

Fun facts about tea.



There are about 3,000 different types of tea

Yep that's right. There's a flavour for everyone.



Originally tea was used as a medicine

The Chinese first used tea to treat abscesses and tumors, chest inflammations and bladder ailments.



It's an astronaut's best friend

Scientists say it may help neutralise harmful effects of space radiation.



A global favourite

After water, tea is now the most popular drink in the world.



English Breakfast, I presume

The British are among the world's biggest consumers of tea.



Worth its weight in gold

Centuries ago the Chinese pressed tea dust into bricks to use as currency.



Mint tea is not a tea at all

Specifically, tea comes from the leaves of the Camellia plant. Everything else, such as herbs or fruit flavours are an infusion.



Black tea can effect iron absorption

Tea, especially black tea, blocks iron absorption from foods and supplements.



Tea has more caffeine than coffee

It's true! However, you use more coffee to make a cup of coffee. So using less tea, means less caffeine.

Help us go beyond for Meals on Wheels.

Host an event to help raise money for Meals on Wheels on Wednesday 25th August 2021.

www.cuppaforacause.org.au