

## A PINCH OF FLAVOUR



Using herbs and spices are a great way to provide a variety of flavours and make meals tasty without extra salt or sugar. Keep reading for tips to help children explore new herbs and spices this winter!

### Differences between herbs and spices

#### Herbs

- Herbs come from the **leafy green** part of the plant.
- Examples:
 

• Parsley	• Dill
• Basil	• Thyme
• Oregano	• Mint



#### Spices

- Spices come from the dried **stem, seed, fruit, bark, flower or root** of the plant.
- Examples:
 

• Cinnamon	• Paprika
• Nutmeg	• Cumin
• Ginger	• Turmeric

### Make it Fun for kids to learn about herbs and spices!

Feature one new herb or spice each month. Discuss what part of the plant the herb or spice comes from, what country the plant grows in, and how different cultures use it. Using it in a recipe to see what it tastes like. For example, wild sage has many uses in indigenous culture. Try using it in a recipe like this [smoked fish and white hominy corn soup](#).



Wild sage



Canada



Taste it in a recipe

### More ways to Explore...

#### Do a taste test

See how the taste changes between fresh, dried, or ground herbs.



Is there a taste difference between fresh basil and dried basil on pizza?

#### Change it up!

Explore new flavours by switching to a new herb or spice in a recipe.



If a muffin recipe calls for cinnamon, try a pumpkin spice instead.

#### Hands on fun

Try mixing ground or dried herbs or spices into homemade play clay. How do they smell?



Nutmeg, dill weed, rosemary and ginger work well.

### SHARE WITH PARENTS:

Add flavour without the added salt and sugar. Check out these

[7 homemade seasoning mixes](#) for fresh ideas!

Want more information on healthy eating?