

# TEAS – TYPES, PROPERTIES, QUALITY, FALSIFICATIONS

## Summary

Tea is one of the most widely consumed beverages in the world. The aim of this review was to describe the tea tree, tea types (white, green, yellow, red and black) and ways of tea production. The actual knowledge of tea influences on organisms is presented. The ways of tea classification according to its quality and trials of tea usage as a food supplement to meat, fish or sweets to brighten its oxidative properties and enrich with poly-

phenols are described. The quality of tea depends on the way of storage and the quality of materials used for this storage; some of these materials are presented in this review. In order to reduce costs of tea production many manufacturers try to falsify dried tea leaves, some standard and more advanced tests of tea authenticity are therefore discussed.