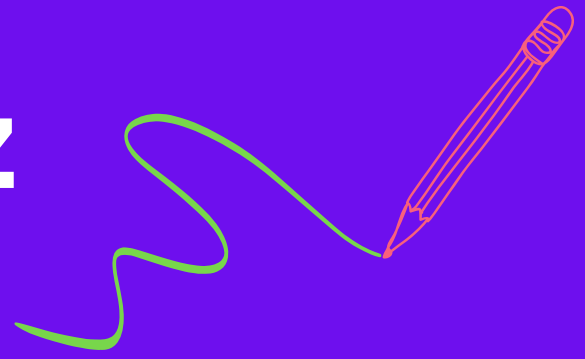


Tea & Talk quiz

Answers are at the bottom – no peeking!



1. In which country was tea first drunk?

A. China B. India C. England

2. Traditional English teatime is at...

A. 1pm B. 4pm C. 6pm

3. Earl Grey tea is flavoured with which oil:

A. Orange oil B. Oil of cloves
C. Oil of bergamot

4. What percentage of children and young people have a mental health problem?

A. 15% B. 25% C. 10%

5. What material were the first teabags made from?

A. Silk B. Plastic C. Cotton

6. Roughly how many people in Britain will experience poor mental health at some point in their lives?

A. 1 in 2 B. 1 in 4 C. 1 in 7

7. What percentage of sickness days can be attributed to mental health conditions?

A. 20% B. 32% C. 13%

8. What ingredient to Tibetans like to add to their black tea?

A. Soy milk B. Butter and salt
C. Turmeric

9. Where does Chai tea originate from?

A. India B. America C. China

10. Which age group reportedly typically experiences higher levels of stress?

A. 55-60 year olds b. 10-15 year olds
C. 18-24 year olds



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Answers: 1A, 2B, 3C, 4C, 5A, 6B, 7C, 8B, 9A, 10C