



Spices come from dried seeds, fruits, roots and bark. They are used to add flavour and colour to food.

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SPECTACULAR SPICES



Cardamom

Cardamom is a seed pod that tastes spicy and sweet. People use it when cooking curries and rice. Some people like chewing it after meals to refresh their breath.



Cinnamon

Cinnamon is the bark of a tropical tree and it tastes woody and sweet. People use it when baking cakes, biscuits and fruits or to flavour meat.



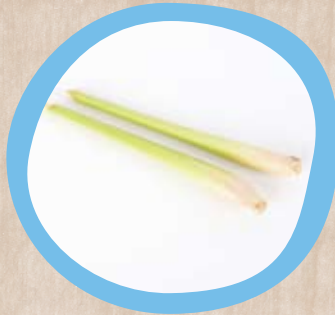
Cumin

Cumin is a seed that tastes slightly bitter. You can use it either whole or ground. People use it when cooking Indian and Mexican foods.



Ginger

Ginger is a root that tastes hot and sweet. People use it when cooking curries and stir-fries. It's also one of the ingredients for making gingerbread men.



Lemongrass

Lemongrass is a stem that looks like a spring onion and tastes a bit like a lemon. People use it when cooking curries and stir-fries.



Nutmeg

Nutmeg is not a nut, it's actually the seed of a tropical tree and it tastes spicy and nutty. People use it grated when cooking both sweet and savoury food.



Paprika

Paprika comes from ground chilli peppers and its taste can be mild or hot. People use it to add a spicy flavour to meat, vegetables and fish.



Saffron

Saffron comes from the crocus flower and tastes sweet. People use it to add flavour to rice. Saffron is the most expensive spice in the world.

Challenge

Ask an adult to show you the spices they use at home. What colours are they? What do they smell like? What do they taste like? What dishes are the spices used for? How many spices can you name?