

## Lesson D Reading

**D** Read and answer the questions. Then listen.



### THREE BENEFICIAL HERBS

**M**any 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.

1. Which of the herbs in the article is good for treating indigestion?

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2. Which of the herbs in the article is good for treating headaches?

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3. Which of the herbs in the article is good for treating stomachaches?


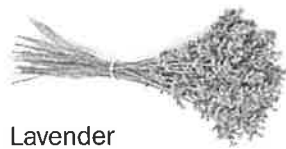

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4. What illnesses in the article can thyme tea help treat?

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**2 Complete the chart. Use the information in Exercise 1.**

Name of plant	Use it to make . . .	Use it to cook . . .	Use it to treat . . .
 Thyme	tea		
 Lavender			
 Mint			

**3 Complete the sentences. Use the information in Exercise 1.**

digest   digestion   herbal   prevent   treat   treatment

- I'm having problems with my digestion. I think I'll drink some mint tea.
- Some people use thyme tea as a \_\_\_\_\_ for sore throats.
- Lavender can help \_\_\_\_\_ high blood pressure.
- You can use mint to make delicious \_\_\_\_\_ tea.
- Mint can help you \_\_\_\_\_ your food.
- Some people use lavender tea to \_\_\_\_\_ headaches.

**4 Write adjective, noun, or verb.**

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|--------------------------------|---------------------|
| 1. digestive: <u>adjective</u> | 5. digest: _____    |
| 2. prevention: _____           | 6. prevent: _____   |
| 3. treat: _____                | 7. treatment: _____ |
| 4. herbs: _____                |                     |