

# Teatime Unit Study





©2023 Meredith Curtis All Rights Reserved.

Published by Powerline Productions/Kingdom Building  
Services, Inc.

All photos and clipart © Meredith Curtis, Laura Nolette, and  
licensees or public domain. All rights reserved. Used with  
permission.

All rights reserved. No part of this publication may be  
reproduced, stored in a retrieval system, or transmitted, in  
any form, or by any means—digital, mechanical,  
photocopying, recording, or otherwise—without prior  
permission from the author.

You have permission to print as many copies from the eBook  
as you need for your family. For classrooms and  
homeschool co-ops, each family must purchase this eBook.

Print Double-sided in color.



Week #1  
TRADITIONAL TEAS



The History Of Tea  
Traditional Teas  
Black Tea Consumption  
Black Tea Purchases  
Tea Vocabulary  
Tea Schedule  
Tea Brewing Tips  
Coloring Page  
Narration: What I Learned This  
Week

© 2023

*Meredith Curtis Powerline Productions*



# The History Of Tea

- It all started in China a few thousand years ago. The emperor, Shen Nong, who was also considered the father of Chinese medicine, fell asleep beneath a tree and a tea leaf fell into a cup of water that his servant was boiling for him. The Emperor drank the infusion and felt an immediate impact. Legend goes on to tell of his further exploits with tea...that while tasting different plants he got poisoned by numerous ones, but he cured himself by drinking tea!
- China was indeed the birthplace of tea and had a long and popular association with the drink before the practice reached European taste buds.



- Although tea is often considered the quintessential drink of Britain, the next culture to take to tea drinking was Japan when tea was introduced by Japanese Buddhist monks studying in China during the late 8<sup>th</sup> century.
- Tea drinking has become a vital part of Japanese culture, as seen in the development of the Tea Ceremony, which may be rooted in the rituals described in the Ch'a Ching. And it is from Japan that the best Matcha and Sencha types of tea originated.

# The History Of Tea

...continued

- Although Portuguese traders introduced tea to Europe in the late 16<sup>th</sup> century, it was the Dutch who began importing tea from China to Europe via Java where they had a large trading community. But for the longest time, tea remained available only to the wealthy due to its exorbitant cost.
- The beverage remained a curiosity to the skeptical British public until 1662 when Charles II married a Portuguese princess who was already addicted to tea. Her love of the drink firmly established the custom at court and among the upper classes. Taking advantage of the trend, the East India Company swiftly set about importing 100 lbs of tea from China in 1664
- To consolidate their hold on the tea trade, in the 1830s the company bosses started tea estates in the Indian state of Assam with seeds brought from China.







# Traditional Teas

## Black Teas

Most oxidized of all teas making it rich in taste / body & most robust in flavor

Try::

- Assam
- Darjeeling
- Earl Grey, or
- Add ginger & cardamom to a good brew along with milk & sugar for a great Masala Chai tea

## Green Teas

Less oxidized as the leaves are processed right after harvesting

Range of tastes include: sweet, nutty, bittersweet, grassy, fruity or floral

Try steam heat or dry roasted types to find your preference

Green or yellowish

## Oolong Teas

Semi - oxidized then leaves are rolled into a distinct shape

Variety of tastes that depends on growing region & processing time

i.e. Dan Chong tea, grown in Guangdong has a natural taste with a pleasant flora & fruity aroma

## Pu' erh Tea

Another Chinese tea. Pu'erh is fermented & aged sometimes for decades

Tastes include: woody & earthy flavors with undertones of dark fruit or camphor notes (raw) or a rich mushroomy sweetness (ripe)

## Matcha Tea

A most beloved tea in Japan, Matcha has its own tea ceremony which includes the preparation, serving & drinking of the tea

Comes as a powder stone-ground from leaves suspended in water or milk giving a vegetal/nutty taste with a smooth sweetness

## Sencha Tea

Another beloved tea in Japan, Sencha is also from green tea that unlike matcha is grown in sunlight instead of shade & is steam processed

Has a distinct grassy or seaweedy taste depending on how it's brewed

A perfect summer tea!



