

1 Przeczytaj tekst. Czy opisane sposoby leczenia są Ci znane?

Hi Sam,
 Yesterday I didn't feel well but I decided to visit my grandma. She is a doctor so she quickly saw that something was wrong with me. I had a cough and a fever. She made me some delicious hot tea with honey, **ginger** and lemon, and told me about **natural medicine**.



When she was a child, natural medicine was very popular. People used **herbs** to cure many diseases. Grandma's mum gave her some **syrup** made of onion and sugar when she had a cough. She also drank **linden tea** or raspberry juice when she had a fever. My great-grandmother prepared some **marjoram ointment** or **sage** inhalations for a runny nose. The worst, I think, was a drink made of milk, honey, butter and garlic for flu. Disgusting! Fortunately, I didn't have to drink it. 😊 Instead, my grandma asked me to stay in her house and go to bed. I feel better now, but my mum is taking me home on Saturday, so this week I'm not going to school. I'll call you tomorrow.

Bye for now,

Spike

2 👤 Przeczytaj tekst z ćwiczenia 1. jeszcze raz. Znajdź znaczenie wyróżnionych wyrazów w słowniku i zapisz je.

ginger – imbir

1 natural medicine – _____

4 linden tea – _____

2 herbs – _____

5 marjoram ointment – _____

3 syrup – _____

6 sage – _____

3 Przeczytaj tekst z ćwiczenia 1. jeszcze raz. Zakreśl wyrazy, które poprawnie uzupełniają poniższe zdania.

- 1 Spike drank tea with **marjoram** / **ginger** and lemon.
- 2 Grandma's mum gave her some syrup made of **onion** / **garlic** and sugar.
- 3 Raspberry juice is good for a **fever** / **cough**.
- 4 **Marjoram** / **Sage** inhalations are good for a runny nose.
- 5 Spike thinks a drink made of milk, honey, butter and garlic is **delicious** / **disgusting**.

- 4 Napisz z jakich naturalnych metod leczenia korzysta się w twoim domu lub jakie metody znasz. Uzupełnij tabelę i opisz je. Użyj tekstu z ćwiczenia 1. jako wzoru.

Illness	
What helps?	

Hi _____,

In my family, we sometimes use natural medicine. _____

But remember: it's important to consult a doctor if you don't feel any better!

Bye for now,

XYZ