Green Tea Guided Notes

Answer the following questions while paying attention to the presentation about green tea:

- What do you currently use to cure a headache?
- What chemical is in aspirin?
  - Tylenol?
  - Motrin?
- What do you use in your household for an upset stomach?
- What is your favorite pharmacy to go to?
- Where would you turn for medical help if there was no doctor, hospital or pharmacy?
- What did the pioneers, Native Americans, or early civilizations use for those same ailments?
- Herbal remedies are made from
- Who makes the pills or syrups you buy?
- How was it decided what should be included in the medicine that may be over-the-counter or prescription drugs?
- List three positive results of drinking green tea

Now take some time to look at the books around the room or do some online research.
- What herbal remedy would you like to research?