



Simply Good Eating
for English Language Learners
Spices



SPICES

Behavioral Goal: Participants will use herbs and spices to season new foods in order to limit the fat and salt used for flavoring.

Vocabulary List

flavor
herb
sodium
spice

Teaching Vocabulary

- a. List the vocabulary words on the board or on an overhead transparency at the beginning of the lesson.
- b. Explain each vocabulary word when it is used in the lesson activities. Have participants say each word and read aloud the definition and the example. Repeat if necessary. Do *not* go through the vocabulary words all at once. You may want to check off the words one by one as you move through the lesson activities, or cover all the words and then uncover each one as you teach it.
- c. Pass out copies of the Vocabulary List at the *end* of the lesson.
- d. Encourage the ELL teacher to review the Vocabulary List later.

Objectives

Participants will be able to:

- Use the English name for herbs and spices so they can be easily located in the store
- Identify seasonings that are high in sodium
- Cook with herbs and spices in at least one new way



Before You Start: Review the concepts from your last lesson.

Activity 1: What Is This Spice Called?

- Purpose:** To expose participants to the English words for herbs and spices, to their processed forms, and to potential uses for unfamiliar herbs and spices
- Needed from kit:** Handouts: “Know Your Herbs and Spices,” “Cooking with Herbs and Spices”
Materials: Samples of herbs and spices listed on the handout, each labeled with its English name and a number; containers of seasoning blends without salt and seasoning blends with salt; *Spices* poster
- Estimated time:** 20 minutes
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Activity 2: Cooking

- Purpose:** To allow participants to sample the flavors of new dishes using familiar herbs and spices or try new herbs and spices
- Needed from kit:** *Simply Good Eating Recipe Cards*, Low-fat Chicken and Sausage Jambalaya recipe, Noodle-Salmon Salad recipe
- Suggested recipes:** Low-fat Chicken and Sausage Jambalaya, Baked Fish and Vegetables, Noodle-Salmon Salad, Skillet Lasagna

Spices Kit Contents

Handouts

- “Know Your Herbs and Spices”
- “Cooking with Herbs and Spices”
- “Spices Vocabulary List” (distribute at end of lesson)
- “Spices: Review and Writing Practice (for ELL teacher)”

Materials to Gather (see Materials section)

- Samples of herbs and spices listed on the handout “Know Your Herbs and Spices,” each labeled with its English name and a number
- Containers of seasoning blends without salt and seasoning blends with salt
- *Spices* poster
- *Simply Good Eating Recipe Cards, Volumes 1 and 2*
- Low-fat Chicken and Sausage Jambalaya recipe
- Noodle-Salmon Salad recipe

People all over the world use a wide variety of herbs and spices to flavor their food. When immigrants come to the United States, most of them continue to use the same seasonings in the same recipes that their families have used for generations. Non-European immigrants, in particular, tend to use a lot of seasoning on their foods. They also tend to buy their herbs and spices whole and grind or chop them at home when they are ready to cook, which is one reason why immigrants may not recognize spices in powdered or dried leaf form at the store. While spices such as cinnamon and herbs such as fresh basil or cilantro are easy to find in the United States, some herbs and spices are not used by the majority of Americans. These may be more difficult to find, especially if immigrants do not know the English names.

This short lesson will give participants the English words for the herbs and spices they now use. It will also introduce the use of new herbs and spices as well as new uses for familiar ones. In our experience, participants would like to make “American” foods but are unsure how to season them. Finally, we would like to encourage the use of herbs and spices to reduce the amount of fat and sodium used in cooking. That is why this lesson is designed to be used after teaching the **Fats** lesson.

If you are unfamiliar with the foods, herbs, and spices used by the participants in your class, we encourage you to explore ethnic grocery stores, if possible.

Activity 1

What Is This Spice Called?

Needed from Kit

Handouts:

- “Know Your Herbs and Spices”
- “Cooking with Herbs and Spices”

Materials:

- Samples of herbs and spices listed on the handout, each labeled with its English name and a number
- Containers of seasoning blends without salt and seasoning blends with salt
- *Spices* poster

Preparation

We recommend copying the handouts back to back. Then participants will have the English names of herbs and spices and suggestions for using them on one sheet of paper, for later reference.

1. Introduction

Ask participants, “In your own language, can you say the names of some of the herbs and spices you use in cooking? Do you know their names in English? Is it easy to find those herbs and spices in stores in the United States? In this lesson, we are going to talk about using herbs and spices to flavor food.”

