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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

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**Caution! HOT WATER**

**Adult supervision required.**

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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

