SCENARIO

Natural Ways to Improve Health

1. Teacher's Lecture

We all are probably familiar with various advertisements for supplements, medications, and drugs in newspapers and on television. Their creators try to convince us that it is impossible to live and function healthily today without them. This is not entirely true, and that's what today's lesson is all about. During the lecture, you will learn how rich the world of nature is when it comes to products that have a particularly positive impact on our health. It is important for you to be aware that first and foremost, we should take care of our health through proper dietary habits and a diet rich in valuable natural ingredients offered by the natural world, and only then consider reaching for ready-made products from the store or pharmacy. Do you know examples of vegetables, fruits, or plants that you associate with beneficial effects on health? For centuries, humans knew that nature offers many products helpful in fighting diseases or strengthening our bodies. Many years ago, people lived close to nature, and their life cycle was very much linked to the cycle of the natural world. When they discovered the properties of plants, they used them as remedies for headaches, toothaches, or cuts, as well as for fighting colds and boosting immunity. Despite the very wide choice in stores, in terms of ready-made products to strengthen our health, it is worth returning to the wisdom of our ancestors and reaching for easily accessible and inexpensive products such as garlic, ginger, juice, e.g., from chokeberries, or bee pollen. The choice of today's "superheroes" is not accidental. We wanted to introduce you to products that are currently easily accessible and can be bought at practically any local market. What benefits can you gain from incorporating these products into your diet? Look at the infographic.



**ARONIA**

**BEE POLLEN**

**GARLIC**

**GINGER**

N. discusses the graphic with the following elaboration Ginger.

Ginger rhizome is not grown in Poland but rather in areas with a warm and humid climate, and we mainly import it from India and China. It is very aromatic and has a wide range of uses in Japanese, Indian, and Asian cuisine. Helpful in fighting colds, joint pain, or vomiting, which is why it is recommended for pregnant women, especially during frequent nausea, especially in the early stages of pregnancy. After peeling and grating ginger, we can prepare a mixture for colds from it - e.g., ginger tea with honey and lemon or syrup from onions with the addition of garlic, honey, and grated ginger. Ginger should be included in the diet, especially in the autumn-winter period, when we are more exposed to infections accompanied by cough, runny nose, and sore throat. Garlic is a vegetable that probably doesn't need to be introduced to anyone. I think everyone knows its very distinct and intense smell and taste. It turns out that garlic is not only a flavoring in our diet but also a natural remedy. Why? Garlic supports the fight against colds, strengthens the heart and the entire circulatory system, and takes care of our digestive tract. It has been shown to have a protective effect in the case of some cancers. During World War II, garlic was used as a wound treatment because it inhibits the growth of bacteria. We all certainly know honey, produced by bees and valuable for humans. But do you know bee pollen? Bee pollen is collected and processed by bees from flower pollen. It can be called a natural multivitamin because it contains a number of vitamins, minerals, and many substances that can improve our health. It may be interesting to note that in flower pollen, we will find as many as 250 different substances! Its health-promoting power is truly amazing! It is recommended in the autumn-winter period to support immunity, but also to supplement valuable vitamins and minerals, for example, for athletes. It helps take care of the heart and circulatory system, improves our physical condition, but also affects the improvement of well-being and helps fight colds. Compared to garlic or ginger, it is not a cheap product, however, due to its amazing properties, it is worth including it in your diet at least once a year in the autumn-winter period when we get sick more often than in other months. Finally, let's meet the aronia fruit. Aronia deserves special attention when it comes to berry fruits. Among all fruit plants, it has the highest amount of antioxidants - compounds that protect humans against many serious diseases. Aronia fruits and products made with them should be included in our diet because they prevent cancer, protect our heart and blood vessels, and reduce the risk of diabetes. It is worth preparing homemade preserves from aronia, such as jams or juices. If we do not have access to fresh fruit, we can reach for aronia juice, which we will find, for example, at markets, in eco-stores, or herbal shops. As always, stay vigilant and ask the seller about the product's composition, or if possible, check its label yourself. Why? In order for it to be a good quality product, it should not mainly be a solution of water with sugar with a small addition of aronia. It is best to choose 100% juice without additives.

1. And now I invite you to watch a short video, where a beekeeper from one of the Polish apiaries talks and shows how bee pollen is made. Enjoy watching! video recording from the YouTube platform <https://www.youtube.com/watch?v=pfqkNjr_rBo>
2. Discussion and Homework - two proposals:
3. Talk to someone in your family - mom, aunt, grandmother, grandfather - ask about home remedies they use or used in the past for treating or preventing diseases, e.g., during a cold. Perhaps there will be an opportunity to taste some jam or juice. You can also go to an herbal store and ask about aronia juice and/or bee pollen.
4. Recipe for a mixture with honey, ginger, garlic, onion, turmeric, pepper, and cinnamon to make at home.