

The benefits of GINGER

Match with the correct picture.

A. It helps digestion.



B. Good brain health



C. Good heart health



D. Help the immune system and fights infections.



E. Reduces inflammations



How to add ginger to your diet:

1. Add fresh ginger to hot water and make tea.
2. Cook it in a stew.
3. Mix ginger in your smoothie.
4. Bake cookies with powdered ginger.

