

småles matters

# BUG NEWS

Spring 2022

## LITE





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**Hej småles!**

How have you been? Spring is back and it is time for another adventure!

Join us on page 6 as we explore the world of Tea and on page 14 for interesting facts about this simple yet flavourful drink.

Get ready for a TEA-riffic time!

**With Big Bug hugs  
Alex and Tampi**

Help the brothers find the following words

GREEN

BLACK

OOLONG

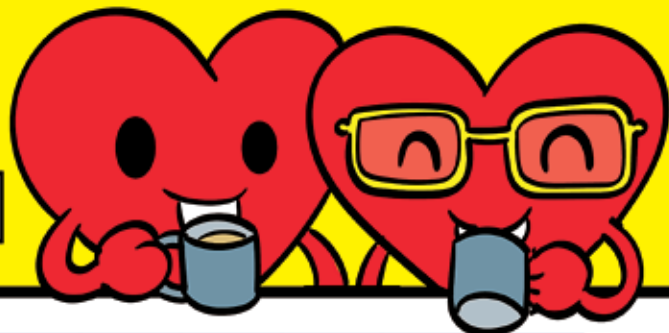
TEAPOT

ROOIBOS

MATCHA

HERBAL

PUERH



|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| V | G | I | O | K | G | H | E | R | B | A | L | T |
| K | R | O | O | I | B | O | S | N | Z | Q | T | E |
| R | E | J | L | S | O | L | F | W | A | X | G | A |
| H | E | B | O | F | E | M | A | T | C | H | A | P |
| A | N | Q | N | Y | N | P | M | C | K | H | N | O |
| D | Z | T | G | P | U | E | R | H | K | D | E | T |
| G | J | H | R | S | K | A | E | V | M | X | Y | P |



Match the words to the right picture



TEASPOON

BUBBLE TEA

TEA POT

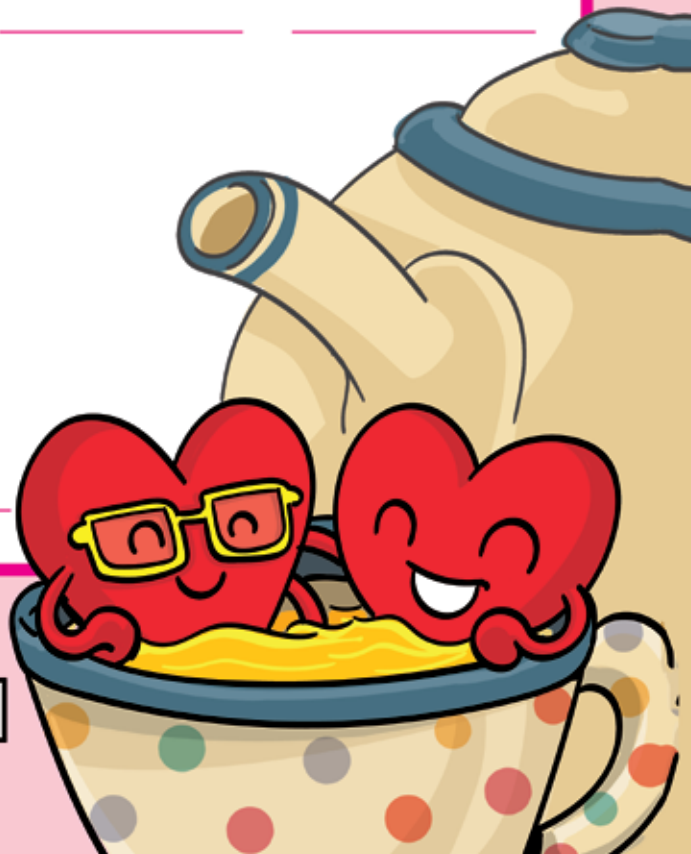
GONG-FU CHA

TEA LEAF

TEA BAG

TEA CUP

TEA GARDEN WORKER



# What is Tea?

Tea is a drink that is made by pouring hot water over dried leaves of the *Camellia sinensis* plant. It is the most popular drink in the world after water.

cccccc  
**Did you know**

This plant grows all year round.

*Camellia sinensis* plant

# History of Tea

Tea was first recorded as a medicinal drink in China in the 3<sup>rd</sup> century AD, that was many, many, many years ago! Merchants helped to make this drink popular and it quickly made its way across the world.