# BLACK TEA CONSUMPTION TRACKER

WEEK OF: \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES





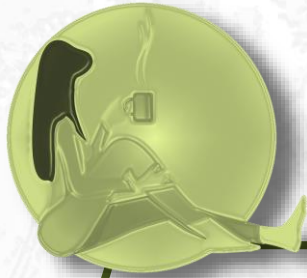




# Become An Expert With These Tea Terms



Term	Meaning
Ancient tea	Tea harvested from old trees...i.e. Pu'erh
Artisan tea	Hand-made loose leaf tea – high quality
Bancha tea	Japanese green tea made from mature tea leaves
Breakfast tea	Strong blends with significant malty flavor i.e. Assam - ideal for drinking with milk and drunk at mealtimes
Camellia Sinensis	Tea plant used for making all traditional teas – white, green, oolong and black ...var assamica identifies variety grown in India ...var sinensis ids variety used in China & Japan, especially for white, green & oolong teas
Dark tea	Fermented Chinese tea type...fermentation can be achieved naturally or artificially...Pu'erh is most popular type
Tea cultivar	A subgroup of tea plants within one variety each having specific flavor, color, leaf size & shape & other characteristics
Terroir	Unique environments of tea plantations/estates including climate, soil, weather or elevation
Scented tea	Tea leaves scented with flowers that can be removed after process is complete leaving just the scented leaves
Single Origin tea	Tea leaves grown & harvested from one single tea farm/estate
Tea blend	A blend of teas from different tea farms or countries. Includes single origin teas blended with fruits, spices & herbs.
Tisane	Herbal tea infusion made with herbs/plants other than Camellia sinensis
Wild tea	Gathered from a wild tea bush that grows naturally rather than cultivated on tea estates



# Tea Brewing Tips



## Suggestions

- Always use fresh cold spring water for best taste

---

- Use loose leaf teas

---

- Use tea strainer

---

- Heat the clean teapot or cup

---

- Timing is everything:- steep
  - 1-3 min/green tea
  - 2-5 min/black teas
  - 3-10 min Rooibos

---

- Temperature is vital
  - Never boiling water for green teas...leave off boil/10 sec
  - Never boil in microwave

---

- Strain tea immediately after steep time has ended

---

- Always cover teapot/cup

---

## Your Preferences







# Benefits Of Traditional Teas



## **BLACK TEA:**

- Could regulate cholesterol*
- Could reduce risk of stroke*
- Could lower blood pressure*

## **GREEN TEA:**

- Increased metabolism & fat burning*
- May increase brain function and protect from aging*
- May help prevent type 2 diabetes*



## **OOLONG TEA:**



- Most popular tea for weight loss*
- Improves gut microbiome especially in high fat diet*
- Decreases risk of vascular inflammation*

## **OOLONG TEA: part 2**

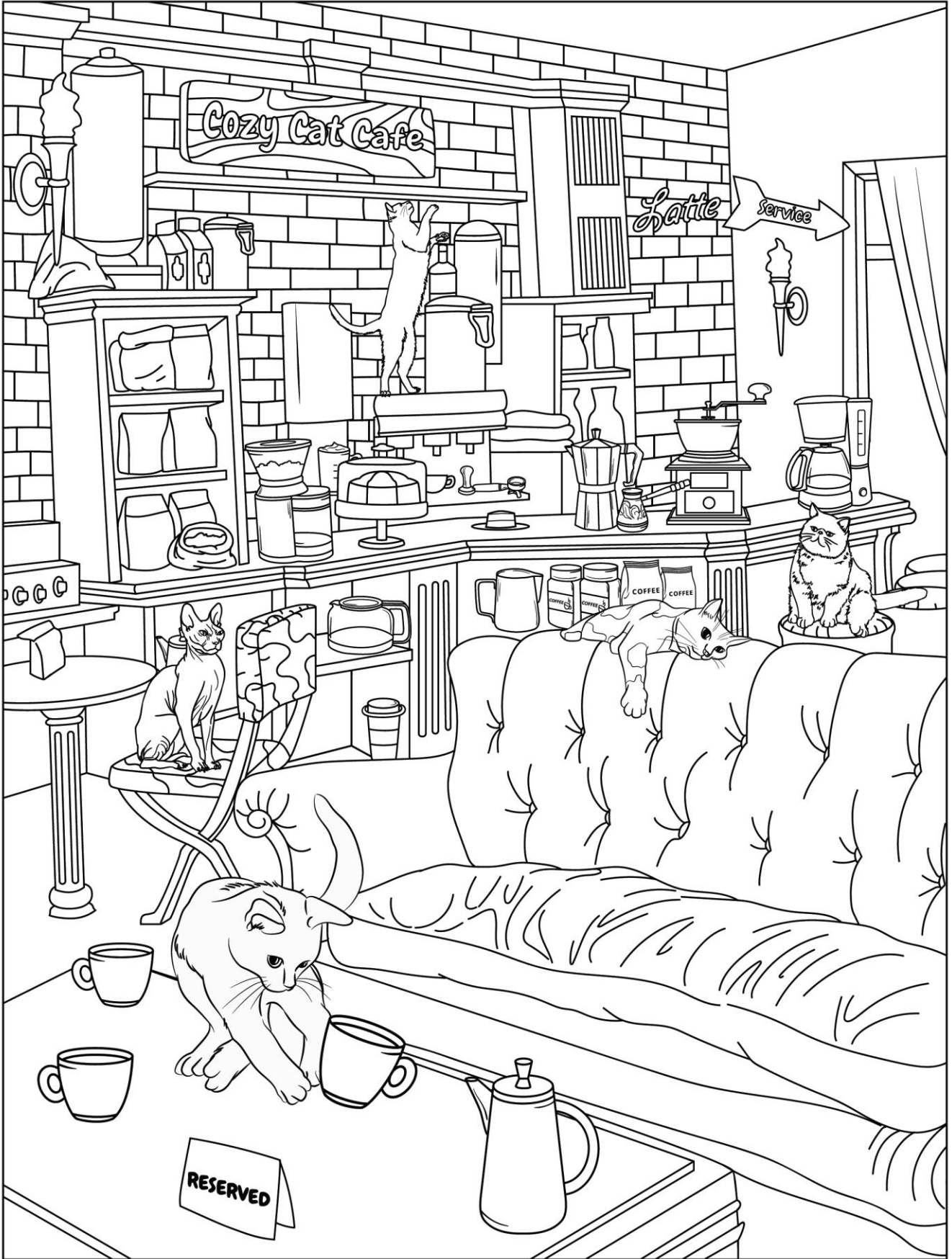
- The polyphenols in oolong may inhibit breast cancer*
- Improves bone mineral density*
- Reduces dental plaque & prevents tooth decay*



