

Name _____

Sipping Wellness: Exploring Herbal Teas and Their Health Benefits

Open-Ended Response Questions

1. Describe how ginger tea may help alleviate symptoms of nausea and indigestion, providing at least one specific example.
2. Discuss the potential wellness benefits of lemon balm tea, including its effects on stress, anxiety, and sleep quality.
3. Explain why echinacea tea is often consumed during cold and flu season, highlighting its immune-boosting properties and potential benefits.
4. Describe how peppermint tea may help soothe symptoms of headaches and nasal congestion, explaining the role of menthol in its therapeutic effects.

