



Got a Cough or Cold? Use Honey, Study Says

What is the NHS?

- The NHS stands for the National Health Service. It was founded in 1948.
- It provides healthcare to everyone in the UK.

Next time you've got a cough or a cold you might want to make a beeline for the nearest supermarket and get yourself some ... honey!

A new study has suggested that honey may be better for **easing** coughs and colds than using antibiotics.

Antibiotics are a type of medicine sometimes given by doctors. They are used to treat some types of infections. However, according to the NHS, they do not work for "viral infections such as colds and flu."

The researchers looked at evidence from other **trials**. They saw that honey helped **symptoms**, such as sore throats, coughs and blocked noses.

Two of the trials even showed that people's symptoms got better 1-2 days faster if they used honey.

The scientists said that "honey was superior to usual care". They added that it is "widely available and cheap".

The NHS says that honey shouldn't be given to children under the age of 1. But, the next time you are feeling under the weather, remember that honey might be just what the doctor ordered!

Honey in History

Humans have known that honey is the bee's knees for thousands of years.

Stone Age paintings from around 8000 years ago are the earliest example of people collecting honey.



Photo: Honey.

Pots of honey have been found in ancient Egyptian tombs. In fact, the very first records of beekeeping come from ancient Egyptian hieroglyphs.

Ancient Greeks enjoyed putting honey in food but also used it as medicine. Some Greek coins even had bees on them!

The ancient Romans valued beekeeping and the use of honey too. A large number of bees were kept in Rome and other Roman towns and cities. However, so many people wanted honey that they had to **import** it from other parts of their empire.

Honeybees have even been into space! In 1984, NASA blasted some into orbit on a space shuttle to see how they built their honeycombs.

Glossary

easing	Making something less harsh
trials	Experiments which test something.
symptoms	Something wrong with your body that shows you have an illness.
import	Buy things from another country to sell in your own country.

Questions

1. When was the NHS founded?

2. In the first paragraph, why do you think the author used ellipsis before the word 'honey'? **(tick one)**

- ☐ There's a word missing.
- ☐ To show the sentence had trailed off.
- ☐ Because part of a quote is missing.
- ☐ The author was trying to create suspense and emphasise the next word.

3. Draw lines to match the people to their corresponding facts. One has been done for you.

Ancient Romans	put honey in some tombs.
Ancient Greeks	kept lots of beehives.
Ancient Egyptian	sent bees into space.
NASA	put the image of bees on some of their coins.

4. What does the phrase 'make a beeline for' mean as it is used in the opening sentence?

5. **Honey won't be able to help very young children.** Find evidence in the text to support this statement.

6. Which of the following alternate headlines **best** summarises the article? **(tick one)**

- ☐ Ancient Romans Loved Honey
- ☐ Ancient Greeks Used Honey
- ☐ Ancient Egyptians Really Liked Honey
- ☐ Honey May Help People with Colds.

Answers

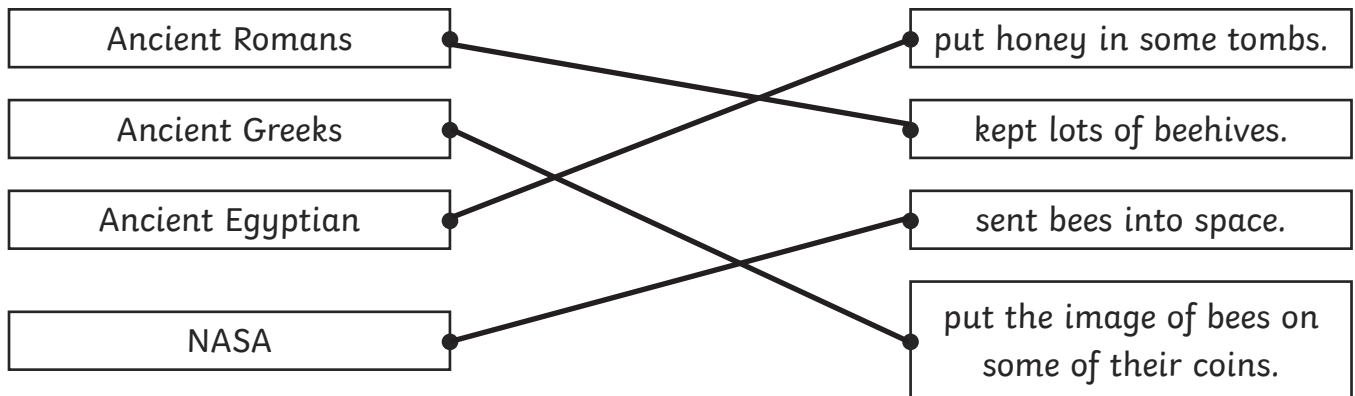
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1948

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- ☐ To show the sentence had trailed off.
- ☐ Because part of a quote is missing.
- ☒ **The author was trying to create suspense and emphasise the next word.**

3. Draw lines to match the people to their corresponding facts. One has been done for you.



4. What does the phrase 'make a beeline for' mean as it is used in the opening sentence?

Accept any reasonable answer which refers to the meaning of the phrase beeline, e.g. I think it means to go straight towards something.

5. **Honey won't be able to help very young children.** Find evidence in the text to support this statement.

Accept any reasonable answer which refers to the NHS saying that honey shouldn't be given to children under the age of 1.

6. Which of the following alternate headlines **best** summarises the article? **(tick one)**

- ☐ Ancient Romans Loved Honey
- ☐ Ancient Greeks Used Honey
- ☐ Ancient Egyptians Really Liked Honey
- ☒ **Honey May Help People with Colds.**