



HOT TEA

Here's how to make one cup of hot tea.



- _____ 1. Get tea bag.
Get cup with handle (to drink from).
Get about 3/4 to 1 cup boiling water.
Get sugar, *if wanted*.
Get lemon wedge, *if wanted*.
Get teaspoon, *if using sugar and/or lemon*.



- _____ 2. Open tea bag wrapper.



- _____ 3. Put tea bag into cup.



- _____ 4. **Careful!** Put boiling water into cup.



- _____ 5. **Careful!** Move tea bag up and down in cup.



- _____ 6. **Careful!** Take out tea bag when water is brown.



- _____ 7. Put a little bit of sugar into tea, *if wanted.*



- _____ 8. Squeeze lemon wedge into tea, *if wanted.*



_____9. Mix, *if using sugar and/or lemon.*



_____10. Take out spoon.



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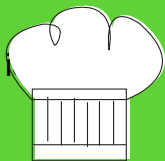
It's good to know these particulars:

* To learn how to boil water, go to the *Basic Start, How To's* section – *Boil Water*. For this recipe I recommend using a liquid measuring cup to boil water in the microwave or a good old fashioned tea kettle on the stove top will do the trick.

For information on how to cut a lemon wedge*, go to the *Basic Start, Building Blocks* section – *Peeled, Sliced, Diced and Ready-to-Eat Fresh Fruits*.

For this recipe, you don't need to use a standard measuring spoon. You can use ones from your silverware drawer.

- _____ 1. Get tea bag. Get cup with handle (to drink from). Get about 3/4 to 1 cup boiling water. Get sugar, *if wanted*. Get lemon wedge, *if wanted*. Get teaspoon, *if using sugar and/or lemon*.
Get a tea bag, a clean cup with a handle to drink the tea from, about three fourths to one cup of boiling water, sugar, if you would like to add this to your tea, a lemon wedge, if you would like to add this to your tea and a clean teaspoon, if you're using sugar and/or lemon squeezed into your tea.
- _____ 2. Open tea bag wrapper.
Using your hands, open the tea bag and take it out of the paper wrapper.
Throw away the paper wrapper.
- _____ 3. Put tea bag into cup.
Put the tea bag into the cup so that the string is coming up and out of the cup and is easy to grab on to.
- _____ 4. **Careful!** Put boiling water into cup.
Using your one hand, hold the handle on the cup to keep it steady and safe.
Using your other hand, carefully pour the water into the cup by tipping the container with the water down and over the cup.



- _____ 5. **Careful!** Move tea bag up and down in cup.
Using your one hand, hold the handle on the cup to keep it steady.
Using your other hand and the string end of the tea bag, gently pull up on the tea bag so that it comes up about half way in the cup.
Then let the string go so the tea bag drops to the bottom of the cup again (but don't let the string end go into the cup).
Do this a few times to get the water flavored with the tea.

- _____ 6. **Careful!** Take out tea bag when water is brown.
When the water turns brown, carefully take the tea bag out and put it in the garbage or put it on to a safe surface.
Tea can stain, so be careful where you put the bag if you are not throwing it away.
The longer you leave the tea bag in the water, the stronger the tea will be.

- _____ 7. Put a little bit of sugar into tea, *if wanted*.
Using your one hand, hold the handle of the cup to keep it steady.
Using your other hand and the teaspoon, scoop up a little bit of sugar.
Using your hand and the teaspoon with sugar, put the sugar into the cup of tea.

- _____ 8. Squeeze lemon wedge into tea, *if wanted*.
Using your one hand, hold the handle of the cup to keep it steady.
Using your other hand and the lemon wedge, squeeze a bit of lemon flavor into the cup of tea.
You can either put the lemon wedge into the cup of tea or you can throw it away after you've squeezed juice out of it.

- _____ 9. Mix, *if using sugar and/or lemon*.
Using your one hand, hold the handle of the cup to keep it steady and safe.
Using your other hand and the teaspoon, mix together the tea and any sugar or lemon in the cup until well blended.

- _____ 10. Take out spoon.
Take the spoon out of the cup.