



NAME: ZURISADAI SOLIS BONIFAZ

ROLL NUMBER:

SUBJECT: ENGLISH III

TEACHER'S NAME: VIDAL

ALFONZO GIORGINA OLVIDAL

GRADE: NURSING 3RD

DATE:

MEASLES

IF I HAD: MEASLES

WHAT RECIPE SHOULD I MAKE?

I SUGGEST I TU:

Ø OATMEAL IN WARM WATER

Ø SODIUM BICARBONATE

Ø HONEY



COUGH RECIPE

IF I HAD: COUGH

SUGGESTIONS



WHAT RECIPE SHOULD I MAKE?
I SUGGEST I TU:

Ø LEMON TEA

Ø STEAM BATHS

Ø TEA WITH HONEY

Ø GARGLING WITH SAL WATER



ANEMIA

IF I HAD: ANEMIA
WHAT RECIPE SHOULD I
MAKE?

I SUGGEST I TU:

Ø SPINACH

Ø LIVER

Ø SUNFLOWER SEEDS



FLU

IF I HAD: FLU

WHAT RECIPE SHOULD I MAKE?

I SUGGEST I TU:

Ø WARM WATER WITH LEMON

Ø CHAMOMILE TEA

Ø EUCALYPTUS STEAM



HEADACHE

IF I HAD: HEADACHE

SUGGESTIONS

WHAT RECIPE SHOULD I MAKE?

I SUGGEST I TU:

Ø CHAMOMILE TEA

Ø ESSENCE OF LAVENDER

Ø GINGER

