

**MIND
OPEN
FORK
READY**

Herbs

Hey Taste Buds!

Did you know herbs are used as a garnish or to add flavor and aroma to dishes? Kalamata loves to buy herbs like basil and peppermint from the store and plant a few of the stems in a pot and grow her own!

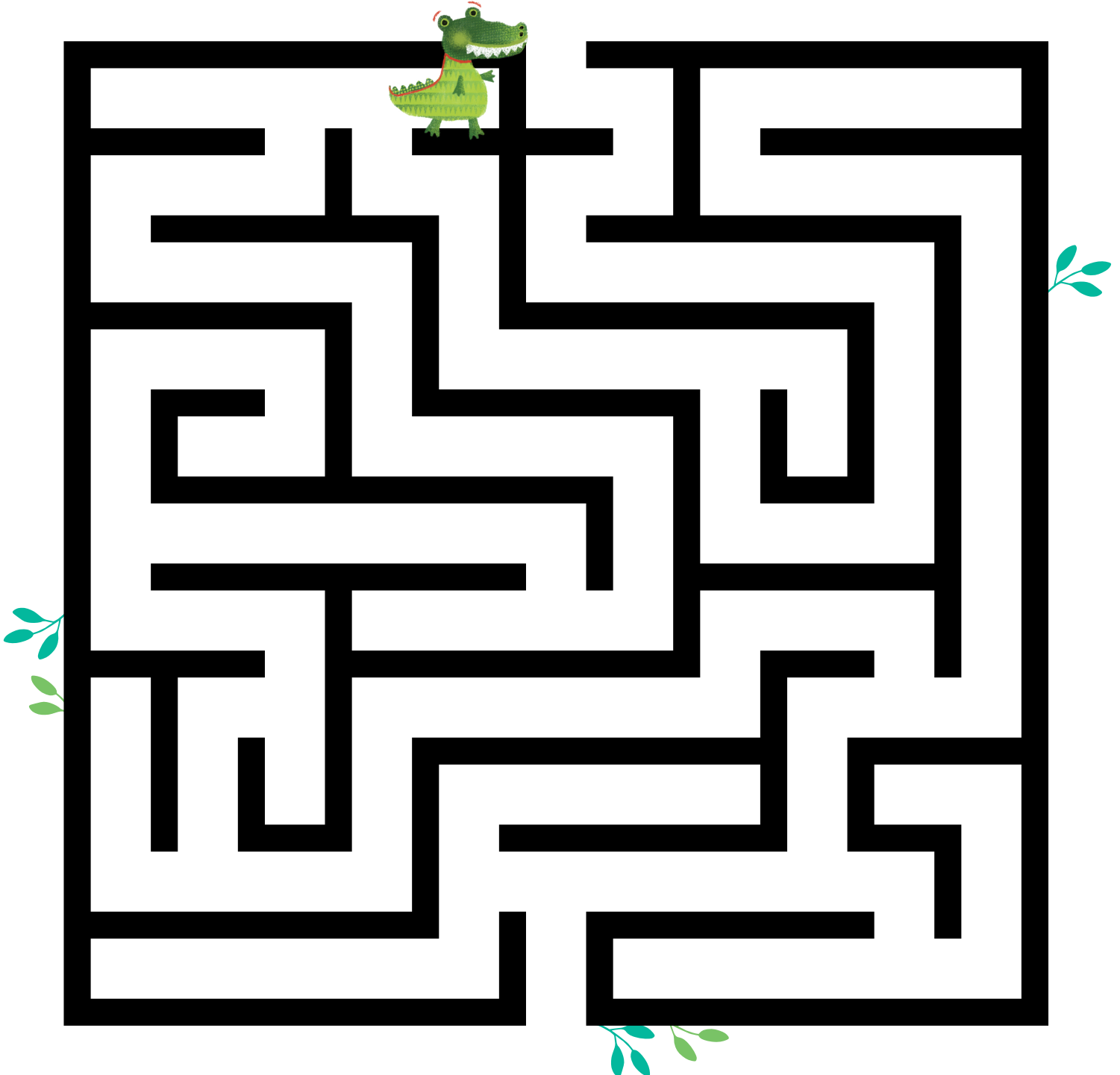
Read on to see how much fun herbs can be!