In the early 19<sup>th</sup> century, Great Britain made the idea of afternoon tea break a routine. During this short break in the afternoon, tea gets served alongside some light snacks like sandwiches and cookies.

Source:  
<https://www.hsph.harvard.edu/nutritionsource/food-features/tea/>



# Types of Tea

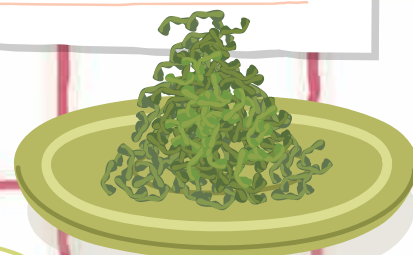
Even though tea comes from one plant, depending on what leaves are picked and how they are treated, you can get different types of tea. There is black tea, green tea, oolong tea and white tea.

## Black tea

is the most popular tea out of the four. It had a darker tea colour and a stronger flavour. Many people like to add sugar, milk or lemon to their black teas.

## Green tea

is the second most popular tea. It has a pale greenish-yellow colour and tastes light and grassy. It is best drunk as it is, without adding anything to it.





## Oolong tea

has a golden or light brown tea colour. It has a very delicate flavour that is in between black tea and green tea.

## White tea

uses only the unopened buds and young leaves covered in silver fuzz. They are dried and has a very light tea colour with a gentle flavour.



## Teas around the world

With such a long history and Tea being the second favorite drink in the world, let us learn how it is drank in different countries.



### Maghrebi mint tea

This drink comes from Morocco and is made up of green tea, fresh mint leaves and sugar. The Moroccans also has a traditional tea ceremony called "Atay" which shows their friendship and hospitality.



### Bubble tea

Coming from Taiwan, the drink is made up of cold tea and milk with cooked tapioca pearls for the chewy bubbles.



### Rooibos tea

This tea is not a true tea as it comes from an herb that is grown only in South America, but it has been given the name "Red tea" or "red bush tea" by the tea industry.





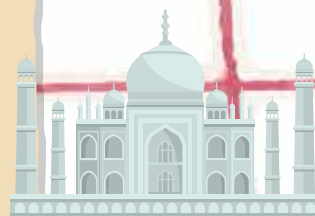
## English breakfast tea

As the name suggest this tea is usually drunk in the morning with your breakfast. It is made from strong black tea and most people like to add a splash of milk and a cube of sugar to go with it.



## Masala Chai

It is a spice-flavored tea that comes from India. This drink is made up of black tea and aromatic spices (ground cloves, ginger, peppercorn, cinnamon), sugar and milk.



## Matcha tea

Famous in Japan, this tea is made from finely ground young green tea leaves. It is often served with a Japanese sweet treat during tea ceremonies to balance the bitter taste from the drink.





**Spot the difference**

Can you spot 20 differences? Circle and number each difference you can find!



Send in your answers with your name, Smålish passport, number, age, address and contact number to [alexandtampi@smales.com.sg](mailto:alexandtampi@smales.com.sg) by 31 March 2022. 5 lucky winners will each win a set of MÅLA Modelling dough.





# 10 Interesting facts about tea



1

There are around  
**3,000** different  
types of tea.



2

Tea was so valuable in the 18<sup>th</sup> century that it was kept in a locked chest – which we now call a tea caddy.

3

Da Hong Pao tea is the most expensive tea in the world.



4

Mint tea is not actually a tea – it's an infusion.



5

It takes about 3 years before a new plant is ready to be harvested and 4-12 years for a tea plant to be matured enough to produce seed.



6

Teabags were invented in the early 1900s.



8

There is a British standard for the perfect cup of tea.



9

Just 20g of the Da Hong Pao tea can cost up to around SGD\$39,000.



7

The oldest Camellia Sinensis tea plant is in China. It's thought to be 3,200 years old.



10

Butter tea is a common Tea in Tibet. It is made using black tea, yak butter, and salt.



Source:

<https://www.buzzfeed.com/ailbhmalone/15-weirdly-interesting-facts-about-tea>

<https://www.foodnetwork.com/fn-dish/shows/2013/01/10-interesting-facts-about-tea-iron-chef-america-ingredients-101>

<https://teachapter.com/2020/06/17/interesting-tea-facts/>

# Sustainable tea



Even though tea is a simple drink – growing, collecting and packing the tea leaves need a lot effort and materials. With the demand for tea growing greatly, more land, electricity, water and people will be needed to make it.



