

NON-ALCOHOLIC BEVERAGES

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BEVERAGE

- The word beverage is derived from the Latin word “bever” meaning rest from work
- Beverages are thirst quenching, refreshing, stimulating and nourishing qualities

CLASSIFICATION OF BEVERAGES



STIMULATING DRINKS

- Stimulants Contain caffeine
- Relaxes our muscles by accelerating our heart beat & hence the pulse rate
- Stimulate the central nervous system

NOURISHING DRINKS

- Nourishing drinks provide nourishment to our body, ex -milk, bournvita, horlicks
- Contain proteins, minerals, vitamins which nourish our body

REFRESHING DRINKS

- Fresh juices like orange, pineapple, tomato fresh lime soda, mocktails, syrups and aerated drinks provide instant energy to our body in form of fructose and glucose
- Our system gets charged and refreshed by these drinks

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THANK YOU

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