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*The Podcast That Will Help You Speak English Fluently.
With No Grammar and No Textbooks!*

Episode #285

How to make a cup of tea?

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*Emily: Would you like to come over for **a cuppa**?*
Raquel: Is that like a cupcake or something sweet?
*Emily: Oh no, a cuppa is just **a cup of tea**. But I can offer you some cake if you like.*
*Raquel: Sure, I'd love **a cuppa** and some cake.*

As you already noticed, I love drinking tea, and last week I talked about **the history of tea in the UK**. But if you're not sure about **tea** or think you might not like it, don't worry. I'm here to introduce you to different types of tea. I'm sure we can find one you'll really enjoy. And, of course, I'll show you how to make **a British cuppa**.

By the way, you can say '**a cuppa**' instead of '**a cup of tea**.' People in some places use it a lot. For example, someone might say, 'When I'm tired, I enjoy having **a cuppa** to relax.'

Hi, everyone! I'm Georgiana, your English teacher, and my mission is to help you speak English fluently.

On my website you can get **the 5 Secrets to speak English** and also my premium courses.

Before we start, get the transcript on my website. It's completely free.

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Ok, let's start!

In the UK, people enjoy drinking many **different kinds of tea**. However, the most popular tea in the UK is **black tea**.

Black Tea: People often put milk and sometimes sugar in it. Some famous black teas are English Breakfast Tea, Earl Grey, Lady Grey, Assam, and Darjeeling.

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Green Tea: is not as popular as **black tea** in the UK, but some people like it. It's healthy and comes from Japan and China.

Herbal teas, such as peppermint and chamomile, are caffeine-free and come in various flavors. People enjoy them because they can have a calming effect.

Chai tea has spices like cinnamon and ginger. Trust me, it's delicious when you add milk and sugar.

White Tea: isn't as standard, but some people enjoy it. It's light and has a subtle taste.

Oolong Tea: is like black and green tea. And it comes in different flavors.

Rooibos Tea: is a caffeine-free tea from South Africa. It has a gentle, sweet, and earthy taste, often with hints of vanilla or honey.

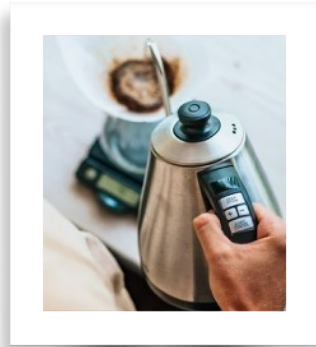
In the UK, you can also find **specialty blends;** teas with unique flavors like flowers, spices, and much more.

Great! Now let's learn how make a cuppa:

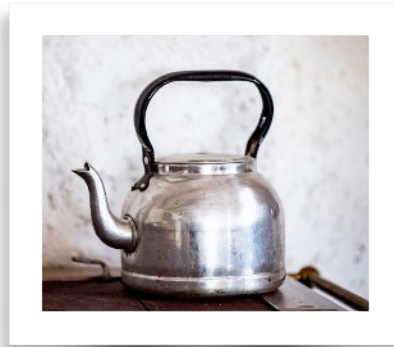
In short, to make tea, you need a **kettle**, a **teapot** and **tea**. :)

Kettle - Making Hot Water:

- To make hot water quickly, you use a kettle.
- Kettles come in two types: electric ones and stovetop ones.
- They heat water until it's boiling, and you can use this hot water for several things, including making tea.



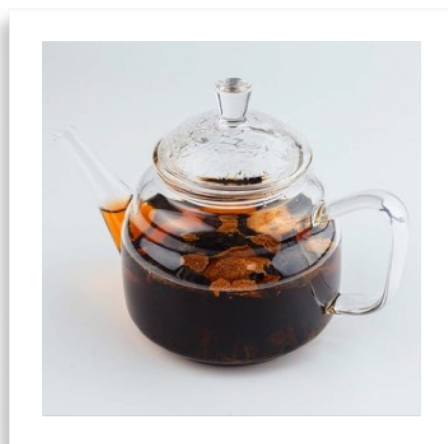
Electric Kettle



Stove Top Kettle

Teapot - Making Tea:

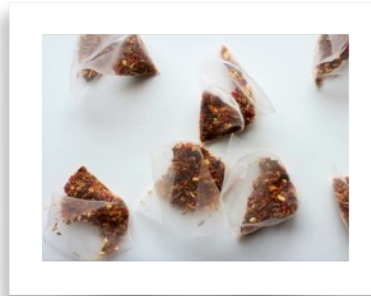
- A teapot is a special container used for making tea.
- First, you put **tea bags** or **loose tea** leaves into the teapot. (Use any type of **black tea**.)
- Next, pour the hot water from the kettle over the tea in the teapot.
- You wait for a few minutes to make the tea stronger.
- Some people like to add milk or sugar to their tea, but not everyone does.
- Finally, you pour the tea from the teapot into cups and enjoy.



Teapot



Loose Tea Leaves



Tea Bags

Great! Let's continue with a Point-of-View Lesson.

POV-Story

(Learn grammar in context)

I will tell you the same story twice. So make sure to focus on the changes.
You can find these techniques fully implemented in my [premium courses](#).



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Okay! Let's start!

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Hi! I'm Margaret, and one sunny day, I visit Lady Grey, who lives in Teaberry Village. She is a well-known lady, famous for her expertise in tea.

I am interested in learning about tea and asking Lady Grey for lessons. She is pleased with my enthusiasm, agrees to teach me.

We start with the history and traditions of tea. I pay close attention and ask questions like, 'How can I make the perfect cup of tea?' and 'Does the size of the teacup affect the taste?' These questions seem a bit unusual for Lady Grey, but she kindly answers them.

I show great dedication as time passes, but my approach is slightly different. I practice making tea on my own, focusing on every detail to get it right. Lady Grey begins to feel there is a misunderstanding between us.

One evening, I present her with a special gift. It's a beautifully framed collection of the letter 'T' drawn in various artistic styles.

That's when Lady Grey realizes the amusing mistake. I thought she was teaching me to create artistic versions of the letter 'T'!

We both laugh, clearing up any awkwardness. This funny mix-up leads to a unique friendship. Lady Grey shares her tea knowledge, while I introduce her to calligraphy. Together, we blend our love of tea and lettering, becoming the best of friends in Teaberry Village.

Let's listen to the story in the past tense in the plural form:

Hi! We are Margaret and Maggy, and one sunny day, we visited Lady Grey, who lived in Teaberry Village. She was a well-known lady, famous for her expertise in tea.

We were interested in learning about tea and asked Lady Grey for lessons. She was pleased with our enthusiasm, and agreed to teach us.

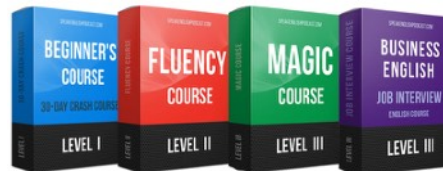
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Great! I like these kinds of stories because they're easy to remember and help a lot with learning English. Humor also makes learning more enjoyable. You can find this method in my [premium courses](#)—take a look at: SpeakEnglishPodcast.com/courses, to get my [premium courses](#). They are designed for **learning by listening**.



Also, if you want to help me, share the podcast with your friends and family. That would mean a lot. Thanks.

See you soon!

Bye! Bye!



Georgiana

founder of
SpeakEnglishPodcast.com

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