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CUP OF TEA PREPARATION

Condition: One or more of these occur:

- Dehydration
- Fatigue
- Inability to Concentrate

Objective: To replenish fluids.

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- Objective: To replenish fluids.

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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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2 Teabag In MUG

3 KETTLE switch ON

Caution! HOT WATER
Adult supervision required.

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- 4 **When** KETTLE boiled:
- MUG Fill

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 MUG Fill

- 5 Steep Allow to steep for a few minutes



- 6 Remove teabag
- Note:** Stir after each step

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- 7 Choose one:
- ◆ Black tea **required**:
- No sugar here.
- ◆ Tea with MILK **required**:
- Go to step 8

7 Choose one:

◆ Black tea **required**:

No sugar here.

◆ Tea with MILK **required**:

►► Go to step 8

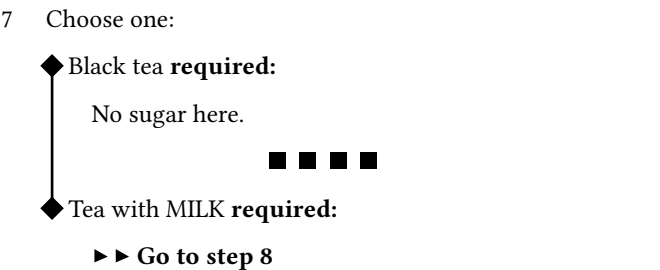
7 Choose one:

◆ Black tea **required**:

No sugar here.

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►► Go to step 8



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- 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

This is a substep Action

This is a substep

►► **Go to step 1**



