



Optimising staff hydration and nutrition is key for a successful health service. We identified the time required for the safe preparation and consumption of a cup of tea and the best accompanying biscuit to provide the most effective and refreshing uptake of caffeine, hydration, and nutrition, without the adverse events of spillage, scalds, or biscuit breakage

Biscuit tests

The investigators identified 4 biscuits making regular appearances in NHS biscuit tins. Each of these biscuits was subjected to rigorous experiments, designed to qualify and quantify desirable biscuit characteristics. Experiments were repeated 3 times per biscuit

1 Time to drinkable tea (TTDT)

2 biscuits, selected at random from the packet, were dunked into the tea, one at the 30 second interval, one at 60 seconds. Making tea more palatable quicker is preferable and the biscuit reducing the TTDT the most was seen as the winner

2 Nutritional content

3 biscuits from each packet were chosen at random for weighing, and energy content (calories) recorded from the packets. The biscuit with the highest calorie per biscuit value was deemed the best in test

3 Saturation volume

Tea was syringed onto the centre of each biscuit in 1 mL increments. The winner was the biscuit that absorbed the highest volume before permeation onto a dolly below

4 Crunch reduction

Crunch scores were recorded using a decibel meter before and after adding 2 mL of tea. The winner was the biscuit with the smallest reduction in crunch volume

5 Dunk break point

Biscuits were held between thumb and index finger, dunked into a fresh brew, and gently moved back and forth until they fell into the tea. The biscuit enduring the longest dunk was the winner

6 Pragmatic dunk break point

Biscuits were dunked for 2 seconds into a fresh standard brew, then held away from the cup. The time for the biscuit to break was recorded, the winner having the longest post-dunk integrity

Preparing a "standard brew"

Preparing a standard "NHS-style" brew involved pouring 240 mL freshly boiled water over a single tea bag placed inside an unwarmed mug. It was stirred gently for 60 seconds before a gentle squeeze and extraction. 40 mL semi-skimmed cow's milk, taken straight from the fridge (4°C), was added. Milk addition was time zero for the experiments



	Oat	Digestive	Shortie	Rich tea
Median TTDT (seconds)	270 (270-300)	240 (210-240)	300 (270-300)	300 (300-330)
TTDT reduction (seconds)	100 (70-100) ²	130 (130-160) ¹	70 (70-100) ³	70 (40-70) ⁴
Weight, g	15	15	11	10
kcal / biscuit	70 ¹	67 ²	65 ³	43 ⁴
Saturation volume (median, mL)	5 ²	5 ³	4 ⁴	9 ¹
Crunch reduction (dB)	16.3	9.6	19.3	18
Crunch reduction (g)	22 ²	15 ¹	32 ⁴	23 ³
Mean, seconds	34.3 ¹	28.3 ³	31.7 ²	21.3 ⁴
Mean, seconds	29 ¹	8.5 ³	17.5 ²	<2 ⁴
Overall score (lower scores are better)	9	13	18	23
Overall rank	1	2	3	4

3 penalty points applied for biscuit breakage



Duncs Dump

L Cohen



Duncs Dump:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Duncs Dump**

In a world inundated with monitors and the cacophony of fast conversation, the profound power and emotional resonance of verbal artistry frequently disappear in to obscurity, eclipsed by the constant barrage of noise and distractions. However, set within the musical pages of **Duncs Dump**, a charming function of literary splendor that pulses with raw emotions, lies an unique trip waiting to be embarked upon. Composed with a virtuoso wordsmith, this enchanting opus manuals visitors on an emotional odyssey, delicately revealing the latent possible and profound impact embedded within the elaborate web of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is key subjects, dissect its captivating writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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