

# Chapter 5

## Refreshing Drinks

### LEARNING OBJECTIVES:

After reading this chapter learners would be able to:

1. know about refreshing drinks.
2. know the types of refreshing drinks.
3. understand the different sizes of mineral water.
4. know the different Indian brands of mineral water bottles.
5. know the different brands of foreign made mineral water / package drinking water.
6. understand the difference between aerated beverages and non aerated beverages.
7. know some traditional Indian beverages.
8. know syrups and their uses.

### GUIDE TO BETTER LEARNING

1. Definitions
2. Introduction of refreshing beverage.
3. Squashes and its types.
4. Indian traditional beverages.
5. Mock tails
6. Syrups, uses and types.



### INTRODUCTION:

The refreshing drinks are those which satisfy the thirst of a person and also provide freshness on consumption. Refreshing drinks include Potable Water, Mineral Water, Aerated drinks, Squashes, Lemonade, Fresh Lime Soda, etc. It also includes Indian drinks like Aam Ras, Ambi Panna, Nimboo Paani, Jal Jeera, Chaaj, Sharbats, etc.





Potable water is the most common refreshing drink and in all parts of India it is consumed. It gives the freshness especially when one is thirsty or is exhausted due to heavy work or during summers when water from body evaporates due to sweat or perspiration. Most of the Europeans, Australians, Japanese, etc. prefer to take mineral water, whereas Americans do take Potable Water supplied by their Government / Corporations through taps. Government of India issues advisory to all foreign tourists on arrival to avoid tap water and are advised to consume mineral water.

### 5.1 AERATED DRINKS:

The drinks which are charged or aerated with carbonic gas are termed as aerated drinks. These drinks may be either in the form of natural water or may contain some flavour like ginger, lemon, orange, cola, etc.

The following are the examples of aerated waters:

#### 5.1.A Soda Water:

It is colourless, tasteless and odourless.

#### 5.1.B Tonic Water:

It is colourless and has quinine flavour.

#### 5.1.C Bitter Lemon:

It is pale cloudy coloured with a sharp lemon flavour.

#### 5.1.D Dry Ginger:

It has ginger flavour. It may or may not be golden straw coloured.

#### 5.1.E Coca Cola:

It is sweetened and has cola flavour.

#### 5.1.F Orange Flavoured:

It is sweetened and has orange flavour.

#### 5.1.G Limca:

It is sweetened and has lemon flavour.





## 5.2 NATURAL SPRING WATER / MINERAL WATER:

In some countries mineral water and spring water bottles have different definitions. Mineral water has a mineral content and the Government issues guidelines for the extent of minerals in the mineral water bottles that are permissible. Spring water bottles have fewer regulations but it must be hygienically good for human consumption. The bottled water can be still (without gas), naturally sparkling or carbonated during bottling.

The size of bottles may vary from 200 millilitres to 2 litres. One can even have mineral water bottles of much larger size for offices, schools, parties and even for residences. These jars come with water dispenser and the water can be poured from the tap provided at the bottom of dispenser. Larger the size of the bottle / jar, lower is the cost of water per serving. In India the mineral water manufacturers require FPO number some of them even take ISI registration for bottling standard.

### POPULAR INDIAN MINERAL WATER:

HIMALAYA

ROHTANG

AQUA

HIM

### PAKAGED DRINKING WATER:

KINLEY

BISLERI

NEER

BAILLEY



### POPULAR FOREIGN BRAND MINERAL WATERS

PERRIER

VITTEL

VICHY

EVIAN

SPA







### 5.3 SQUASHES:

Squashes are served mixed with water or aerated water (soda) with or without syrups. Squashes are also used to make mock tails and cocktails in the bar. All varieties of squashes in large quantity should always be available in a bar.

#### Popular types of squashes are:

1. Orange
2. Lemon
3. Grapefruit
4. Mango
5. Pineapple



#### Apart from these refreshing drinks other drinks which are traditionally common in India are

1. Nimboo Paani / Soda (Fresh Lime water / Soda)
2. Aam Ras
3. Jal jeera
4. Ambi Panna

#### Mock tails:

Combination of two or more than two drinks consisting of squashes, syrups, water, soda water, ice cream, etc. to have better appearance, flavour and taste are called mock tails.

### 5.4 SYRUPS:

The syrups are concentrated, sweet liquids flavoured with fruits. These are used for making Cocktails, Mock tails, and fruit punches, fruit cocktails, mixed with potable water or soda water for long drinks. Syrups are also used as flavouring agents for milk shakes, Lassi, Kulfi with Faluda, Ice Candy, etc.

#### The common syrups are:

1. Grenadine (Pomegranate)
2. Orgeat (Almond)



3. Cassis (Black Currant)
4. Cerise (Cherry)
5. Gomme (White sugar syrup)
6. Framboise (Raspberry)
7. Citronelle (Lemon)

### SUMMARY / RECAPITULATION:

- i. Refreshing drinks satisfy thirst.
- ii. Mineral water, aerated drinks, potable water, squashes, etc. are refreshing drinks.
- iii. Popular Indian brands of mineral water are: Himalaya, Rohtang, Aqua, etc.
- iv. Popular foreign made brands of mineral water are: Perrier, Vittel, Vichy, Evian, Spa, etc.
- v. Syrups are concentrated liquid, Sweet and fruit flavoured.
- vi. Mock tails are mix of two or more than two non alcoholic beverages.
- vii. Indian traditional drinks are: Ambi Panna, Aam Ras, Nimboo Paani, Jhal Jeera, Lassi, etc.

### IMPORTANT TERMS

- Mock tail
- Syrup
- Squashes
- Aerated Beverages / Drinks
- Mineral Water / Natural Spring Water

### MULTIPLE CHOICE QUESTIONS:

1. The following is not refreshing drink.  
a) Mineral Water,   b) Ginger Ale   c) Potable Water   d) Tea





2. The following is a foreign made Mineral Water

- a) Perrier                      b) Him                      c) Aqua                      d) Neer

3. The following is an Indian Mineral Water.

- a) Perrier                      b) Aqua                      c) Evian                      d) Spa

### ANSWERS

1. d),                      2. a).                      3. b)

### SHORT ANSWER QUESTIONS

1. What is mineral water / natural spring water?
2. Why do we consume refreshing drinks?
3. Name any three Indian brands of mineral water.
4. Name any five mineral water brands that are imported.
5. What is a mock tail?
6. Define syrup with example.

### LONG ANSWER QUESTIONS

1. Write in detail about refreshing drinks with examples and their advantages.
2. What do you mean by syrup? Define and give its examples and uses in a Bar.