Benefits of herbs and plants.

At the time of Queen Eleanor, plants were often used as medicine. The table below has a list of plants some people still use today and how some people believe they help.
What do you think these plants are believed to be good for? Connect the herb to its potential health benefit. Have a guess, then research the correct answers.

Please note, some plants can be poisonous, so do not taste or eat any unless an adult is certain it is safe to do so.

Your drawings	Plant	Health benefits
	Hollyhock	Antibiotic to cure infection in wounds.
	Aloe Vera	Can help the body get rid of toxins and improve memory and concentration.
	Eucalyptus	To heal horses' legs. Used as a mouthwash.
	Clove	Eases stomach pain.
	Garlic	Relieves toothache.
	Thyme	Heals the skin.
	Lavender	To cure colds.
	Mint	For headaches.
	Dandelion	To cure a cough.