

# S.A.N.D.R.I.A

## Healthy Living Made Simple

### Good Herbs & Natural Wellness Quiz

Learn about herbs connected to wellness, cooking, natural nutrition, and healthy living.

### Quiz Questions

**Q1.** Which herb is commonly used in teas for relaxation?

- A. Basil
- B. Lavender
- C. Parsley
- D. Dill

**Q2.** Which herb is often linked to digestive support?

- A. Mint
- B. Sage
- C. Rosemary
- D. Thyme

**Q3.** Which herb is commonly used in Mediterranean cooking?

- A. Lavender
- B. Coriander
- C. Rosemary
- D. Chives

**Q4.** Which herb is known for its sweet fresh aroma?

- A. Parsley
- B. Mint
- C. Oregano
- D. Basil

**Q5.** Which herb is often added to soups and roasted dishes?

- A. Thyme
- B. Lavender
- C. Mint
- D. Parsley

**Q6.** Which herb is commonly paired with tomatoes and pasta dishes?

- A. Dill
- B. Basil
- C. Sage
- D. Chives

**Q7.** Which herb is often associated with calming bedtime teas?

- A. Rosemary
- B. Coriander
- C. Lavender

D. Oregano

**Q8.** Which herb has needle-like leaves and a woody stem?

- A. Rosemary
- B. Mint
- C. Parsley
- D. Dill

**Q9.** Which herb is commonly used fresh in salads and garnishes?

- A. Thyme
- B. Parsley
- C. Sage
- D. Lavender

**Q10.** Which herb is often linked with roasted potatoes?

- A. Mint
- B. Dill
- C. Rosemary
- D. Chives

**Q11.** Which herb belongs to the mint family and is widely used in pesto?

- A. Basil
- B. Thyme
- C. Parsley
- D. Coriander

**Q12.** Which herb is commonly used in herbal teas and wellness drinks?

- A. Chives
- B. Oregano
- C. Dill
- D. Mint

---

## Answer Key

1. B

2. A

3. C

4. D

5. A

6. B

7. C

8. A

9. B

10. C

11. A

12. D