

C Listening – Home remedies

- 1 When people are not feeling well, they sometimes use home remedies. Match each picture to the correct ingredient.

1 honey ... 2 garlic ... 3 Chinese radish ... 4 herbal tea ... 5 lemon ...



- 2 Listen to three people from Saudi Arabia, Japan and Brazil talk about home remedies. Tick ✓ the ingredients each person talks about.

	Chinese radish	garlic	camomile	honey	lemon
a Ali			✓		
b Seiji					
c Ana					

- 3 Listen again and put one word in each gap.



Ali:

In Saudi Arabia what you do if you have the ^a..... flu..... is you drink babunej. It's a kind of hot drink. It's made with camomile, which is a herb. You drink it very ^b..... and you sometimes have it with lots of ^c..... You get vitamin C from that.

Seiji:

In Japan if you have a ^d....., we use daikon, a Chinese radish. It's a bit like a large white ^e..... We grind the Chinese radish and put honey on it and leave it for a while. Then we wait until the ^f..... comes out and then we ^g..... it.



Ana:

In Brazil if you're not well, you've got a cold or flu or something like that, well garlic is really important. You have a glass of ^h..... and you put a little garlic in it and mix it together. Every ⁱ....., you drink ^j..... or ^k..... spoonfuls of the liquid. I don't know if it works but we try it.

