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### Reading

**Before You Read** 延伸閱讀

- 1. What do you and your family eat every day to keep healthy?
- 2. Besides medicine, what do you and your family eat when you have a cold?



## Nature's Medicines


全文朗讀 全文跟讀 朗讀 跟讀 翻譯 文法解析  
智慧點點字 動畫 影音資源 點選人名或譯文播放音檔

**While You Read**  
Find out what nature's medicines are.  
找出自然界的藥物是甚麼。

**聽力 應用字彙 認識字彙**  
應用字彙 common 常見的, 普通的 comfortable 舒適的, 自在的 actually 實際上, 事實上 must 必要的, 絕對的


When we are sick, many of us will go see a doctor. However, going to the doctor is not always a must when we have a **common** cold. We can also turn to nature for help.

When we catch a cold, our body fights it really hard. This makes us feel weak and sick. Some of nature's gifts can help make us feel more **comfortable**. One of them is honey. **Actually**, in many cultures, people eat honey to fight coughs and sore throats.



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**However, going to the doctor is not always a must**

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