If we rush to use up earth's resources, very soon we will not have anything left for the future generations. To make sure everyone in the future can enjoy tea, we need to make good decisions such as supporting fair trade, organic, and zero waste tea. This way, tea brands can be more sustainable and ethical, paving a better way for the planet and the growers behind our tea.

Source:  
<https://www.greenlivingtips.com/articles/tea-and-the-environment.html>





# How can we play our part?

Your efforts, big or small, really matter! Here are some easy tips to make your daily cup more eco-friendly.

1

Choose loose leaves instead of teabags to reduce packaging wastage.



2

Boil the right amount of water - you will not need a whole flask of hot water just for 1 cup of tea.



3

Once you have finished your tea, reuse the leaves as fertilisers for your plants or garden.



4

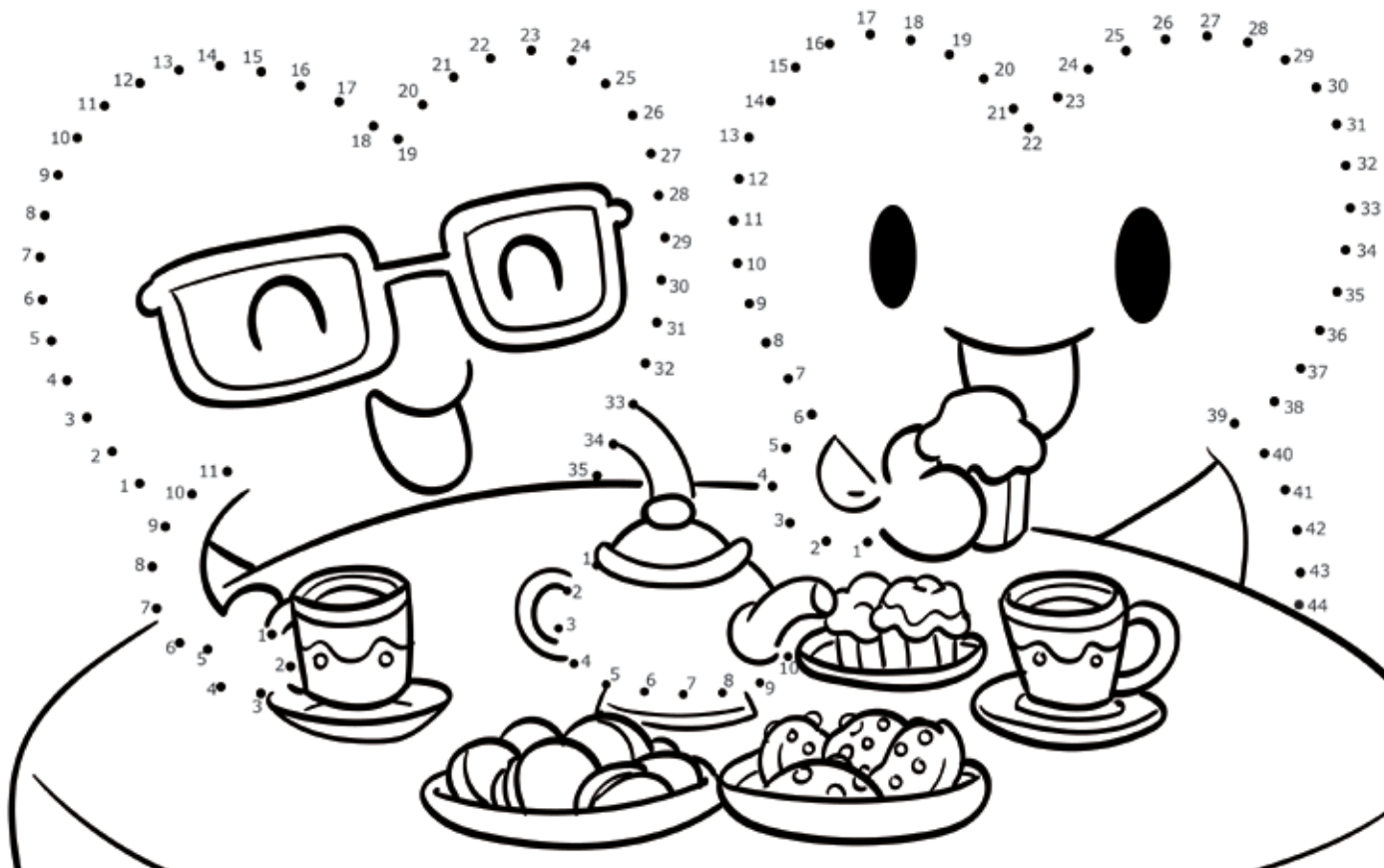


Support certified teas brands that sustainably grow or harvest their leaves.

Source: <https://www.arbortea.com/eco-friendly-brewing-tips/>



Connect the dots to  
complete the drawing



# Spring Art and Craft

## DIY scented bookmark

1

Take your used tea bag and cut away the bottom so that you can empty out the tea leaves.

2

Let your used tea bag dry completely on a flat surface before giving it a quick iron\* to make it extra flat and straight.

\*Adult supervision might be necessary.

3

Get creative and draw, colour or paint the tea bag.

4

Let your artwork dry completely.

