



# KENTUCKY KITCHENS ~ TEA TIME

## *Teaching Guide*

### Objectives

- to inform participants about the benefits of dietary antioxidants in tea
- to acquaint participants with food sources of antioxidants
- to review for participants the evidence regarding tea and health

### Resources

- *Kentucky Kitchens ~ Tea Time* (FN-JLT.148) fact sheet and Corel presentation, available online at <http://www.ca.uky.edu/agcollege/fcs/factshts/>
- *Time for Tea* fact sheet and overheads available from Rosie Allen, Area Foods & Nutrition Specialist, Boone County Extension Office
- Lipton Tea and Health Information Center, 1-888-547-8668 (1-888-LIPTON-T), <http://www.LiptonT.com>
- Bigelow Tea Kentucky Bed & Breakfast brochure. Contains information, map, and guide. Order these color brochures from the Kentucky Bed & Breakfast Association at 1-800-292-2632
- Other fact sheets in the Kentucky Kitchens series:
  - ▶ *Kentucky Kitchens: Sharing Your Skills*, FN-JLT.133
  - ▶ *Kentucky Kitchen Kits*, FN-JLT.134
  - ▶ *Kentucky Kitchens: Holiday Help for the Hungry*, FN-JLT.143
  - ▶ For more information on food sources of antioxidants, see *Nutrition 2000: Foods for the 21<sup>st</sup> Century*, FN-JLT141Available online at <http://www.ca.uky.edu/agcollege/fcs/factshts/>

### Programming Ideas

- Kentucky Extension Homemaker Association club meetings.
- Have a special interest group for afternoon tea.
- Work with a local bed and breakfast to offer high tea to a group.
- Use as a special activity during cancer awareness programs.

### Background Information

- Since 1990, tea sales in the U.S. have more than doubled – to \$4 billion a year.
- Many consumers value the social aspect of ‘taking tea’. Serving tea can be an occasion to get out the good china and invite friends to share in the ritual.
- A 1998 study from the **USDA Human Nutrition Research Center on Aging at Tufts University** found the antioxidant activity in dry tea exceeds that of 22 fruits and vegetables. When a black tea bag was placed in a cup of boiling water, the antioxidants moved rapidly into the water. These findings indicate that drinking just one cup of tea could make a significant difference in daily antioxidant intake.
- A 1999 **Harvard study** found that a cup of black tea a day can reduce risk of heart disease by 44%.

### Evaluation and Reporting

Use the feedback form included with this teaching guide. Conduct a follow-up evaluation to collect information on practice changes. Use PAC 410 and the priority indicators for diet and health to report—including information on program participants, KOSA changes, and practice changes.



*Evaluation*  
**Kentucky Kitchens ~ Tea Time**

*~ Please let us know what you think about this program ~*

- |  |     |    |
|--|-----|----|
| 1) I learned something new about antioxidants.               | Yes | No |
| 2) I learned something new about tea.                        | Yes | No |
| 3) I plan to make dietary changes as result of this program. | Yes | No |

What changes do you plan to make?

- 4) What comments do you have about **Kentucky Kitchens ~ Tea Time**?
- 5) And the last thing I want to say is...

*Thanks for your feedback!*