## **PU' ERH TEA**



- Like wine, Pu' erh tea can aid digestion*
- Has anti inflammatory effect so good for joint pain*
- Can increase mental alertness*





# What I Learned This Week

Date: \_\_\_\_\_

Nothing soothes the soul like a great cuppa tea!

Handwriting practice lines consisting of ten sets of horizontal dotted lines for writing.





Week #2  
HERBAL TEAS





Tea Geography & Economics

Herbal Teas

Benefits of Herbal Teas

Herbal Tea Blends

Favorite Herbal Teas & Why

Tea Time Planning

Herbal Tea Brewing Tips

Benefits of Herbal Tea

Tea Schedule

Coloring Page

Narration: What I Learned This  
Week

© 2023

*Meredith Curtis Powerline Productions*

# Tea Geography

## ➤ Top 12 Tea Producing Countries

China (2.47 million tons per year)  
India (1.32 million tons)  
Kenya (439,857 tons)  
Sri Lanka (349,699 tons)  
Vietnam (260,000 tons)  
Turkey (234,000 tons)  
Indonesia (139,362 tons)  
Myanmar (104,743 tons)  
Iran (100,580 tons)  
Bangladesh (81,850 tons)  
Argentina (85,401 tons)  
Japan (83,500 tons)



- Find these countries on a world map or globe. Mark with a sticker.
- What do you notice about these countries and their location in the world?
  
- Weffer, Edgar J, "Where is Tea Grown-The Top 12 Countries" at My Tea Shack website; <https://myteashack.com/2022/04/22/where-is-tea-grown/> ; April 22, 2022; accessed 3/13/03



# Tea Geography & Economics

## ➤ Top 10 Tea Consuming Countries

Turkey  
Ireland  
UK  
Russia  
Morocco  
New Zealand  
Egypt  
Poland  
Japan  
Saudi Arabia



- Find these countries on a world map or globe. Mark with a sticker.
- What do you notice about these countries and their location in the world?
- Compare consuming countries with producing countries – how does the tea get from the producing countries to the consuming countries.

- Weffer, Edgar J, "Where is Tea Grown-The Top 12 Countries" at My Tea Shack website; <https://myteashack.com/2022/04/22/where-is-tea-grown/>; April 22, 2022; accessed 3/13/03

# Tea Geography & Economics

## ➤ Top 10 Tea Companies in the World

Tata Global Beverages (Mumbai, India)

Unilever (founded in Netherlands in 1870, now British)

Associated British Foods (British)

Nestle (Swiss)

ITO-EN (Japanese)

Barry's Tea (Irish)

Dimah (Sir-Lankan)

Celestial Seasonings (American)

Harney & Sohs (American)

The Republic of Tea (American)



- Find these countries on a world map or globe. Mark with a sticker.
- What do you notice about these where these companies are located in the world?
- Go on a trip to the grocery store and see how many of these company brands of tea you can find.

Staff, "The Top 10 Tea Companies Defining the Taste of Luxury Across the World" on Verified Market Research; <https://www.verifiedmarketresearch.com/blog/top-tea-companies/April> 2021; accessed on 3/13/23.





# HERBAL TEAS



## Chamomile

- Several varieties
- Greek origin of name
- *Kamai* (earth)
- *Melon* (apple)
- The dried flower heads of the Chamomile plant produce a delicate honey-like sweetness to the tea.
- Wonderfully soothing & relaxing
- Can be blended with other teas as preferred

## Peppermint

- Made from dried leaves of the peppermint plant
- Minty/menthol aroma with a refreshing taste
- Can be brewed for hot or cold beverages
- Indigenous to Europe & the Middle East
- Dried peppermint has been found in Egyptian pyramids dating back to 1000 BCE

## Rooibos

- *Rooibos* pronounced *ROY boze*, meaning *red bush*
- Leaves from a bush like plant similar to gorse are used to make a robust tea
- Woody & nutty with a sweet Fruity finish
- No caffeine
- Indigenous to South Africa
- Red rooibos is oxidized/fermented - green Rooibos is not



