



LIFESTYLE

THE DRINKS LIST

Home to a variety of communities, cultures and heritage, it's a known fact that variety is the spice of life here in Singapore. And this 'variety' we speak of comes in many forms - one of them is beverage. This programme showcases the variety of beverages found locally and through them, we learn more about Singapore's history, culture and heritage.

饮品大全

新加坡是个多元种族、文化的国家。不同种族、文化也造就了新加坡各式各样，种类繁多的饮食特色。

《饮品大全》将探讨新加坡饮品，从饮品中更深入了解新加坡的文化和历史。

Episode: 13 x 30 minutes

For sales enquiries on content distribution:

Jesslyn Wong jesslynwong@mediacorp.com.sg

Selene Khoo selenekhoo@mediacorp.com.sg

Grace Chia gracechia@mediacorp.com.sg

www.mediacorp.sg/contentdistribution



THE DRINKS LIST

Episode 1: Black or White

Chin Chow and Soya Bean are two local drinks well-loved by Singaporeans. But do you know how they are made, and if they are good for you? Solve the mystery with local icons Dick Lee and Leslie Tay as they tell us if they like it black or white, or straight up Michael Jackson. 仙草和豆浆都是新加坡人爱喝的饮料。但你们知道这些饮料是怎么制作的吗？对身体是否有益？节目嘉宾们到底喜欢仙草、豆浆、还是仙草和豆浆混喝，俗称“麦克杰逊”的饮料？

Episode 2: Wake Me Up Before You Go, Go

Many people rely on a Cup of Joe to start their day. But why are some coffees cheap and cheerful, while others require deep pockets? Join caffeine heads like Mark Lee and Udaya Soundari on an aromatic journey of roasting, mixing and brewing, and discover the roots of 'Kopi' in Singapore. 许多人每天早上都得喝上一杯咖啡后，才能开始工作。有些咖啡经济实惠，有些却非常昂贵。咖啡价格的差别到底在哪里呢？自称是咖啡迷的李国煌和 Udaya Soundari 将会带你了解烘焙咖啡豆的技巧以及泡制香浓咖啡的窍门。

Episode 3: Afternoon Delight

How do you take your tea? Very seriously, some might say. The art of enjoying tea is as varied as the cultures that exalt it. This episode steepes itself in the complex history of tea, from cultivation to infusion. And will it be 'Teh-O' or Earl Grey for Singapore stars Rebecca Lim and Bryan Wong? 你喜欢喝什么茶？对茶的认识有多少？其实，饮茶这门艺术因地而异。这一集节目将探讨有关茶的点点滴滴，如饮茶的历史，种植茶叶的常识等！艺人嘉宾林慧玲和王禄江也会分享他们喝茶的心得。

Episode 4: Milky White Way

Milk is an essential part of many cultures and diets. But can tasty alternatives like nut milks give dairy a real run for its money? This episode takes you on a milk run with The Muttons (radio deejays) and discover where you can get milk straight from the farm right here in Singapore. 牛奶是许多美食的必备品。如果把牛奶换成豆制奶料，食物味道会一样香醇吗？这一集的节目将访问主持二人组 The Muttons，并在新加坡找寻制造牛奶的农场！

Episode 5: I Wanna Grow Old With You

Some drinks get better with age, thanks to a nifty natural process called fermentation. From your happy hour companions like beer and wine, to digestive drinks like Yakult and Lassi, the possibilities are endless. And for those who want a little hands on probiotic, learn how to DIY your own fermented drinks at home with local celebrities Vernetta Lopez and Carrie Wong. 有的饮品真的是藏得越久越好喝！这些饮品都是经过发酵过程而制成的，如酒类，益生菌饮料，以及印度乳酪等。在这一集的节目中，观众可以学习如何自己制作发酵饮品。本期嘉宾是 Vernetta Lopez 和黄思恬。

