





# Golden Ginger

Ginger is the root of a flowering plant called *Zingiber officinale*. It grows in subtropical climates, and develops green, cone shaped flowers. There are many ways you can eat ginger - in a stir fry, in a juice or in tea! Just make sure to ask mum or dad to peel off the tough skin.

Ginger is a flu-fighting superhero because it's high in Gingerole, an antioxidant with anti-inflammatory powers! If you're feeling nauseous or have pains in your stomach, try making some cosy ginger tea.

## HOW TO MAKE GINGER TEA



Cut off about 2cm of a thumb of ginger



Peel off the brown skin



Slice into pieces as small as you can



Put your ginger into your mug and pour in boiling water



Let it steep for about 5 mins before drinking!



Feel better soon



# Gorgeous Garlic



Garlic is another flu-fighting superhero. It is high in a chemical called Allicin which helps your immune system fight off colds and flu. Allicin is the chemical responsible for garlic's strong smell, so make sure to brush your teeth after eating it!

Garlic grows in 'bulbs', a papery protection of the garlic cloves inside. Garlic likes to be planted in cold months and harvested in the warm months. There are over 100 different varieties grown all over Australia!



## Quiz

1. True or false: ginger and garlic can both help fight the flu
2. Ginger is a flu-fighting superhero because it's high in.....
3. The papery protection around the cloves of garlic is called the...