## Tulsi

- Tulsi is native to India where it is used in *Ayurvedic* treatments like stress related & inflammatory illness
- Tulsi or *Holy Basil* is an adaptogenic herb which brews a tea with an astringent or peppery taste
- Strong aroma
- No caffeine unless blended with black or green teas

## Licorice

- Made from the root of the licorice plant
- Tastes like sweet black licorice
- Sweet with a hint of anise & mint
- 30 times sweeter than sucrose so can use to kill a bad sugar habit
- Excellent for allergy sufferers but limit is 12 cups/day especially if have HBP
- Soothes an upset tummy

## Olive Leaf

- Can be made using fresh or dried leaves from the olive tree
- Mild & pleasant taste with hints of olives but is not oily or greasy
- Rather like a weak 'soup' yet full-bodied enough to enjoy with lemon or ginger
- Infuse the leaves for a few minutes rather than boiling them
- A healthy tea brewed since ancient times

# HERBAL TEA BLENDS



## Chamomile and Lemon Balm/Melissa

A delicious sleepytime blend of minty lemon & herbal sweetness

For 3-4 cups of tea blend 1 spoon of dried chamomile flowers with 1 spoon of dried & crushed lemon balm (spoon size depends on tea potency desired). Pour boiling water over (just off the boil) and steep for 5-10 minutes

## Mint & Lavender

Relaxing blend produces a delicious & potent tea with antiviral & antioxidant properties

For 2 cups blend 1 teaspoon of mint with ¼ teaspoon of lavender flowers. Bring fresh water to a boil but let sit for a few minutes before pouring over tea...do not oversteep as lavender will impart bitterness...sweeten with honey



## Peppermint, Fennel & Coriander

A healthy digestion tea that is perfect to sip after meals to help soothe your tummy and reduce IBS

Use 1 teaspoon peppermint, ½ teaspoon fennel seeds & ½ teaspoon of coriander seeds (triple amounts if using fresh herbs). Steep for 15 minutes & strain as needed



## Lemongrass, Lemon Thyme & Lemon Verbena

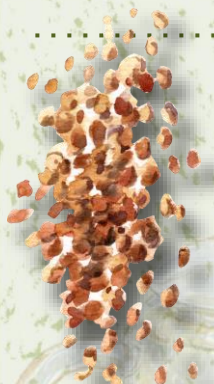
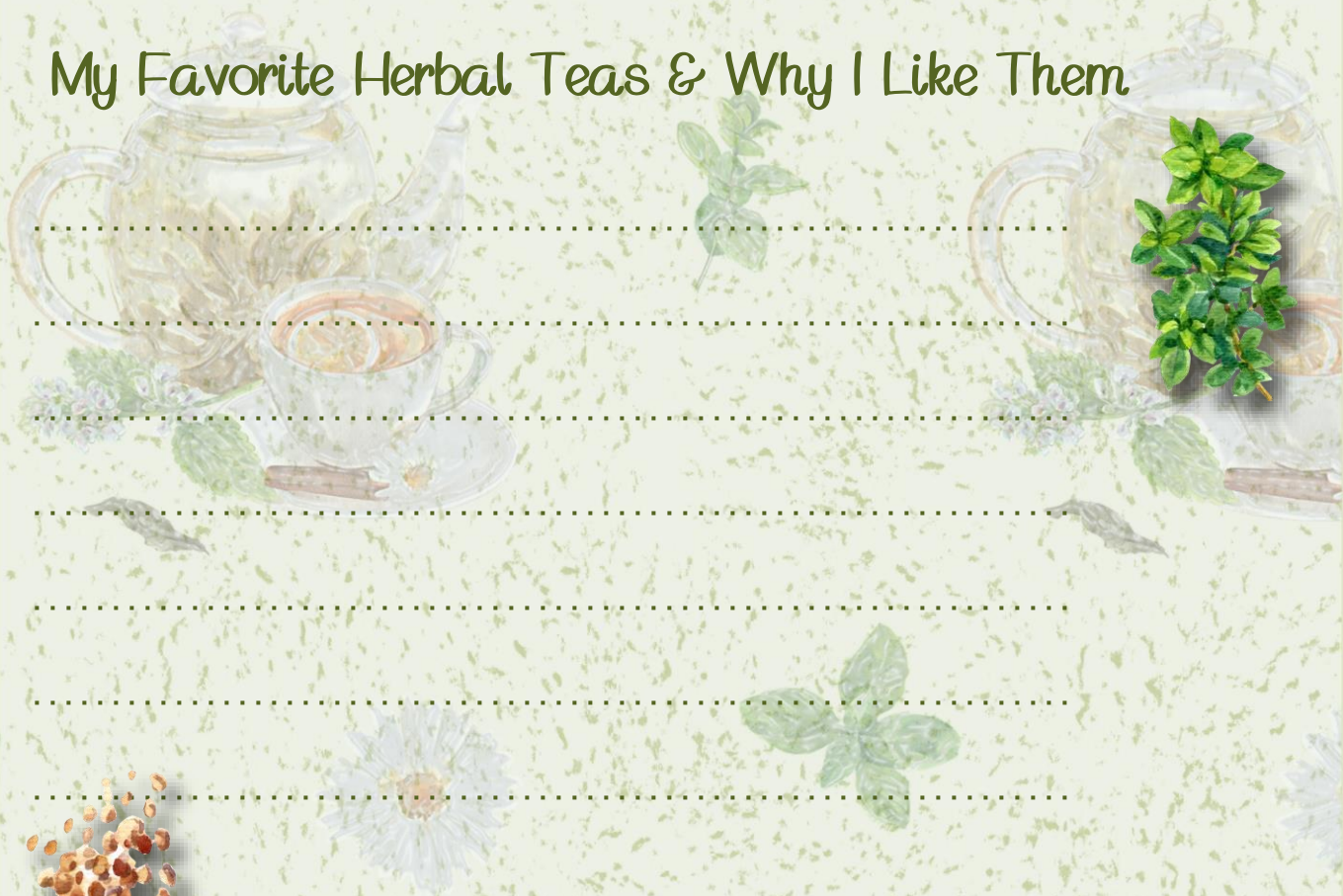
An energizing blend that can arouse some extra pep into your morning. Full of vitamin C & a healthy dose of antioxidants

