

# **HEALING TEAS – GINGER, GREEN AND MATCHA COURSE LEARNING WORKBOOK**



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### **Note: External Links: Regarding Advertisements**

There are links provided in this Course Learning Workbook. There may also be some links on the GMP Fitness Learning Platform. These links, which may also provide advertisements, are for informational purposes only. These links are for informational purposes only; they do not constitute an endorsement or approval by GMP Fitness® of any of the products by these companies.

## **HEALING TEAS – GINGER, GREEN, AND MATCHA—COURSE WORKBOOK**

### **ACTIVITY QUESTIONS AND ASSIGNMENTS**

This course includes “30 numbered activity questions” designed to help you present your results. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material, and prepare you for the final exam.

### **Additional Assignments**

— In addition to the “30 numbered” activity questions” there are external video/article/audio links ( ∞ ) that also have questions. These questions are not on the exam.

— Some of the external webinar/video/article/audio links will have advertisements.

— The main purpose of the external webinar/video/article links is to watch and/or read them and increase student engagement.

— The webinars/videos also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

### **The external links are more for you to write, draw, and discuss what you have learned.**

There are a number of things you can do to process and learn from the external links to help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

**Again, while there are some “Additional Assignment Questions” provided below - these questions are not on the exam. They are to help reinforce the material.**

### External Link Assignments Quick Steps

- Click on the external webinar/video/article links ( ∞ ) below.
- Key Points: Identify core sections.
- Webinars/Videos: Pause, rewind, and rewatch.
- Take notes.
- In addition to any questions below, write and discuss what you have learned from each external link.

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## PART 1 - HEALTH BENEFITS, FACTS AND RESEARCH ON GINGER TEA

1. How can the root or underground stem of the ginger plant can be consumed?

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2. What family is ginger is part of?

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3. Where is ginger commonly produced?

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4. What compounds in ginger are known to help relieve gastrointestinal irritation?

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5. Define diaphoretic.

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6. What is a common ginger home remedy for nausea during cancer treatment?

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7. Why do pregnant women use ginger?

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8. What anti-inflammatory and antioxidant compounds does ginger contain that are beneficial to your health?

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9. How much dietary fiber is in 100 grams of ginger?

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10. How much protein is in 100 grams of ginger?

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11. How much potassium is in 100 grams of ginger?

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12. What does ginger pair well with?

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13. How should fresh ginger be stored?

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14. Give four ways you can incorporate ginger into your diet.

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15. Explain what studies show about ginger and cancer.

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16. Explain what studies show about ginger and heart disease.

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17. Explain what studies show about ginger consumption and the effects on cholesterol levels.

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## **PART 1**

### **GINGER ROOT EXTERNAL VIDEO LINKS**

#### **EXTERNAL VIDEO LINKS**

##### **Video Assignment**

- Click on the external video links below to learn more about avocados.
- Watch each video.
- Key Points: Identify core sections. Pause, rewind, and rewatch. Take notes.
- Write and discuss what you have learned from each video.
- Describe at least 3 things you have learned from each video.

**VIDEO:** Akilah Schäfer discusses the health benefits of ginger root.

∞ [Click here to watch the video](#) (Time 10.21)

- Where was the ginger plant first discovered?
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- What is ginger a good source of?
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- What is one of the most popular health benefits of ginger?
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- How does ginger stimulate digestion?
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- What else did you learn about the health benefits of ginger root?
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**VIDEO:** Why eating ginger every day can provide great health benefits.

∞ [Click here to watch the video](#) (Time 4.12)

- What are warning signs that you have inflammation in your digestive tract?

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- What else did you learn about the health benefits of ginger root?

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**VIDEO:** Fumiko Takatsu shows you how to make ginger tea.

∞ [Click here to watch the video](#) (Time 4.21)

- From the video, what else did you learn about ginger tea?

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**VIDEO:** How to Make Fresh Ginger Tea

∞ [Click here to watch the video](#) (Time 5:02)

- Is ginger alkaline or acidic?

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- From the video, what else did you learn about the health benefits of ginger tea?

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**VIDEO:** How to Grow Ginger in Containers And Get a Huge Harvest

∞ [Click here to watch the video](#) (Time 11.36)

- What happens when you have a large rhizome chunk of ginger?

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- What direction does the rhizome grow?

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- From the video, what else did you learn about growing ginger?

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## **PART 2 - HEALTH BENEFITS, FACTS, AND RESEARCH ON GREEN TEA**

18. Explain what studies show about green tea and inflammatory skin diseases.

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19. Explain what studies show about green tea and memory.

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20. List six other things green tea is helpful in preventing.

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21. What is epigallocatechin-3-gallate?

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22. How is green tea is available?

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23. What are the precautions and risks associated with green tea?

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## **EXTERNAL VIDEO LINKS**

### **Video Assignment**

- Click on the external video links below to learn more about avocados.
- Watch each video.
- Key Points: Identify core sections. Pause, rewind, and rewatch. Take notes.
- Write and discuss what you have learned from each video.
- Describe at least 3 things you have learned from each video.

## **PART 2**

### **GREEN TEA EXTERNAL VIDEO LINKS**

#### **VIDEO:** The Amazing Health Benefits of Green Tea

∞ [Click here to watch the video](#) (Time 2:00)

- What did you learn about growing ginger?

