

Name \_\_\_\_\_

## Sipping Wellness: Exploring Herbal Teas and Their Health Benefits

### Multiple Choice Questions

1. What potential health benefit is associated with chamomile tea?
  - A) Relieving headaches
  - B) Soothing upset stomachs
  - C) Boosting immune system
  - D) Improving memory
  
2. Which herbal tea is known for its ability to alleviate symptoms of nausea and indigestion?
  - A) Ginger tea
  - B) Peppermint tea
  - C) Lemon balm tea
  - D) Echinacea tea
  
3. What is a potential wellness benefit of lemon balm tea?
  - A) Strengthening the immune system
  - B) Relieving stress and anxiety
  - C) Promoting healthy digestion
  - D) Boosting cognitive function
  
4. Which herbal tea is commonly consumed to support immune system health?
  - A) Peppermint tea
  - B) Lemon balm tea
  - C) Ginger tea
  - D) Echinacea tea
  
5. What is a potential health benefit of echinacea tea?
  - A) Relieving headaches
  - B) Soothing upset stomachs
  - C) Strengthening the immune system
  - D) Promoting healthy digestion