Add 1 teaspoon of lemon verbena to ½ teaspoon of lemongrass & ½ teaspoon of lemon thyme per cup of tea. (triple amounts if using fresh herbs). Steep for 15 minutes & strain as needed





# My Favorite Herbal Teas & Why I Like Them



# Herbal Teas I Don't Like & Why







# Tea Time Planning

Date: \_\_\_\_\_

What tea shall I try today...?

What shall I serve with Tea?

Who Shall I Invite?







# Wanting to Plan Your Own Victorian Tea?

Step back in time to the Victorian Age where life was gentle, lovely, and centered on home and family. Learn how the habit of tea time began in England.. Throw your own Victorian Tea Party with step-by-step instructions, recipes, wardrobe tips, poetry to recite, and more!



Let's Have Our Own  
*Victorian Tea*



Meredith Curtis

Shop at PowerlineProd.com

<https://www.powerlineprod.com/shop/lets-have-our-own-victorian>











# Benefits Of Herbal Teas

Be sure to add own preferences



Tea/Blend	Benefits
Chamomile	Anti-inflammatory...extensive research supports its effectiveness. Also essential for stress-related conditions...calms the mind
Elderberry	Fights flu & colds, tames a scratchy throat & clears a stuffy nose. Has been used in Europe & England for generations
Thyme	Contains essential oil, thymol, which combats allergies & infections. Fights bronchitis effectively
Echinacea	Boosts immune system to guard against viral infections
Peppermint	Relieves digestive disorders, nausea & upset stomachs. Effectively relieves spasms in the intestines, esophagus & colon
Ginger tea	Fights inflammation & stimulates the immune system. Relieves nausea & menstrual pain. May help prevent stomach ulcers or constipation



