



# Spice It Up Let's Make Tea



**Purpose:** Students will get excited about herbs and their several uses. Students will learn some of the history behind tea and what can be used to make a cup of tea.

**Background:** Tea is second to water as the most consumed beverage in the world. There are thousands of varieties of tea, but they are mostly made from the leaves of the tea plant, *Camellia sinensis*. The difference in flavors has to do with how the tea is processed—how long the leaves are fermented. Herbal teas are not really teas because they are made from herbs, not from tea leaves. The names of different teas reflect the places where each tea is grown and processed. All teas are steeped in hot water to infuse the water with flavor. You may buy loose-leaf teas, powdered teas, or tea in tea bags. What was Christopher Columbus looking for? A shortcut to? That's right Asia! Columbus knew he would find spices if he reached Asia. Spices were used to preserve food and make water and food taste better. Tea has many healthy properties, antioxidants in tea help prevent cancer, heart disease and strokes. Fluoride in tea helps prevent tooth decay, and drinking tea helps people maintain a healthy level of fluid in the body.

**Materials:** Coffee filters, string (yarn), staplers, labels, loose leaf tea

## Activity:

1. Put one tablespoon of tea in the center of your coffee filter.
2. Fold, connect string, staple.
3. Label your blend.
4. Add hot water and taste test!

