

LEVEL 1 • C07

Your brain is in the glass

HOST PURCHASE + PREP SHEET

Use this before class. Bottle examples are teaching targets, not endorsements or stock guarantees. Check the current label and producer information; substitute by style when necessary.

What to buy

- Required: one aromatic drink, split into two coded cups.
- No second bottle is needed; the controlled comparison uses the same drink twice.

Set up

- Create two neutral codes and two contrasting written prompts.
- Keep the label hidden until both private notes are complete.
- Print one participant worksheet per person.

Host checklist

☐	Purchase or select samples
☐	Code and chill / temper samples
☐	Print one worksheet per participant
☐	Set water, food, and spit cups
☐	Start the lesson before social refills

Reuse rule

If a later class reuses an opened bottle, keep it tightly closed and refrigerated and use it later the same day or the next day. Re-taste before class; replace any bottle that is clearly tired or oxidized.

Group format

A big-screen gathering works well: seat everyone where they can pause and write. Complete the structured lesson before people consume enough alcohol to blunt attention. Discussion follows private notes.

Buying note updated 29 August 2026