# Tea Schedule – Type & Notes

Week Of: \_\_\_\_\_



MONDAY

TUESDAY



WEDNESDAY

THURSDAY



FRIDAY

SATURDAY

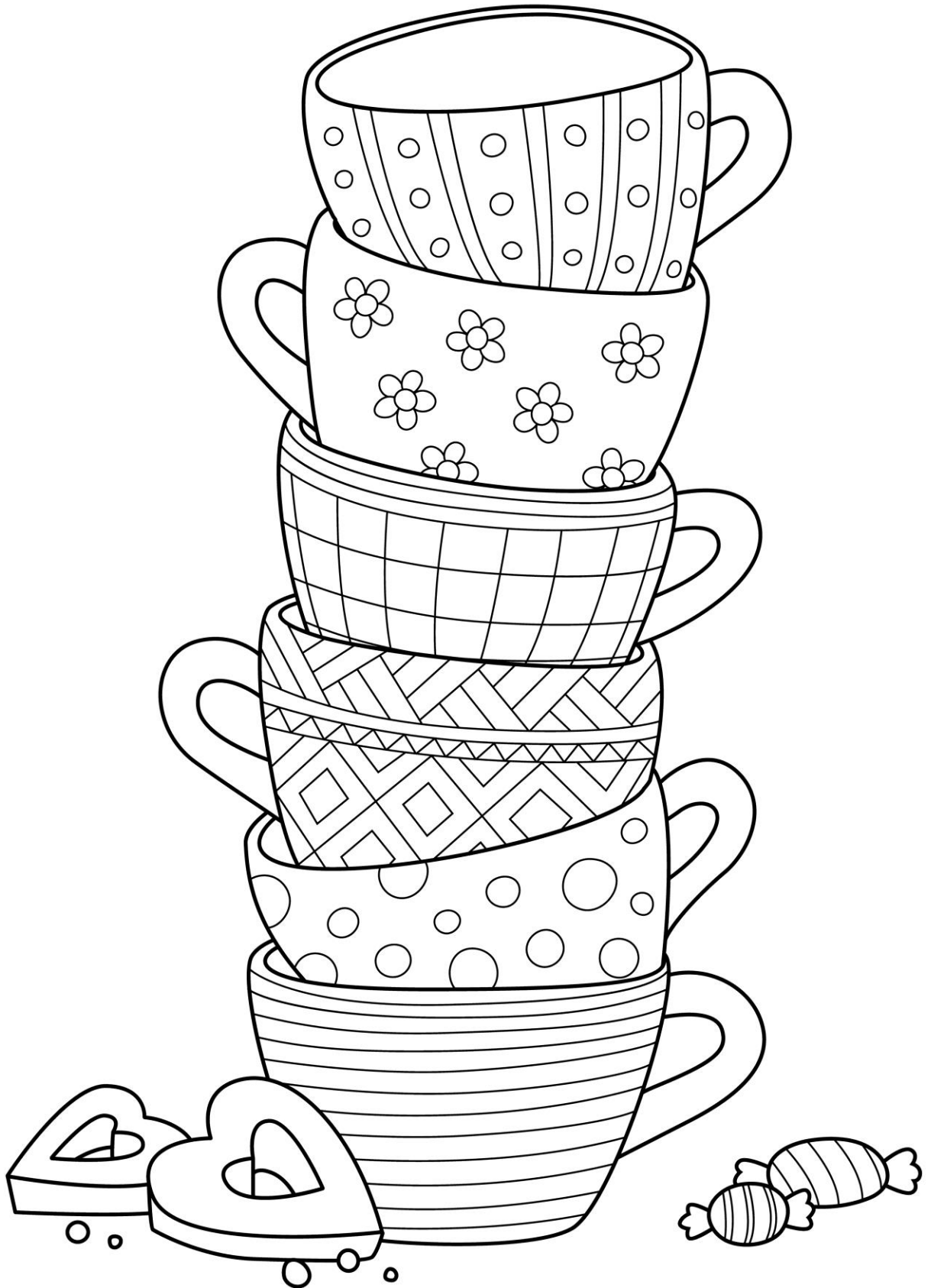


SUNDAY

NOTES









# What I Learned this Week

Date: \_\_\_\_\_





Week #3  
HEAL WITH TEA



Tea Plant Science  
How Tea is Made Links  
Healing Tea Benefits  
Healing Tea Schedule  
5 Healing Teas That Have  
Helped You  
Coloring Page  
Narration: What I Learned This  
Week

