TEATIME VS TEA BREAK?

(AFTERNOON) TEATIME
"A SOCIAL STANDARD"

TEA BREAK
"OUR BRAIN CAN'T BE 'ON ALL THE TIME"

Definition

Not a meal
Not a meal

Principles

A chance to "down tools"
(Get away from the computers)
Relax from work for 10-15 minutes

Times of the day

Coffee AND biscuits
Mid-morning / mid-afternoon

'Fun fact'

British dunking biscuits exported in the world
Once, drinks served by the 'tea lady'

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

Social gathering
Tea party

‘Fun fact’

Delicate savouries
Cucumber, egg and cress
Sandwiches
Bread and butter
Scones, cakes, pastries
Biscuits not usually served

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

XIXth century
Upper & middle classes
‘visitor’s tea’

Evolution

Definition

Nickname

"Cream tea"
Speciality of the West Country

Light meal
Eaten with tea