a simple life, in general. However, they score low on patience, and they can also be both ruder and moodier than latte drinkers, for example. Black coffee drinkers are not very relaxed about dealing with changes.
- Latte drinkers are the most generous with their time and typically want to please other people. However, they can also feel slightly more anxious than black coffee drinkers, possibly because they try to do too much for other people.
- Perfectionist cappuccino drinkers seem to have the most demanding personalities. According to Dr. Durvasula's research, they also seem to be the most anxious. They're health-conscious, but some might take this too far.
- As you might expect, people who drink decaffeinated coffee or ask for soy milk are a bit more health-conscious than other groups like latte drinkers. They also had high levels of anxiety.
- Instant coffee drinkers tend to be more relaxed than cappuccino drinkers. However, they are poor at planning and often delay things that they need to do.
- Finally, people who prefer their coffee cold and sweet had the highest score for creativity. These people are trendsetters but, unsurprisingly, are a lot more relaxed about their health than cappuccino drinkers.

Sources: *Independent.co.uk*, *Psychcentral.com*



Read the text again and find the noun forms of some of the adjectives from the Warm up to complete the table.

adjective	noun
anxious	
creative	
generous	
moody	
patient	

Read these sentences from the text and choose the best explanation for each word/phrase in bold, using the context of the article to help you.

- Latte drinkers are the most generous with their time and **typically** want to please other people.
 - Most latte drinkers want to please other people.
 - Some latte drinkers want to please other people.
 - A few latte drinkers want to please other people.
- Perfectionist** cappuccino drinkers seem to have the most demanding personalities.
 - Cappuccino drinkers want some things to be perfect.
 - Cappuccino drinkers want most things to be perfect.
 - Cappuccino drinkers want everything to be perfect.
- Instant coffee drinkers **tend to be** more relaxed than cappuccino drinkers.
 - All instant coffee drinkers are more relaxed than cappuccino drinkers.
 - Most instant coffee drinkers are more relaxed than cappuccino drinkers.
 - A few instant coffee drinkers are more relaxed than cappuccino drinkers.
- Finally, people who prefer their coffee cold and sweet had the highest score for creativity. These people are **trendsetters**.
 - These people don't care what other people think about them.
 - These people show us a new way to do things.
 - These people follow an old way of doing things.

