Reading 2.15 Curriculum Connection Health

Look at the photos. What do you use the things for?

Herbal Medicines

Do you know that many people use herbs as medicines? Do you use any of these?



Ginger Ginger is used a lot in Asian cuisine. But you can use it as a remedy. Drink a cup of hot ginger tea, or chew small pieces of it for sore throats.



Ginseng Ginseng is good for colds and headaches. Drink a cup of ginseng tea three times a day. Ginseng creams are very good for the skin, too. And, some people take ginseng capsules to stay young.



Cloves Today people use cloves for baking and cooking and as an ingredient in perfumes and toothpaste. But, oil of cloves appears in Chinese medicine as far back as 600 A.D. It is a very old anesthetic, and dentists use it to stop pain. Use it for colds, coughs, flu, and allergies, too.



Garlic Garlic isn't just for cooking. You can use garlic for many illnesses. Take it for a sore throat, headaches, and toothaches. The only problem is garlic's bad smell.

Chili There are many kinds of chili, and it is used for many health problems. Chili is good for digestion, the heart, fever, diarrhea, toothache, laryngitis, and it helps to reduce cholesterol. Eat lots of hot chili, and stay healthy.



For any bad problems, it's best to ask your doctor for advice.

LIVEWORKSHEETS

Name.....Class 2/..... NO.....

About the Reading

Answer *true* or *false*.

1. _____ Use garlic for a stomachache.
2. _____ Ginger is not good for cooking.
3. _____ People use ginseng to stay young.
4. _____ Hot chili is good for your health.
5. _____ Oil of cloves is a modern anesthetic.

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