2. Participant Activity

- Herbs and Spices*: On a table, place the vials or plastic bags of herbs and spices, each labeled with its English name and a number (e.g., “1 – cinnamon”). Pass out the handout with the side for “Know Your Herbs and Spices” facing up. Invite participants to come and smell the herbs and spices. Ask them to find the name of each herb or spice on the handout and write down its correct number. Ask participants to also write down the name of each herb or spice in their first language if they know it. Allow time for discussion after participants have smelled the herbs and spices and filled in the handout.
- Seasoning Blends without Salt*: Now display the seasoning blends without added salt. Explain, “Many stores sell herb and spice blends like these. ‘Blend’ means ‘mix.’ These blends are many herbs and spices mixed together. Have you ever bought something like this?”
- Seasoning Blends with Salt*:
 - 1) Display the seasoning blends with added salt. Allow participants time to smell them. Ask, “Have you seen any of these at the store? Have you ever

bought them? These are examples of herb and spice blends made with a lot of sodium added to the herbs and spices. What is ‘sodium’? [Reply: Sodium is a part of salt.] Too much sodium can be harmful, especially for people with heart problems or high blood pressure. Some examples of herb and spice blends with extra sodium are seasoned salt, fish seasoning, garlic salt, and pepper blends.”

- 2) Show participants where to look for the sodium content on the ingredient label. Ask teams of participants to check the other containers for the sodium content and report their findings to the class.
- 3) After participants have reported on the sodium content of the containers, add, “There are other flavorings we add to foods that are also high in sodium. Some examples are MSG, soy sauce, and fish sauce. It is especially important for people with heart problems or high blood pressure to avoid high-sodium foods. Using herbs and spices is a good alternative.”

- d. *Using Spices:* Show participants the *Spices* poster. You can have participants turn over their handout and look at “Cooking with Herbs and Spices.” It explains the uses for some common herbs and spices. Ask participants how they have used these herbs and spices and if there are any herbs and spices they have wondered about. Italian cooking, in particular, will be new for many participants and also something they may be interested in. Explain, “Cooking with herbs and spices helps us cut back the amount of fat and sodium we use in cooking, because herbs and spices add flavor to lower-fat, lower-sodium foods.”

3. Summary

Ask participants, “It tastes good to use herbs and spices that bring memories of home and family. Did you learn the English names today for any herbs or spices you already use? When you use the English words, it will be easier to find them in the store. Also, it may be easier to find powdered or dried herbs and spices. Are there any new herbs or spices you would like to try in your cooking? Remember, you can cut back the amount of sodium and fat you add to your cooking by using herbs and spices. This will be good for you and your family.”

Activity 2 Cooking

Needed from Kit

- Suggested recipes from *Simply Good Eating Recipe Cards*: Skillet Lasagna, Baked Fish and Vegetables
- Additional recipes: Low-fat Chicken and Sausage Jambalaya, Noodle-Salmon Salad

1. Introduction

Look at today's recipe together. Ask participants if they are familiar with the herbs and spices they will be using and review the herbs and spices if needed.

2. Food Preparation

- a. Have all participants (including yourself) wash their hands.
- b. Lay out the recipe ingredients. Go over the recipe with participants, being sure to explain the steps and introduce unfamiliar foods.
- c. If this recipe requires several steps, organize participants into teams and assign one step to each team. For example, ask one team to chop vegetables, one to chop meat and/or brown meat, one to grate cheese, one to open cans and cartons, one to arrange tables and paper products and one to clean up.
- d. While participants are cooking, assist as needed.

2. Summary

Ask participants, "Did you enjoy today's recipe? Are there other herbs or spices you might add to change the flavor of the recipe? Often the herbs or spices used in a recipe can add to the flavor of the dish and give it just the right taste. Keep trying new foods and using herbs and spices in new ways."

Suggestions for Follow-up and Review

1. Leave "Spices: Review and Writing Practice" with the ELL teacher. Encourage the teacher to use it within the next few days.
2. Leave the *Spices* poster with the ELL teacher. Have the teacher ask participants, "Have you tried a new herb or spice recently? Can you come up and point to it? Tell us the name in English. How did you use it?"

Sample Herbs, Spices, and Seasoning Blends (Activity 1)

Gather a variety of herbs and spices listed on the handouts, seasoning blends without salt, and seasoning blends with salt. Note that you will need a sample of each of the herbs and spices listed on the handout “Know Your Herbs and Spices.” We have found that using vials or small plastic bags for the herbs and spices works well. You will also need to label each vial or bag with the English name of the herb or spice and a number. (During the activity, participants will record the number next to the name of the herb or spice on the handout “Know Your Herbs and Spices.”) Make sure that the containers of seasoning blends have labels, so participants can compare the sodium content of the different blends.

