

Name _____

Healing Wonders: Exploring Common Medicinal Uses for Herbs

Multiple Choice Questions

1. What is one common medicinal use for herbs?
 - A) Stress relief
 - B) Painting
 - C) Sculpting
 - D) Writing

2. How do herbs support digestive health?
 - A) By causing indigestion
 - B) By relaxing digestive muscles
 - C) By increasing bloating
 - D) By decreasing nausea

3. Which herb is commonly used to support the immune system?
 - A) Ginger
 - B) Lemon balm
 - C) Echinacea
 - D) Chamomile

4. What property of lavender makes it useful for stress relief?
 - A) Its spicy flavor
 - B) Its calming effect on the nervous system
 - C) Its ability to increase anxiety
 - D) Its invigorating aroma

5. How do herbs like arnica and turmeric relieve pain?
 - A) By causing inflammation
 - B) By inducing headaches
 - C) By increasing muscle tension
 - D) By reducing inflammation

