

Lesson D Reading

1 Before you read

Look at the reading tip. Then read the first and last paragraphs. Answer the questions.

1. Which two plants is the reading about?
2. How long have people used them?

The first paragraph of a reading is the **introduction**. It tells you the topic. The last paragraph is the **conclusion**. It often repeats the topic with different words.

2 Read

Read the blog post. Listen and read again.



CD1, Track 29

Two Beneficial Plants

Since the beginning of history, people in every culture have used plants to stay healthy and to prevent sickness. Garlic and chamomile are two beneficial plants.

Garlic is a plant in the onion family. The green stem and the leaves of the garlic plant grow above the ground. The root – the part under the ground – is a bulb with



sections called cloves. They look like the pieces of an orange. The bulb is the part that people have traditionally used for medicine. They have used it for insect bites, cuts, earaches, and coughs. Today, some people also use it to treat high blood pressure and high cholesterol.

Chamomile is a small, pretty plant with flowers that bloom from late summer to early fall. The flowers have white petals and a yellow center. Many people use dried chamomile flowers to



make tea. Some people give the tea to babies with upset stomachs. They also drink chamomile tea to feel better when they have a cold or the flu, poor

digestion, or trouble falling asleep.

For thousands of years, people everywhere have grown garlic, chamomile, and other herbal medicines in their gardens. Today, you can buy them in health-food stores. You can get them in dried, powdered, or pill form.

3 After you read

A Check your understanding.

1. Underline the word *beneficial* in the first paragraph. Do you think it has a positive or a negative meaning? Circle the phrases in the first paragraph that helped you decide.
2. What is the word for the sections of the garlic bulb?
3. What have people used garlic for?
4. What does the chamomile plant look like?
5. According to the author, what do people use chamomile tea for?
6. Which plant could you use for high blood pressure?
7. What examples does the author give to support the idea that garlic and chamomile are beneficial?

B Build your vocabulary.

1. Read the dictionary entry for *digestion*. What part of speech is it? What does it mean? What is the antonym? What is the verb? What is the adjective?

digestion /n/ the ability of the body to change food so the body can use it; antonym: **indigestion**; **digest** /v/ – **digestive** /adj/

2. Use a dictionary. Fill in the chart with the missing forms.

Noun	Verb	Adjective
digestion	<i>digest</i>	<i>digestive</i>
	prevent	
	treat	
herbs		

3. Complete the sentences. Write the correct form of the word from Exercise B2.
 - a. You shouldn't swim right after you eat. You should wait to digest your food.
 - b. Chamomile, basil, oregano, and thyme are examples of _____.
 - c. Some people drink orange juice to _____ a cold. They don't want to get sick.
 - d. A hot bath is a good _____ for sore muscles.

C Talk with a partner. Ask and answer the questions.

1. What do you do to prevent a sore throat? A cold? Weight gain?
2. In your opinion, what is the best treatment for a headache? A stomachache? An earache?
3. What herbs do you like to cook with? What's your favorite herb?

For college and career readiness practice, please see pages 145–147.