

Chinese Traditional Home Remedies

By: YiQiang Z.

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Pre-Reading.

Do you have traditional home remedies for common illnesses, such as a sore throat? What traditional remedies do you use? Share your answer with your instructor.

Reading

Chinese traditional home remedies are natural and good for some diseases. I would like to share a few with you.

1) Steamed pears with rock sugar for a cough

- Clean and peel a pear. Cut the pear into slices and remove the pear pits.
- Put all slices of the pear in a bowl and add 2 pieces of rock sugar. Fill up the water.
- Place the bowl inside the steamer above boiling water and steam about 30 minutes until soft.
- Allow the pear to rest in the steamer. Serve it warm.

2) Chrysanthemum and goji berry tea for eye health

1. Remove the dust on the surface, prewash one tablespoon of chrysanthemums and boil one tablespoon of goji berries with 80°C hot water for 3-5 seconds.
2. Steam chrysanthemums in a container with 250ml of boiling water for 3 minutes
3. Then add goji berries and steam for 2 more minutes.
4. We may take out the chrysanthemums for the second brew and eat the goji berries

3) Chinese green bean soup is used to cleanse body. It helps to reduce pain and prevent heat stroke in the summer.

- Wash and drain 1 cup of green beans.
- Bring 8 cups of water to a boil.
- Put the green beans in a separate large pot with enough water to submerge the beans and bring to a boil. Don't cover the pot. Let it boil at a high heat until the water is almost boiled dry.
- Pour in 8 cups of boiled water, and then boil it again. Turn down to low heat. Cover it and simmer for 30 minutes, or until the beans soften and open.
- Added 1/4 cup of sugar to taste and stir well until sugar is dissolved and turn off the heat.

Stir well and serve cold.

NOTE: The above-mentioned home remedies are only to relieve symptoms. If there is any allergy or discomfort, you should stop eating the food immediately and seek medical advice.

Comprehension Questions

1. Chinese green bean soup is used for?
2. What is Chrysanthemum and goji berry tea used for?
3. How many traditional home remedies does the author write about?
4. List the illnesses/conditions that the author's remedies help with.
5. Make a list of the food that you would need to make each of the remedies the author shares:

A Focus on Grammar

Review the following verbs were used in the reading:

Steam	Wash	Boil	Slice	Brew
Drain	Pour	Simmer	Stir	Dissolve

Write a sentence using each verb:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

B. Pronunciation Practice - Past Tense -ED Endings

Identify whether the past tense -ed ending for the verbs above is pronounced /t/ or /d/. Practice pronouncing the past tense of each verb.

[illegible]

Extension Activity

Brainstorm a home remedy you know to help soothe a sore throat.

1. Write down the list of ingredients or products you need for the home remedy.
2. Write down the home remedy instructions.

Ingredients/Products	Instructions