Herbs

Herb Garden Maze

Uh oh, Al Dente got lost in the garden! See if you can help him find his way out.



Herbs

Word Find

See how many herbs you can spot.

M I A R F F P T N
H X B O G A U H O
E B H M R P L Y B
R O E S N A O M R
B Y L H W L R E O
L E N M I A T L N
Y X O S B M N X A
Q S A G E O A D G
N B H D I L L Y E
R E G S R O I G R
A T N I M W C A O

Herb

Basil

Cilantro

Parsley

Mint

Thyme

Oregano

Dill

Sage

Fill In the Blank

Find a buddy and ask them to fill in the blanks without showing them Al Dente's poem. See what fun you come up with together!

Al Dente's Herb-alicious Poem

Herbs are _____ and leafy.
COLOR

They grow in a garden so _____.
ADJECTIVE

They're tasty in _____ and
TYPE OF FOOD

_____.
TYPE OF FOOD

They smell like _____.
SOMETHING THAT SMELLS GOOD

I love to use my alligator _____.
PART OF BODY

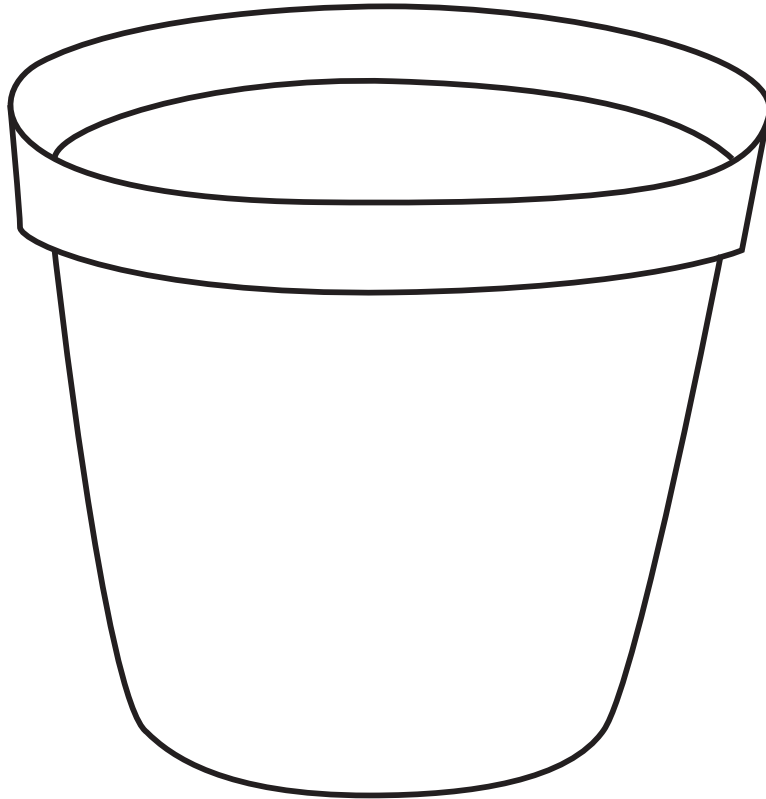
to chomp on their _____.
PART OF PLANT



Herbs

Create Your Own

What herb would you make if you could make your own? What would you call it and what would it look like?



Name:

Tasting Notes

Try some rice in a dish. Now check the boxes for what it tastes like most.

One word reaction:

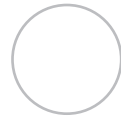


or

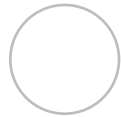


Savory

Sweet

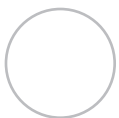


or



Juicy

Dry

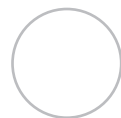


or

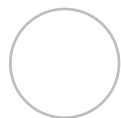


Flavorful

Bland

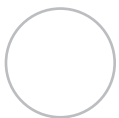


or



Leafy

Tough

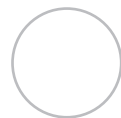


or



Chewy

Crunchy



or



Bitter

Sour