

1> Work in pairs. Read the questions and discuss the answers.

- 1 What are herbs? Can you name any?
- 2 Which parts of herbs are used by people? Flowers, leaves, stems, roots or seeds? What are they used for? Use the Internet and complete the table below.

Name of herb	Polish translation	Applicable parts of the plant	Where they are applied
basil mint chamomile thyme chives ...	<i>bazylia</i>	<i>leaves</i>	<i>culinary use</i>

<http://theherbexchange.com/25-best-herbs-to-grow-in-your-kitchen-garden>

- 3 When was the last time you used some herbs?

2> Read the recipe for a herbal tea and complete the gaps with your ideas. Have you ever drunk such tea? Why?/Why not? How was it?

Put one spoon of dried ¹ _____ in a cup, pour in boiling water and leave for 10–15 minutes if uncovered, or 3–5 minutes if covered. Add some ² _____ in the last minute of brewing if you prefer it sweeter.

based on: <https://www.mindbodygreen.com/articles/what-is-chamomile-tea>

3> EXAM TASK Przeczytaj tekst o działaniu rumianku. Uzupełnij luki 1–5 w dialogu zgodnie z treścią tekstu 1. W każdą lukę możesz wpisać maksymalnie pięć wyrazów. Luki należy uzupełnić w języku angielskim.

Text 1

Chamomile is one of the most frequently used and the best documented healing herbs in the world. Also, the healing properties of chamomile tea, made from dried flowers of the plant, have been known for centuries. No wonder the plant has been the object of numerous scientific studies.

Being naturally caffeine-free, the plant manifests a great power to calm your nerves and help you sleep deeply. Drinking chamomile tea regularly is said to be beneficial to young mothers, who reported significant improvement in symptoms like daytime sleepiness, irritable mood and poor concentration – the effects of a poor night's sleep. According to another study, chamomile extract may help cure chronic insomnia. The patients tested were able to fall asleep 15 minutes faster and they woke up less during the night.

There are many other areas where the beneficial effects of chamomile therapy have been proved. The extract may prevent cancer cells from growing in skin, breasts, the prostate, and it may even reduce the likelihood of developing thyroid diseases. The herb is a common ingredient in skin care cosmetics like creams, lotions or oils. You reach for them to make your skin moisturised, reduce inflammation or treat various eczemas.

Are there any side effects of chamomile? Although the tea is generally safe and delicious, there are rare cases of allergies to the plant. Also, some health benefits, like alleviating digestive problems, improving heart conditions or preventing osteoporosis, have not been scientifically confirmed yet. For now, chamomile is one of the best natural remedies if you want to fall asleep the moment you hit the hay.

based on: <https://www.mindbodygreen.com/articles/what-is-chamomile-tea>

Text 2

Thread: Young mothers talk

Sarah: Last week I became a mother. My lovely daughter doesn't let me sleep at night, I can't concentrate on my chores and I feel sleepy during the day. Do you know any cure which wouldn't harm my baby? She is breastfed.

Meg: Hi, I know what you mean. Have you tried chamomile tea? It's harmless for a breastfed baby and beneficial for you provided ¹ _____.

Tess: Meg, you are absolutely right. I used to suffer from chronic insomnia. Now, thanks to chamomile therapy, I fall asleep faster and ² _____ during the night.

Sarah: Thanks for your reply. I've heard about the beneficial effects of this herb. Do you know that it's ³ _____ in the world? I'm using a chamomile face lotion for ⁴ _____ as I've been suffering from skin dryness.

Meg: That's great news, Sarah. Since you apply it on your skin, you're ⁵ _____, which has sometimes been recorded. Go for this therapy. You won't regret it.

4> Work in pairs. Read the questions and discuss the answers. Use the information from Text 1 and your own ideas.

- 1 Make a list of the health problems mentioned in Text 1. Which of them have you experienced? Did you rely on herbal treatment only? Why?/Why not?
- 2 What kind of health issues must be consulted with a specialist?