

A Taste of Herbs & Spices: Ideas for Teaching

Intro: In Simon & Garfunkel's song "Are you Going to Scarborough Fair?" There is a line "parsley, sage, rosemary and thyme" that is repeated throughout. What is that line referring to? Listen:

<https://www.youtube.com/watch?v=BYQaD2CAi9A>

Discuss: The song is referring to herbs. What are herbs? We often hear the phrase "herbs and spices". What are spices? Are herbs and spices nutritional? Are herbs and spices used beyond culinary reasons? Let's find out.

Activity #1

Read article <http://dish.allrecipes.com/dried-herbs-and-spices/> and answer the following questions.

Spice or Herb? Create a Venn Diagram distinguishing between the two.

Tips for Cooking with Herbs:

Tips for Cooking with Spices:

Tips for Cooking with Leafy Herbs:

Fresh Herb to Dried Herb Conversion:

Doubling:

Freshness Test:

Storing Herbs



Activity #2

Name that Herb or Spice: Place herbs/spices in numbered Ziploc bags. Students are to gently sniff and view each and try to determine which is which. Include a WORDLE bank of choices. Note: Use the 10 herbs and spices from the video clip below but don't tell students. As we go over the correct answers ask students if the sample was an herb or spice.

Activity #3

View the YouTube Clip: Top 10 Herbs & Spices and complete the questions below.

https://www.youtube.com/watch?v=wxrolHJ0_f8

Why Beneficial? 3 Reasons

Top 10 Herbs & Spices/labeled as herbs or spices with explanation of benefit



True or False: All herbs and spices have nutritional value

Activity #4

Use this Chart to complete the template below:

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

Name of Herb or Spice	Type	Characteristics	Uses
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Activity #5

Herbs & Spices Image Game

http://www.sporcle.com/games/triplet_3/herbs-and-spices-by-image



Lab: Taste Test Potatoes with herbs and spices

Taste Test Lab for Herbs & Spices

Kitchen #1: Potatoes & Herbs

Wash and dry potatoes.

Slice potatoes approximately 1/8 inch thick. Create three sections on a jelly roll pan and divide potatoes evenly into three sections, laying each as flat and close together as possible. You want enough potatoes that each person can sample from each section of herb flavors. Brush each section of potatoes with olive oil. Sprinkle the following dried herbs to each section. You can sprinkle with parmesan cheese as well but this is optional.

Section 1: Rosemary

Section 2: Thyme

Section 3: Parsley

Bake in a 400 degree oven for 15-20 minutes or until the thinnest slices are golden brown. Sample and evaluate.

Kitchen #2: Potatoes & Herbs

Wash and dry potatoes

Slice potatoes approximately 1/8 inch thick. Create three sections on a jelly roll pan and divide potatoes evenly into three sections, laying each as flat and close together as possible. You want enough potatoes that each person can sample from each section of herb flavors. Brush each section of potatoes with olive oil. Sprinkle the following dried herbs to each section. You can sprinkle with parmesan cheese as well but this is optional.

Section 4: Oregano

Section 5: Basil

Section 6: Garlic Powder

Bake in a 400 degree oven for 15-20 minutes or until the thinnest slices are golden brown. Sample and evaluate.

Kitchen #3: Potatoes & Herbs

Wash and dry potatoes

Slice potatoes approximately 1/8 inch thick. Create three sections on a jelly roll pan and divide potatoes evenly into three sections, laying each as flat and close together as possible. You want enough potatoes that each person can sample from each section of herb flavors. Brush each section of potatoes with olive oil. Sprinkle the following dried herbs to each section. You can sprinkle with parmesan cheese as well but this is optional.

Section 7: Cumin

Section 8: Ginger

Section 9: Turmeric

Bake in a 400 degree oven for 15-20 minutes or until the thinnest slices are golden brown. Sample and evaluate.

Herbs & Spices Taste Test Evaluation

Herb	Describe how this herb LOOKS/SMELLS	Describe how this herb TASTES	Score
ROSEMARY			
THYME			
PARSLEY			
OREGANO			
BASIL			
GARLIC			
CUMIN			
GINGER			
TUMERIC			
CINNAMON (optional with potatoes)			

Scoring: **5** - *Excellent* **4** - *Pretty Good* **3** - *Okay* **2** - *Bad* **1** - *Terrible*

Comments:

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			

Activity #5

Play the Herbs & Spices Image Game. Note: There are additional herbs and spices in this game that we did not learn about. Do your best!

Record your time here _____

http://www.sporcle.com/games/triplet_3/herbs-and-spices-by-image



Chives Rosemary Cloves Mint
Turmeric Tarragon Thyme
Oregano Paprika
Mustard seeds
Nutmeg Cinnamon
Black peppercorns
Dill Star anise
Sage
Bay leaves Cumin Saffron Basil
Fennel leaves Ginger
Parsley Juniper berries