



HERBS

- In cooking, herbs refer to the leafy green or flowering parts of plants that have savory or aromatic properties and can be used to flavor food. Herbs can be used fresh or dry. Spices are usually dried and are produced from the seeds, bark, roots and fruits of plants.
- Herbs have the ability to add a huge amount of flavor. A small amount can go a long way!
- Herbs are very important to different cuisines and cultures. Cilantro alone is a key ingredient in Mexican, Middle Eastern, North African, and Asian dishes!



HERBS

- In cooking, herbs refer to the leafy green or flowering parts of plants that have savory or aromatic properties and can be used to flavor food. Herbs can be used fresh or dry. Spices are usually dried and are produced from the seeds, bark, roots and fruits of plants.
- Herbs have the ability to add a huge amount of flavor. A small amount can go a long way!
- Herbs are very important to different cuisines and cultures. Cilantro alone is a key ingredient in Mexican, Middle Eastern, North African, and Asian dishes!





WHAT IS AN HERB?

Herbs are plants with chemical compounds that give them strong aromas and/or flavors. Some of the compounds also have medicinal uses. When we use a plant for its flavors, we call it a “culinary herb” and when we use it for its healing qualities, we call it a “medicinal herb,” but there is a lot of overlap! Our favorite herbs for flavor may also help our bodies in different ways.

MATCHING CHALLENGE

Below are some culinary herbs. Try to match them with their medicinal uses!

- | | |
|-------------|--|
| 1. Rosemary | A. Helps soothe stomach aches. |
| 2. Sage | B. Freshens breath and may protect against diabetes. |
| 3. Parsley | C. The smell of this herb can help reduce stress. |
| 4. Mint | D. Can boost brain function and memory. |

Answers: 1-C, 2-D, 3-B, 4-A



WHAT IS AN HERB?

Herbs are plants with chemical compounds that give them strong aromas and/or flavors. Some of the compounds also have medicinal uses. When we use a plant for its flavors, we call it a “culinary herb” and when we use it for its healing qualities, we call it a “medicinal herb,” but there is a lot of overlap! Our favorite herbs for flavor may also help our bodies in different ways.

MATCHING CHALLENGE

Below are some culinary herbs. Try to match them with their medicinal uses!

- | | |
|-------------|--|
| 1. Rosemary | A. Helps soothe stomach aches. |
| 2. Sage | B. Freshens breath and may protect against diabetes. |
| 3. Parsley | C. The smell of this herb can help reduce stress. |
| 4. Mint | D. Can boost brain function and memory. |

Answers: 1-C, 2-D, 3-B, 4-A