

## Oregano Quiz by Tina Mathieu

1- The latin name for Oregano is:

- a) Eucalyptus globulus
- b) Origanum vulgare
- c) Rosemarinus officinalis
- d) Mentha piperita

2- The chemical class of Oregano is:

- a) Math
- b) Knitting
- c) Phenol
- d) Dance

The 3 main chemical constituents of Oregano are: carvacrol, p-cymene,  $\gamma$ -Terpinene

3- Origanum vulgare is a phenol. A phenol is:

- a) Extremely reactive, acidic and irritating
- b) Low toxicity, black and made of rubber
- c) Low potential for irritation, gentle and made of clay
- d) Fruity odour, calming, a sap

4- Finish the following sentence. Essential oils such as Oregano are:

- a) Steam distilled from a flowering plant.
- b) Bought at a store and made there.
- c) Grow in the ground in dark places under oak trees.
- d) Steam distilled from the roots only.

Origanum vulgare is found to grow in some of these areas:

Yugoslavia, Morocco, Turkey, Greece, Bulgaria, Bosnia and Spain

5- What are some of Oregano's activities?

- a) Pro-bacteria, pro-fungus, and pro-septic
- b) Relaxing, soothing and calming
- c) Gymnastics, science club and rollerskating
- d) Antiseptic, antibacterial, and antifungal

6- These are some great reasons to use Oregano.

- a) Roasted turkey, spaghetti sauce, beef and sweet potato stew
- b) Eye wash, baby lotion, and a douche
- c) Colds, flus, fungal infections, cuts, wounds
- d) Both A and C

Oregano, the warrior of battle.

It's a strong antibacterial against both gram positive and gram negative bacteria. Helping you fight the battle of infection!

7- Some cautions to consider for using Oregano essential oil are:

- a) Watch for cars, wear a helmet, bring an umbrella
- b) Do not use in pregnancy, children, pets, or internal use
- c) Always dilute, extended use may inhibit healthy microflora
- d) Both B and C