5

Start using your recycled, scented bookmark.

# INBOX @ SMALES

**Last issue's theme:**  
Alex and Tampi are building a snowman. How do you think the snowman will look like?



Best Drawing

Neha Dhaliwal, 7 years old



Aw Fu Ying, 7 years old



Maryam Jelita Darvian,  
6 years old



Chen Jiayi, 6 years old

**Next issue theme:**

The flower garden in Alex and Tampi's backyard is starting to bloom so the brothers are having an afternoon tea party and have invited a special visitor. Who do you think it is?

Include your name, Smålish passport number, age, address and contact number, and send your drawing to [alexandtampi@smales.com.sg](mailto:alexandtampi@smales.com.sg) by **31 March 2022**. 1 lucky winner will win a set of MÅLA Paint.



Best  
letter

It was a bracelet made from beads. Then, they saw a girl skating around the pond they realised she was finding her bracelet. Alex and Tampi walked over to her and asked if it was her bracelet. She said "Yes, it is my bracelet" and took it from them. "Thank you very much" she added. Alex then asked, "Can we be friends?" "Sure!" the girl replied. "Let's skate together." Since Then, Alex and Tampi had a new friend.

**Rachel Chan Kai Xuan, 6 years old**

**Last issue's theme:**

Alex and Tampi went to the frozen lake near their home and decided to do ice-fishing. They made a small hole to throw in the fishing line. Within minutes, they felt something tugging strongly at the end of the line. What do you think it was?

