

Tea time

Let's Cook Together
eTwinning activity January 2015

Tea time

- **What is tea?**
 - **Tea** is a drink that is popular all over the world. It is made by soaking the dried leaves or flowers of the plant *Camellia sinensis* in hot water. Tea can have other herbs, spices, or fruit flavours in it, like lemon.
 - Sometimes the word "tea" is used for other drinks that have been made by soaking fruit or herbs in hot water, like "rosehip tea" or "camomile tea".



Tea time

- **Some data:**

- Tea is a very popular drink in the United Kingdom and the British are one of the largest per capita tea consumers in the world with an average 1.9 kg per year.
- It is usually served with milk and it is not uncommon to drink it black or with lemon, with sugar being a popular addition.



Tea time

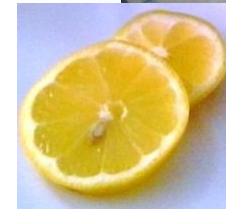
- **Some history:**

- Tea is a drink originally from China and the Chinese word for tea is ***Tcha***.
- In 1657 Thomas Garraway, owner of a coffee house, sold the first tea in London.
- The drink became an alternative to coffee and by 1700 there were over 500 coffee houses in Britain that also sold tea because it was a very fashionable drink.
- The British East India company imported it directly from China from 1669.
- For 150 years, tea was an expensive drink.
- In the 18th and 19th centuries drinking tea was prestigious and expensive.
- At the beginning of the 20th century, prices went down and it became a cheap, popular drink in Britain.
- *Would you like a nice cuppa?*

Tea time

- What do you need to make tea?

- Kettle
- Teapot
- Teaspoon
- Saucer
- Cup / Mug
- Strainer
- Tea bag / Loose tea
- Sugar
- Milk
- Lemon



Tea time

- **How to make British style tea – step 1:**
 - The kettle, with fresh water, is brought to a rolling boil.



Tea time

- **How to make British style tea – step 2:**
 - Enough boiling water is swirled around the teapot to warm it and then poured out.



Tea time

- **How to make British style tea – step 3:**
 - Add loose tea leaves, (usually black tea) or tea bags, always added before the boiled water. One bag or teaspoon per person plus one for the teapot.



Tea time

- **How to make British style tea – step 4:**
 - Fresh boiling water is poured over the tea in the pot and allowed to brew for 2 to 5 minutes.



Tea time

- **How to make British style tea – step 5:**
 - Milk may be added to the tea cup.



Tea time

- **How to make British style tea – step 6:**
 - A tea strainer is placed over the top of the cup and the tea poured in, unless tea bags are used. Tea bags may be removed, if desired, once desired strength is attained.



Tea time

- **How to make British style tea – step 7:**
 - Fresh milk and white sugar is added according to individual taste. Most people have milk with their tea, many without sugar. Others might prefer some lemon instead of milk.



Tea time

- **Did you know that...?**

- The average Briton over the age of 10 drinks three and a half cups of tea per day, or 1,355 cups per year, mostly tea with milk. Second and third in this tea-drinking league are the New Zealanders (889 cups) and the Australians (642 cups).
- The majority of people in Britain drink tea for breakfast: the mid-morning “tea break” is an institution in British offices and factories.
- Tea accounts for 43% of all the drink consumed in Britain, excluding plain water.

Tea time

- **Types of tea:**

- Green tea, made with freshly picked leaves of tea.
- Black tea, made with dried leaves of tea, which have been rolled, broken into pieces and allowed to absorb oxygen. It is also called red tea.
 - Typical black tea blends are:
 - Earl Grey, black tea with bergamot oil.
 - English Breakfast, a full-bodied, robust blend that is made to go well with milk and sugar.
 - English afternoon tea is medium-bodied, bright and refreshing.



Tea time

- Meals

	England	North of England	Ireland	Australia
morning	breakfast	breakfast	breakfast	breakfast
midday	lunch	dinner	lunch	lunch
afternoon	tea	high tea / tea time	tea time	
evening	dinner / supper	supper	dinner	tea

Tea time

- Reference:
 - [Simple wikipedia](#)
 - [Wikipedia](#)
 - [Linguapress](#)
 - [BBC Learning English](#)