

Bubble-tea
From Taiwanese Street Food to
Canadian Lifestyle



The spirit of the Taiwanese tea ceremony is the connection between relationships with customs. Bubble-tea is one of the most favorite drinks in Taiwan in particular and in the world in general. It is an undeniable fact that numerous bubble-tea stores significantly increase recently, and somehow, boba tea becomes one of the habitual things that contribute to the diversity of Canada's culture and customs.

The History of Bubble-tea and Why Is It So Popular?

Initially, bubble-tea appeared in Taiwan as street food. Furthermore, from that on, it has become the iconic drink in Taiwan and spreads over the world, including Canada.

When talking about this bizarre drink, it is so hard to say that how many types of it in a general way, but people usually know this drink as its original version: milk tea with the tapioca pearls at the bottom.

Regarding its name, bubble-tea (or boba tea) does not mean that it has a bubble in the tea, and “Boba” is a Taiwanese slang term, which means pearls.

How the tapioca pearls appeared in this drink is still an unexplainable matter, however, through the most common story, the product development manager of Chun Shui Hang tea house, Ms.Lin Hsiu Hui, was sitting in a staff meeting, and just for fun, she poured the tapioca balls from Fen Yuan, a Taiwanese tapioca pudding, into her Assam iced tea and drank it. Everybody at the meeting loved the drink, and when they decided to add this new drink to the menu, it became the bestseller drink in their store.



Bubble-tea brings various experiences to people even though they have tried it many times before.

Some people assume bubble-tea as coffee, but really, it is not like that. Coffee is just a drink that brings the customers the feeling of maturity and helps them to concentrate on their busy schedule. Bubble-tea is a drink that brings different perspectives.

First of all, the customers would never be bored since there are so many options for them to choose from. Second, everybody, from children to adults, can enjoy this drink because of their tasty flavor. Last but not least, people find it as a way to build relationships, to study, to forget their grief, and to keep their precious memories.

Bubble-tea's shops spread to neighboring countries like Japan, Chinese, South Korea, and then the Western world. They become a hot trend in the US, UK, and Canada.

The reason why bubble-tea becomes popular in Canada is by the migration. Since more immigrants come to Canada, they also bring their valuable culture and traditional food with them, too.

The Canadians did not know anything about bubble-tea, but through words from a person to the others, and this repetition brings famous to bubble-tea. Consequently, after trying it, many people started enjoying it.



The negative impact of bubble-tea on individuals and environment and solutions for this issue

Nevertheless, there are also some concerning issues if people drink too many bubble-tea.

In particular, a 14-year-old girl in China was taken to the hospital after being stomachache, and the doctors found more than 100 tapioca balls stuck in her stomach.

Through this lesson, people need to choose a bubble-tea store to have high-quality ingredients, and no artificial preservatives could help consumers avoid undesirable situations.

The average cup of bubble tea contains 340 calories, which approximately an average breakfast or lunch. Besides, consuming calories excessively from this drink can cause obesity and diabetes.

The better solution is that people can ask the baristas to make unsweetened bubble-tea by decreasing the amount of sugar, or they can choose other options such as slim milk and fruit.



It is the fact that more than half of bubble-tea stores use plastic bags, straws, and foam containers to contain their product. These are the items that easy to purchase and inexpensive, but they are also the reason that causes environmental degradation.

It is estimated that each week in Vancouver, 2.5 million paper and 2 million plastic shopping bags are thrown out, according to Monica Kosmak, the city's senior project manager. Due to this issue, several actions could be taken to solve the problem.

In particular, the new rules have been granted in Vancouver that plastic straws and other single-use items will be banned on April 22. Owners of bubble-tea shops will be fined if they do not follow the new regulations. Also, Individuals should bring their reusable straws and cups to reduce plastic consumption and protect our environment.



The End.

Bubble-tea introduces both pros and cons, and each individual needs to have a responsibility for their health and environment. Nonetheless, boba tea is not just a drink; it is an experience with its complications.

Furthermore, somehow, the Taiwanese food culture not only has become an essential part of Canada's street food but also contributes to the diversity of Canada culture in particular and the world in general.

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