Episode 6: Tutti Frutti

Judging by the popularity of juice bars in Singapore, juicing can be considered the new black. Would you rather a hawker centre soursop juice or a cold-pressed orange juice? And what's up with trends like detox, cold-pressed and superfood? Get the glow from drinking your fruits and vegetables with health junkies Stephanie Carrington and Mike Kasem. 果汁在新加坡越来越受欢迎。你喜欢在熟食中心喝鲜榨果汁，还是喜欢冷压果汁？现在流行的排毒果汁、美颜果汁、养生果汁等真的名符其实吗？让艺人嘉宾 Mike Kasem 以及 Stephanie Carrington 和大家分享自己最喜欢喝的果汁！

Episode 7: It's A Small World

Singapore's reputation as a food paradise has gotten us thirsty! Knock back with a Russian Vodka with Hossan Leong or chill out with a Thai Ice Milk Tea with Chua Enlai as we explore the dizzying array of drinks around the world found on our little island. 新加坡是知名的美食天堂。随着新移民的到来，本地食物更加多元丰富。这一集的节目带你发掘来自世界各地的饮品，如泰国奶茶以及俄罗斯伏特加等。艺人嘉宾 Hossan Leong 与 Chua En Lai 将分享自己喜爱的外国饮品。

Episode 8: I've Got The Power

As the Olympic fever hits, we power up with sports drinks that help us go that extra mile. Singapore swim icon Theresa Goh and national paddler Isabelle Li spill the beans on what fuels them. Plus, we bring back fond memories with the Milo truck and discover the science of isotonic drinks and protein shakes. 配合奥运的到来，这一集的节目将讨论运动饮品。新加坡健儿 Theresa Goh、Isabelle Li 在节目中和大家分享他们喜欢喝的运动饮料，昔日人们的最爱‘美禄’也会在节目中重现。

Episode 9: Home

What do you think should be Singapore's national drink? Sugarcane, Bandung or Chendol - what tickles your patriotic taste buds? We go local with celebrities Moses Lim and Suhaimi Yusof and savour each sip that makes us feel truly red, white and Singaporean. 在你心目中，什么饮品最具新加坡代表性？甘蔗汁、玫瑰露奶昔、还是珍多冰？哪一样最合你口味？本地艺人林益民与 Suhaimi Yusof 将在节目中畅谈本地饮品！

Episode 10: Wind Beneath My Wings

Simply boiled in water, edible bird's nest is a nourishing drink and a prized delicacy with a rich and long history. But what is it made of and why do some bird's nests burn a hole in our pockets? Uncover the truth with local stars Yao Wen Long and Shane Pow. 众所周知，燕窝是历史悠久，能滋补养颜的补品。但燕窝为什么那么昂贵呢？让艺人嘉宾姚玖隆与包勋评告诉你。

Episode 11: Heal the World

Sometimes it takes Mother Nature to soothe a troubled tummy or banish a wicked cold. We hop over to Pulau Ubin to forage for herbs and re-discover age-old Chinese, Malay and India remedies with Najip Ali and Irene Ang. 你知道吗？大自然中其实蕴藏着很多可以治疗病痛的良药。节目将在乌敏岛的大自然中找寻久被遗忘的药草，并让你了解华族，马来族与印度族各自的治疗秘方！本期的嘉宾是 Najip Ali 与 Irene Ang。

Episode 12: Honey, Honey

What's sweet, sticky and deliciously golden? Honey! We get bee-sy with Siti Kalijah and Denise Tan as we explore the health benefits of different kinds of honey and clear up the mystery behind using metal spoons in honey and the Manuka grading. 这一集的节目主角是 蜜糖！这甜、粘 且非常美味的自然糖精是许多料理不可缺少的食材。艺人嘉宾 Siti Kalijah 以及 Denise Tan 除了告诉你蜜糖的功效以及不同品种的蜜糖外，也教你怎样喝蜜糖最有效。

Episode 13: Under Pressure

Every drop of water is precious. Trace Singapore's water history with Moses Lim and Zheng Geping as we check out the plethora of water options available. Plus, soft drink guzzlers - we've got a treat for you as we bring back old favourites like Kickapoo, Green Spot and Sinalco! 每一滴水都是宝贵的。向艺人嘉宾林益民和郑各评了解新加坡水的故事。节目也让人重温昔日人们爱喝的 Kickapoo, Green Spot 和 Sinalco!!