

## How to make tea

Slide 1: I am going to teach you how to make tea. If you want to have some tea, there are few different ways that you can make it.

Slide 2: Step one is to choose the kind of tea you want.

- There are many types of tea that you can drink: black tea, white tea, green tea, oolong tea, purple tea, herbal tea, rooibos tea, etc.
- I usually drink black tea, green tea and sometimes herbal tea.
- Most commonly, you can get tea that is in little bags or you can get loose tea that comes in a container or a tin. There are more teas beyond these two types, but these are the types of tea that I have the most of.
- If you choose bagged tea, then you can move on to the next step

Slide 3: However, if you choose to have loose tea, you either need to get a tea diffuser that holds the tea leaves while allowing it to seep into the water, or you can use a type of cup that is created for loose leaf tea.

Slide 4: Once you have chosen the type of tea you want, you need to boil or heat up some water.

- If you have a tea kettle, you can pour a few cups of water into it, turn the heat on the stove, and allow it to heat up until it whistles, which you will then take it off the burner.
- Another option is if you have an electric kettle, you can fill it up with a few cups of water and then start it up and allow it to boil.
- If you do not have a kettle (stove or electric), you could use a water cooler if it has the hot water option. If it does, you would fill up your tea-cup to about  $\frac{3}{4}$  full of hot water.
- Lastly, if you do not have a kettle, or a water cooler, you could microwave your water in a cup for about 1 min 30 secs to 2 mins.

Slide 5: Once you have hot water, if you have not already put water in your chosen cup, fill up your cup to about  $\frac{3}{4}$  full. Place your tea bag or loose leaf tea (in its diffuser) into the cup.

- Allow it to steep. If you want to have stronger tasting tea, you can leave the tea in for longer. Basically, you can taste test your tea until it is at a desirable strength or flavour.

Slide 6: If you want to sweeten it or make it a bit creamy, you can add a little milk or cream (or a dairy alternative) and sugar (or sweet alternative to sugar, such as honey, or Splenda, etc.)

Slide 7: Be careful when trying to drink your tea as it may be too hot. Allow it to cool down a little bit before drinking it. I personally like to have cookies with my tea, but you can drink your tea with whatever dessert or snack you would like, or you can just have it by itself.