

MAKING TEA

A cup of tea is a great refreshing and healthy beverage. Did you know that on a hot day, a cup of hot tea is considered the most refreshing drink that you can enjoy? It doesn't sound possible, but it is. So whether you enjoy a cup of tea or a cup of tea is not really "your cup of tea," knowing how to make it for others is a useful skill to take through life for a budding RockHopper.

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EARN THIS NUGGET

- Make four rounds of tea on four separate occasions for anyone in the family that would like a "cuppa." Serving it with a cookie or a slice of cake will be the proverbial icing on the cake.
- Optional: If you have young ladies in your household, organize a tea party.

LEVEL F

B-2

Traditional tea is made in the following way:

- Boil water. The water must, must, must be boiling.
- Add tea leaves to your tea pot. In this modern world, we would typically just use two or three tea bags.
- Pour the boiling water into the tea pot and leave it for a few minutes.
- Pour the tea into a cup. Use a tea strainer to catch any loose leaves. Using tea bags prevents you from needing a tea strainer.

- Add milk and sugar to taste. In fact, traditionally, if you are going to have milk, it should be in the cup before you pour the tea in. Don't ask me why, but that's just the way it is "supposed" to be done.

Now, I know most of you don't have a tea pot, so for the average household:

- Boil water.
- Throw a tea bag into a cup and pour the boiling water over the tea bag.
- Leave for a few minutes, stir, and discard the teabag.
- Add milk or sweetener, if desired.

And there you have it. Whatever your resources, you can make this one happen.

