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CUP OF TEA PREPARATION

Condition: One or more of these occur:

- Dehydration
- Fatigue
- Inability to Concentrate

Objective: To replenish fluids.

1 KETTLE Filled to 1 CUP

Large mugs may require more water.

2 Teabag In MUG

3 KETTLE switch ON

Caution! HOT WATER

Adult supervision required.

4 **When** KETTLE boiled:

MUG Fill

5 Steep Allow to steep for a few minutes

6 Remove teabag

Note: Stir after each step

7 Choose one:

◆ Black tea **required:**

No sugar here.



◆ Tea with MILK **required:**

▶ ▶ **Go to step 9**

8 Pour milk into MUG To desired colour

9 **If** sugar required

Sugar (one
teaspoon at a time) Add to MUG



ANOTHER SECTION

- 1 This is a step in a new section Action
- 2 This is another step Action

►► Go to step 1