***Spices* Poster (Activity 1)**

Brian Keating and Tim Ziegler. *Spices* poster. Berkeley, CA: Celestial Arts, 2000. To order visit Ten Speed Press online at <http://www.tenspeed.com/books/posters.html> or call 1-800-841-2665. The poster is listed as “Great Herb and Spice Poster.”

Low-fat Chicken and Sausage Jambalaya (Activity 2)

This recipe may be found in Bridgeen Deery and Wendy Devenish, compilers. *Cajun & Creole Cooking*. New York: Crescent Books, 1992.

Noodle-Salmon Salad (Activity 2)

This recipe may be found in Betty Crocker. *Betty Crocker’s Good & Easy Cookbook*. New York: Macmillan USA, 1996.

***Simply Good Eating Recipe Cards, Volumes 1 and 2* (Activity 2)**

University of Minnesota Extension. *Simply Good Eating Recipe Cards, Volume 1*. Item MI-06641. Revised 2000. Available from The Extension Store online at <http://shop.extension.umn.edu/> (and search for 06641), or call toll free at 1-800-876-8636.

University of Minnesota Extension. *Simply Good Eating Recipe Cards, Volume 2*. Item MI-07391. Created 1999. Available from The Extension Store online at <http://shop.extension.umn.edu/> (and search for 07391), or call toll free at 1-800-876-8636.

Handout 1: “Spices Vocabulary List”

Handout 2: “Know Your Herbs and Spices”

Handout 3: “Cooking with Herbs and Spices”

Handout 4: “Spices: Review and Writing Practice”
(for ELL teacher)

SPICES VOCABULARY LIST

flavor – taste; to give taste to food

Example: I like the **flavor** of cinnamon added to my tea.

herb – a leaf of a plant used to give more flavor to food

Example: My mother grew an **herb** called basil in her garden.

sodium – a part of salt

Example: Soy sauce is very high in **sodium**.

spice – a part of a plant used to give extra flavor to food

Example: Pepper is a **spice** used by many people.

KNOW YOUR HERBS AND SPICES

Name
in English

Number

Name in
your first language

basil

cardamom

chili powder

cloves

cumin

curry powder

ginger

garlic

oregano

pepper

thyme



garlic



basil



pepper



cloves



cinnamon



cilantro



chili
powder



chilis



mint

COOKING WITH HERBS AND SPICES

3 teaspoons fresh herb = 1 teaspoon dried herb

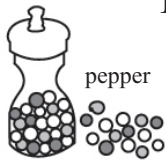


Cooking with spices

Egg herbs

Fish herbs

Meat herbs

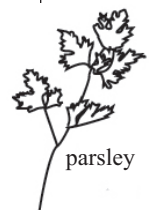


Chicken herbs

Salad herbs

Tomato Sauce herbs

Vegetable herbs



Italian blend

Barbecue blend



Spices

basil, dill weed (leaves), garlic, parsley

basil, bay leaf (crumbled), French tarragon, lemon thyme, parsley, dill

chili powder, cumi, curry powder, marjoram, nutmeg, oregano, parsley, pepper, safe, savory, thyme

marjoram, sage

basil, parsley, French tarragon

basil, bay leaf, marjoram, oregano, parsley, celery leaves, cloves

allspice, basil, caraway seed, chives, parsley, mustard seed, oregano, savory, thyme

basil, marjoram, oregano, rosemary sage, savory, thyme

cumin, garlic, hot pepper, oregano



Adapted from: Patricia Redlinger and Diane Nelson.
Altering Recipes. NCR473. Ames, IA: Iowa State University.

SPICES: REVIEW AND WRITING PRACTICE

For ELL teacher's use

Tell participants to write EVERY WORD in each sentence they hear. Read a sentence through completely. Then break it into smaller chunks, repeating as many times as needed. Finish by re-reading the full sentence.

If you wish to give students a printed copy to take home, cut copies of the handout on the next page along the dotted line.

1. Add herbs and spices to your cooking for more flavor.
2. By using herbs and spices you can cook with less oil and less salt.
3. Avoid buying spice blends that contain a lot of salt.
4. Check the label on the containers of spice blends for sodium.
5. Instead of using three teaspoons of the fresh herb, you can use one teaspoon of the dried herb.

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