

# NATURE'S HELPING HAND

## HONEY AND SHUBAT

Watch a video and do the task.



Task: Read and write **M** for manuka honey and **S** for shubat

1. It can help you relax at night.
2. It can also be a delightful sweet.
3. It can cost much money.
4. It can stop prevent some diseases.
5. It is one of the best natural remedies in New Zealand.
6. It kills bacteria.
7. Athletes use this remedy.

---

---

---

---

---

---

---