© 2023

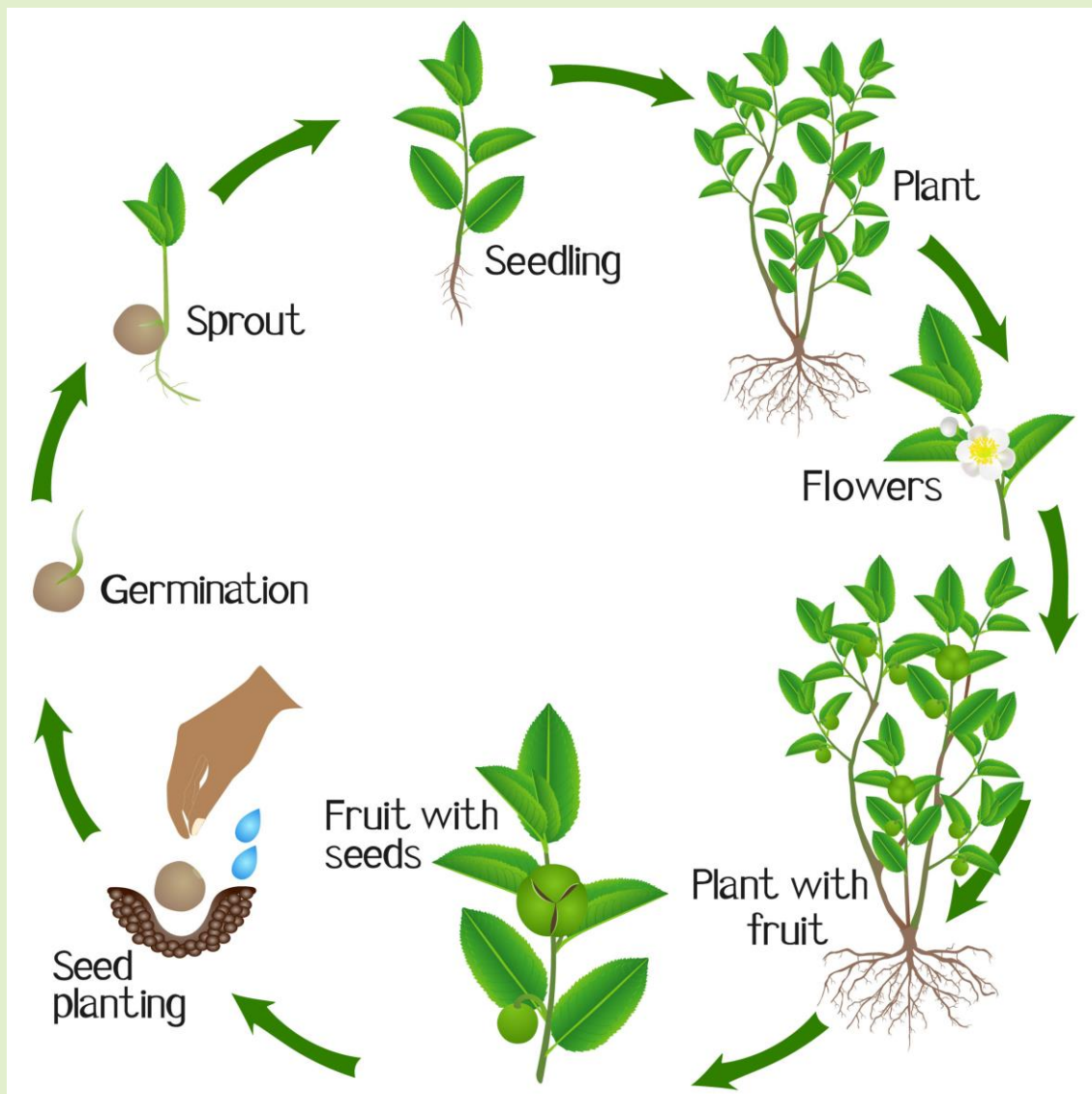
*Meredith Curtis Powerline Productions*



# Tea Plant Science

- Tea is made from the *Camellia Sinensis* Plant
  - This plant stays green all year long.
  - When it grows wild, the plants can grow up to 6 feet tall, but tea framers keep the trees to about 4 feet tall to make it easier to harvest the leaves.
  - When *Camellia Sinensis* plants flower, the yellow stamens are pollinated by insects.
  - These plants grow best where it is warm all year round – near the equator.
  - *Camellia Sinensis* roots like deep, acidic, airy soil with good drainage.
  - Tea is harvested several times a year.
  - Tea is harvested by hand, weighed, bagged, and transported to factories. At factories, tea leaves are spread out on large white cloths on the ground so that leaves can be separated into Black, White, Oolong, and Green.
  - This tropical plant is indigenous to India and China, but now grows in many countries like Sri Lanka, Taiwan, Indonesia, Kenya, and Vietnam.
- Micahel, “How Tea is Made From Start to Finish” at Tea How for the Love of Tea website; <https://teahow.com/how-is-tea-made//> ; April 22, 2022; accessed 3/17/03

# Tea Plant Science: Life Cycle of *Camelia Sinensis*



© 2023

Meredith Curtis Powerline Productions



# Tea Plant Science

- For more information about how tea is made from start to finish, read "How Tea is Made from Start to Finish":  
<https://teahow.com/how-is-tea-made/>
- Here is a YouTube Video on how tea is made:
- **How It's Made: Tea**
- <https://youtu.be/Yx8EmMuMjgM>



# Healing Teas Benefits



To Aid With:	Use	Results
<b>STRESS &amp; ANXIETY</b>	Lemon Balm St. John's Wort Chamomile Ashwagandha	
<b>HEADACHES</b>	Rosemary Ginger Lavender Peppermint	
<b>INSOMNIA</b>	Valerian Root Hops Passionflower Lavender Chamomile	
<b>FEVERS</b>	Fennel Feverfew Tulsi/Holy Basil Moringa	
<b>INFLAMMATION / JOINT &amp; MUSCLE PAIN</b>	Ginger Turmeric White Willow Cinnamon	
<b>DEPRESSION</b>	Ginseng Saffron Rhodiola	



