



Watch the video

Read the article. Then using the information complete the chart below.

THREE BENEFICIAL HERBS

Many herbal plants are easy to grow. You can use them in cooking and to prevent illness. You can grow thyme, lavender, and mint in a garden or in your home.

Thyme is a small herbal plant. You can use it in cooking and as a medicine. The leaves are gray-green, and the flowers are usually purple, white, or pink. Many people use thyme to cook chicken and fish. You can also dry the leaves and make tea with them. Thyme tea with honey is very good for a cough or a sore throat.

Lavender is a popular garden plant with silver-green leaves and tiny purple flowers. The flowers

have a beautiful smell. You can use the dried flowers to keep clothes and sheets fresh. You can use lavender when cooking meat, and you can make tea from the dried flowers for headaches. Using lavender may even keep blood pressure low. Some people use lavender oil in their bath to help them relax.

Mint is a beneficial plant that grows quickly. You can use the leaves in salads and with meat or fish. You can use the fresh or dried leaves to make tea. It helps with indigestion and upset stomachs. Add sugar to iced mint tea for a delicious summer drink.

Use thyme, lavender, and mint to stay healthy and prevent illness.



Name of plant

Use it to make..

Use it to cook..

Use it to treat...

Thyme

Lavender

Mint

DIRECTIONS: Complete the sentences by dragging the correct word to the correct sentence. Use the article above for information.

digest digestion herbal prevent treat treatment

1. I'm having problems with my _____. I think I'll drink some mint tea.

2. Some people use thyme tea as a _____ for sore throats.

3. Lavender can help _____ blood pressure.

4. You can use mint to make delicious _____ tea.

5. Mint can help you _____ your food.

6. Some people use lavender tea to _____ headaches.

DIRECTIONS: drag each of the words into the boxes that match their part of speech.

Adjective	noun	verb

	digest
prevent	digestion
herbal	digestive
herbs	treatment
prevention	treat