

# TEATIME VS TEA BREAK ?

**(AFTERNOON) TEATIME**  
**"A SOCIAL STANDARD"**  
[https://en.wikipedia.org/wiki/Tea\\_\(meal\)](https://en.wikipedia.org/wiki/Tea_(meal))

**TEA BREAK**  
**"OUR BRAIN CAN'T BE 'ON ALL THE TIME"**  
[https://en.wikipedia.org/wiki/Tea\\_\(meal\)](https://en.wikipedia.org/wiki/Tea_(meal))

## Definition

Light meal eaten with tea

## Nickname

"Cream tea"  
Speciality of the West Country

## Time of the day

Between 3.30 pm & 5 pm

## Origins

in wealthy social classes in 1840's  
'invented' by Mrs Russell Duchess of Bedford

## Evolution

XIXth century Upper & middle classes  
'visitor's tea'

## a typical afternoon tea is ...

Delicate savouries  
cucumber, egg and cress sandwiches  
bread and butter  
Scones, cakes, pastries  
Biscuits not usually served

## Nowadays

special occasion, a treat

Food with on tiered stand  
Bread, scones with butter  
Optionnal jam  
Toasts, muffins, crumpets

Supplements:  
glass of Champagne  
alcoholic drinks

## Tea party

Social gathering

## 'Fun fact'

Boston 'Tea Party'  
A historical event

## Definition

Not a meal

## Principles

A chance to "down tools"  
(Get away from the computers)

Relax from work for 10-15 minutes

Coffee AND biscuits

## Times of the day

Mid-morning / mid-afternoon

## 'Fun fact'

British dunking biscuits exported in the world

Once, drinks served by the 'tea lady'