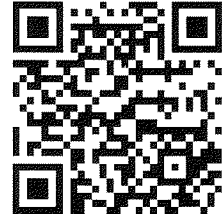


Herbs & Spices Activities

Activity #1

Scan the code to read an article

<http://dish.allrecipes.com/dried-herbs-and-spices/> about herbs and spices and then answer the following questions in complete sentences.



Spice or Herb?

Create a Venn Diagram distinguishing between the two.

Summarize the tips for Cooking with Herbs:

Summarize the tips for Cooking with Spices:

Summarize the tips for Cooking with Leafy Herbs:

What is the Fresh Herb to Dried Herb Conversion?

Recommendation for Doubling:

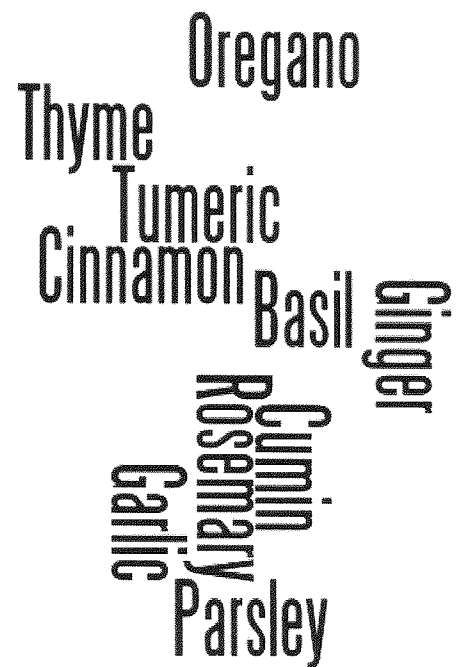
Describe the Freshness Test:

How do you Store Herbs?

Activity #2

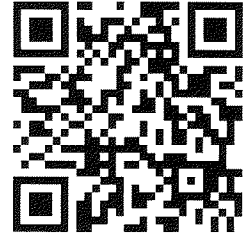
Name that Herb or Spice: Gently sniff and look at each of the numbered samples. Try to determine which is herb or spice is which. Use the WORDLE to assist you.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Activity #3

View the YouTube Clip by scanning the code or clicking the link:
Top 10 Herbs & Spices and answer the questions in complete sentences. https://www.youtube.com/watch?v=wxrolHJO_f8



Why are herbs and spices beneficial to our health? 3 Reasons

Define the terms phytochemicals and antioxidants:

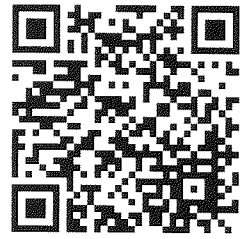
Top 10 Herbs & Spices with explanation of health benefit(s).

True or False: All herbs and spices have nutritional value.

Activity #4

Scan the code to access the Chart to complete the template below:

http://www.foodandnutrition.com/appendix/spice_chart.htm



Name of Herb or Spice	Type	Characteristics	Uses
Basil			
Cinnamon			
Cumin			
Garlic			
Ginger			
Oregano			
Parsley			
Rosemary			
Thyme			
Tumeric			