

Name _____

Nature's Pharmacy: Exploring Edible and Medicinal Perennial Plants

Multiple Choice Questions

1. What is Echinacea commonly used for?

- A) Relieving stress and anxiety
- B) Boosting the immune system
- C) Improving digestion
- D) Treating insomnia

2. Which part of the Rhubarb plant is edible?

- A) Leaves
- B) Flowers
- C) Stalks
- D) Roots

3. What is Lavender often used for in aromatherapy?

- A) Promoting relaxation
- B) Enhancing memory
- C) Increasing energy
- D) Reducing pain

4. What nutrient is Asparagus known to be rich in?

- A) Vitamin C
- B) Vitamin A
- C) Vitamin D
- D) Vitamin B12

5. What part of the Ginger plant is commonly used in cooking and medicine?

- A) Leaves
- B) Flowers
- C) Seeds
- D) Rhizome