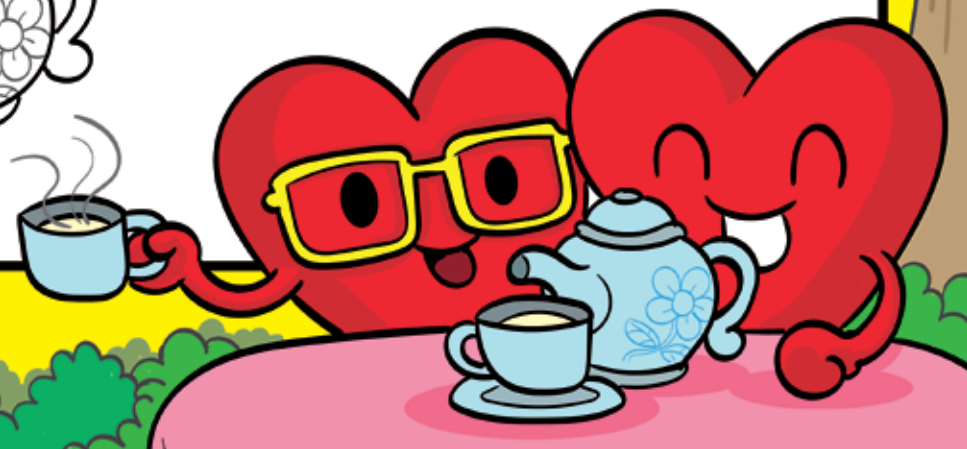
**Next issue theme:**

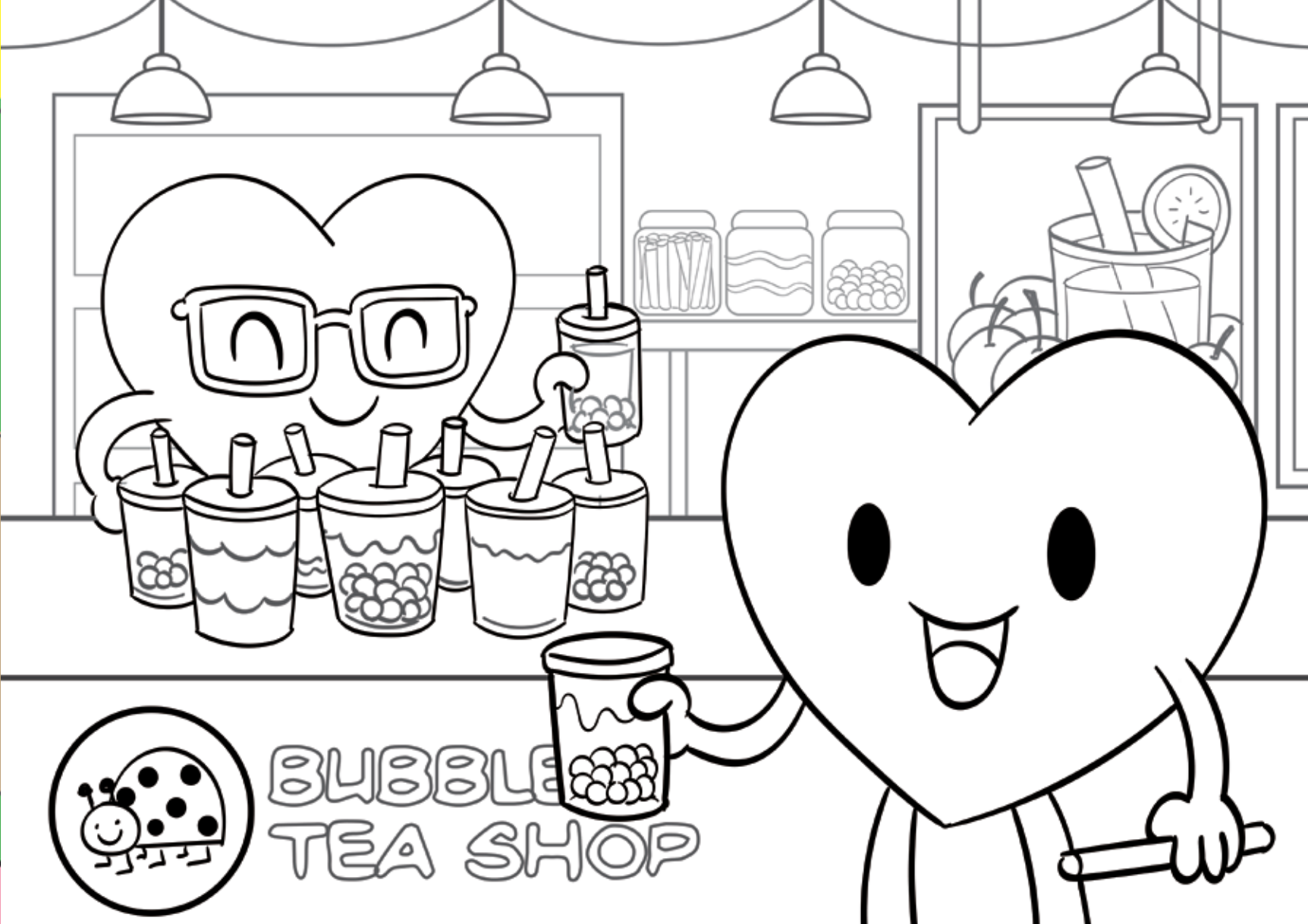
**The winning dish for the great cook off competition is Alex and Tampi's tea-flavoured paper porridge! Let us invite the brothers up on stage to share how they came up with the idea in mixing tea and paper porridge together?**

In no more than 150 words, include your name, Smålish passport number, age, address, and contact number and send your letter to [alexandtampi@smales.com.sg](mailto:alexandtampi@smales.com.sg) by **31 March 2022**. 1 lucky winner will win a LUSTIGT Dart game.









BUBBLE  
TEA SHOP