

## CZYTANIE: ZIOŁOWE HERBATY

- 1) *Porozmawiajcie w parach:*  
*Co to jest ziołowa herbata? Czy pijesz czasami ziołowe herbaty? Dlaczego?*
- 2) *Dopasuj nazwy ziół do zdjęć..*

**mięta imbir dzika róża tymianek rumianek melisa**

A: mięta



B



C



D



E



F



- 3) *Przeczytaj pierwsze dwa akapity poniższego tekstu, a następnie odpowiedz na pytania:.*
  - a) Jakie są korzyści z picia ziołowych herbat?
  - b) Dlaczego ziołowe herbaty są lepsze od tabletek?
- 4) *Przeczytaj pozostałą część tekstu, a następnie dopasuj herbaty do zdań. Do niektórych zdań możesz dopasować dwie herbaty.*

### Herbal teas that will make you healthier

There's nothing nicer on a cold midwinter's day than a soothing cup of herbal tea. But besides being a tasty, warming, caffeine-free pick-me-up, herbal tea has lots of wonderful health benefits. From soothing a troubled tummy to easing insomnia and calming a troubled mind, herbs have all sorts of healing powers. Drinking herbal tea can also be a great source of vitamins and minerals.

In a lot of ways, we might get more benefit from a good organic tea than from a vitamin pill. Firstly, you're getting the benefits of hydration. Then there's the social element: tea is something that you can share with people. And when you're drinking herbal tea, you get aromatherapy at the same time—and that's something you don't get from a tablet!

That's why herbal tea should always be steeped in a covered vessel to contain the beneficial essential oils. Otherwise, your room smells nice but you aren't retaining the medicinal properties. There are so many wonderful herbal teas to choose from. Here are a few of the most common. Don't be afraid to try something new!

#### Peppermint tea

Drinking peppermint tea helps to relieve the symptoms of abdominal gas and bloating, and to relieve muscle spasms. It's also good for nausea (without vomiting) and for heating up the body and making it sweat. Peppermint tea can also be made using fresh herbs from the garden—and it's one of the easiest herbs to grow.

#### Lemon balm tea

An easy-to-grow plant, lemon balm is helpful for lifting the spirits. It's good for the winter blahs, and it can help improve concentration. It is safe for children and may help prevent nightmares when consumed before bed. This herb also makes a refreshing iced tea, and can be flavoured with lemon or maple syrup.

#### Chamomile tea

A gentle calming and sedative tea made from flowers, chamomile tea can be helpful for insomnia. It can also be helpful with digestion after a meal. Chamomile is recommended in cases of cough and bronchitis, when you have a cold or fever, or as a gargle for inflammation of the mouth. Be sure to steep it well to get all the medicinal benefits.

#### Rosehip tea

Rosehips are the fruit of the rose plant and are one of the best plant sources of vitamin C, which is important for the immune system, skin and tissue health and adrenal function. Consider reaching for rosehip tea next time you need a health boost.

#### Ta herbata ...

- |  |                                    |
|--|------------------------------------|
| a) jest źródłem witaminy                                   | b) jest idealnym napojem na lato   |
| c) jest łatwa do uprawy w domu                             | d) pomaga ci zachować dobry sen    |
| e) poza poprawą twojego zdrowia, dodaje ci również energii | f) pomaga w problemach trawiennych |

Źródło: <http://www.besthealthmag.ca/best-eats/nutrition/7-herbal-teas-that-will-make-you-healthy>

## Rozwiązanie:

1. Answers may vary.
- 2.

A: peppermint	B: ginger	C: lemon balm	D: thyme	E: chamomile	F: rosehip
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3. Read the first two paragraphs of the text below and answer the questions.
  - a. What are the benefits of herbal teas?  
They are tasty, warming, caffeine-free, they have a lot of healing powers e.g. soothing a troubled tummy, easing insomnia, calming a troubled mind, they are sources of vitamins and minerals.
  - b. Why are herbal teas better than pills?  
They make you hydrated, they make people come together, essential oils provide aromatherapy as well.
4.
  - a) rosehip
  - b) lemon balm
  - c) peppermint
  - d) chamomile, lemon balm
  - e) rosehip
  - f) peppermint, chamomile