# Healing Tea Schedule – Conditions

Week Of: \_\_\_\_\_



**MONDAY**

**TUESDAY**



**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**NOTES**





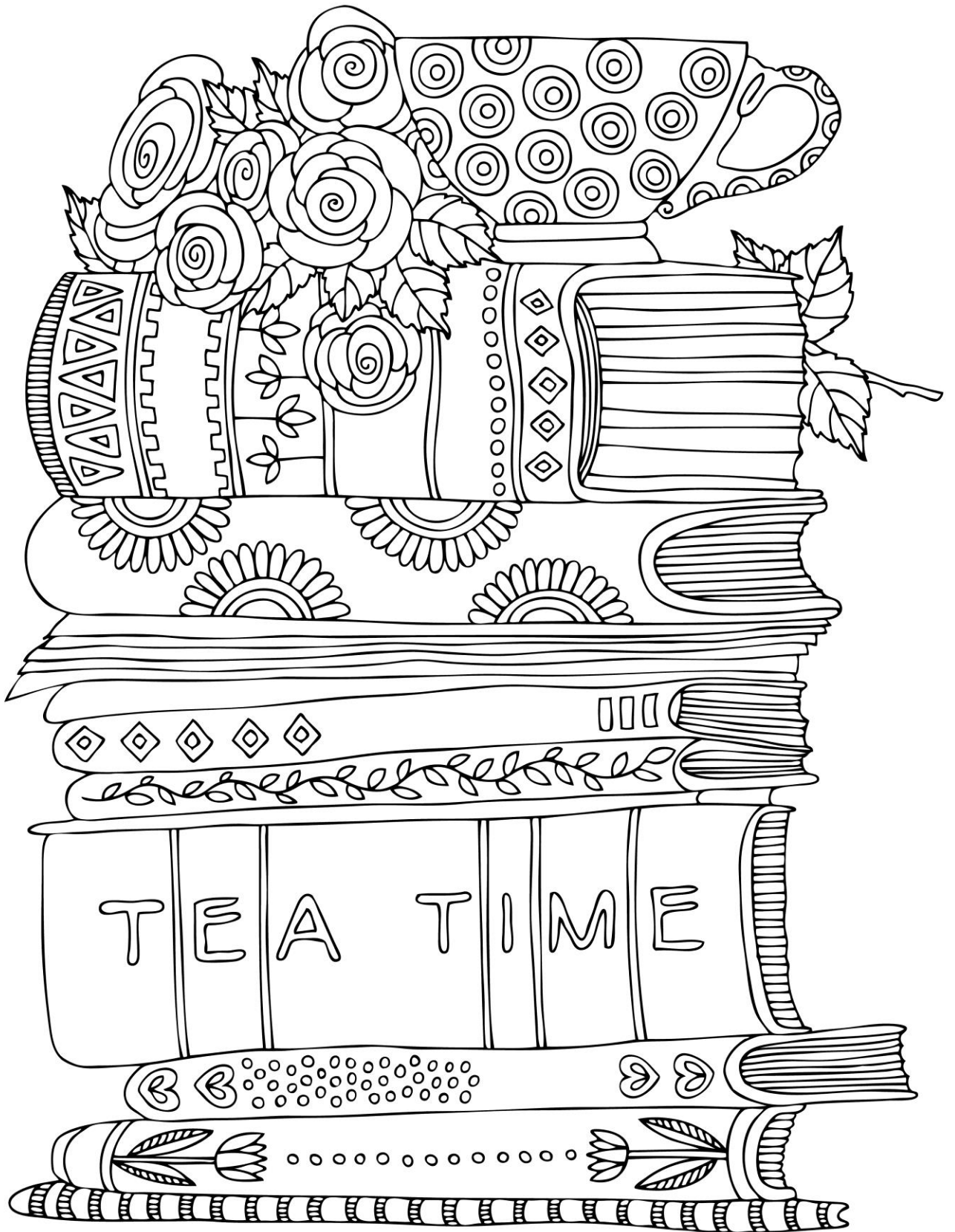
**List 5 Healing Teas That Have Helped You**

**How**



**Notes:**





# What I Learned This Week

Date: \_\_\_\_\_

A series of horizontal dotted lines for writing.





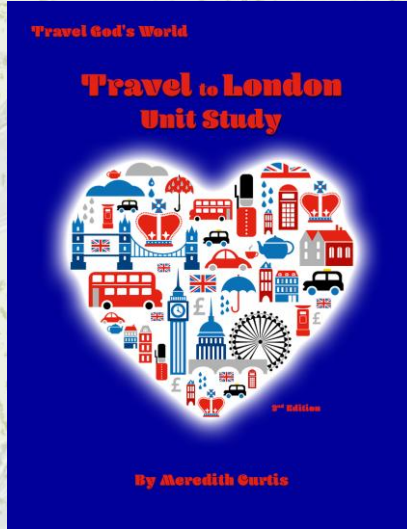
# Powerline Productions



Let's Have Our Own  
*Victorian Tea*

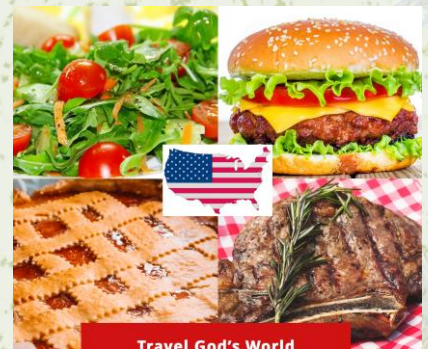


Meredith Curtis



Let's Have Our Own  
**Medieval Banquet**  
2nd Edition

Meredith Curtis & Laura Nolette



Travel God's World

**God Bless the USA**  
**Cookbook**

By Meredith Curtis  
& Laura Nolette