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#### **VIDEO:** 10 Amazing Health Benefits of Green Tea

∞ [Click here to watch the video](#) (Time 1.38)

- What are the health benefits of green tea?

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#### **VIDEO:** More Health Benefits of Green Tea

∞ [Click here to watch the video](#) (Time 2.42)

- What are more health benefits of green tea from this video?

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#### **VIDEO:** 7 Health Benefits of Green Tea & How to Drink it

∞ [Click here to watch the video](#) (Time 6:44)

- What do antioxidants do?

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- Can green tea help with dental health?

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- What does L-theanine do?
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- What are more health benefits of green tea from this video?
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**VIDEO:** Understanding Japanese Green Tea

∞ [Click here to watch the video](#) (Time 32:18)

- What is Sencha?
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- What is Bancha?
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- What is Kabusecha,?
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- What else did you learn from this video?
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∞ [Then go to this External Link Article to learn more >](#)

**VIDEO:** After Consuming GREEN TEA, This is What HAPPENS IN YOUR BODY

∞ [Click here to watch the video](#) (Time 5:28)

- In this video there are 18 good things green tea does. What happens in your body after you consume green tea?

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**VIDEO:** Fast Weight Loss with Green Tea

∞ [Click here to watch the video](#) (Time 10:00)

- What is the steeping process?

- What is the highest quality of green tea?

- What else did you learn from this video?

∞ **VIDEO:** Green Tea Catechins Lower Cholesterol and Improve Blood Sugar Regulation

Note: Watch the first 2:10 minutes

[Click here to watch the video](#) (Time 3:36)

[Then go to this HealthLine External Link Article.](#)

- What do the Catechins in green tea do?

- What did the study find out in this video?

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∞ **VIDEO:** EGCG In Green Tea Linked To Better Memory

Note: Watch the first 2:20 minutes

[Click here to watch the video](#) (Time 4:29)

Then go to this External Link Study - [5 major benefits of green tea](#)

- What is the full name of EGCG?

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- What are the properties of EGCG?

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- What did the study find about EGCG?

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- What else did you learn from this video?

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∞ **VIDEO:** Green Tea: Does it Really Prevent Cancer

[Click here to watch the video](#) (Time 3:37)

Note: Watch the first 2:35 minutes

- \* What did you learn in this video?

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**VIDEO:** Green Tea for Stronger Bone

Note: Watch the first 2:55 minutes

Then go to this article study - [Article Study](#).

∞ [Click here to watch the video](#) (Time 4:39)

\* What is it in green tea that helps to stimulate the bone to increase their activity?

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• What else did you learn from this video?

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**VIDEO:** Moon Cho Shows You How to Make Green Tea the Right Way!

∞ [Click here to watch the video](#) (Time 2:27)

• What did you learn about making green tea?

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### **PART 3 - HEALTH BENEFITS, FACTS AND RESEARCH ON MATCHA TEA**

24. What is matcha?

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25. Why might matcha have more health benefits than other antioxidant-rich teas?

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26. What is L-Theanine?

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27. What does L-Theanine promote?

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28. Explain what studies show about matcha and cancer.

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29. Explain what studies show about matcha and heart disease.

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30. Give five ways you can incorporate matcha into your diet.

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### **PART 3**

### **MATCHA TEA EXTERNAL VIDEO LINKS**

#### **EXTERNAL VIDEO LINKS**

##### Video Assignment

- Click on the external video links below to learn more about avocados.
- Watch each video.
- Key Points: Identify core sections. Pause, rewind, and rewatch. Take notes.
- Write and discuss what you have learned from each video.
- Describe at least 3 things you have learned from each video.

In this video, you will be shown a few different methods to make delicious matcha.

∞ [Click here to watch the video](#) (Time 21:41)

- What are some of the different ways you can make Matcha and what are their flavors and textures like?

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- What is the more common way of drinking Matcha?

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- What did you learn from this video?

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**VIDEO:** Everything you need to know about Matcha

∞ [Click here to watch the video](#) (Time 15:12)

- What are some of the high-quality varieties?

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- When is matcha normally picked.

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- What happens when you shade the leaves?

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- What is Tencha?

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- Why is the process done at low temperatures?

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- What affects the grade of matcha tea?

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- Why do you want to purchase organic matcha tea?

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- What does L-theanine do?

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- What else did you learn from this video?

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**VIDEO:** Finding the Best Matcha  
∞ [Click here to watch the video](#) (Time 30:31)

- How long is Ten Cha shade-grown for before harvest?

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- Where in Japan is Matcha well known in?

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- How is Ten Cha stored and what happens to the texture?

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- What does Unami taste like?

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- What else did you learn from this video?

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**VIDEO:** Matcha Green Tea Benefits

∞ [Click here to watch the video](#) (Time 6:30)

- What is matcha tea?

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- How is matcha tea different?

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- What are 5 matcha tea benefits? •

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- What else did you learn from this video?



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**VIDEO:** Good Matcha VS Bad Matcha

∞ [Click here to watch the video](#) (Time 6:23)

- What did you learn from this video?
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