

GUESS THE SPICE

Time 10–15 Minutes

Objective

To help children become aware of some different spices that can be used in cooking to add unique flavours to their meals

Supplies

- 10 different spices in small clear cups or jars
- Guess the Spice Game Sheet (attached)
- Pen or pencil for each participant

Location

- 1 Any location with a table to display the spices and an area for the children to write down their answers
- 2 Preparation Talking Points
- 3 Spices can be used to add unique and fun flavours to meals.
- 4 Cooking with spices can help add flavour without the need for additional salt.

Directions

- 1 Pick 10 spices to be displayed.
- 2 Pour each spice into a separate clear cup or jar and label them #1–10. Make sure you record what spice goes with each numbered label, to be used as your answer sheet.
- 3 Place the labelled cups of spices on a table where the children can reach them.
- 4 Cut the Guess the Spice Game sheet (attached) in quarters.
- 5 Hand out the Guess the Spice Game sheet (attached) and a pen or pencil to each child and have them form a line or gather around the table.
- 6 Instruct the children that they can look and smell but not taste the spices.
- 7 Then instruct the children to guess the spice and record their answer on their Guess the Spice Game sheet. If you think that this will be too challenging you can provide a word bank.
- 8 Review the answers as a group! Ask the group if they can think of any ideas on how they could use each spice while cooking.



Public Health
Santé publique
SUDBURY & DISTRICTS



Thunder Bay District
Health Unit

North Bay Parry Sound District
Health Unit
Bureau de santé
du district de North Bay-Parry Sound



Guess the Spice

You can look and smell but do not taste!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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