

Subject: Hospitality and Tourism

Grade: 10

Course Code: TFJ20

Lesson Topic: Herbs & Spices

Duration: 75min.

Teacher:

Overall Expectations:

A3-identify and describe common ingredients used in food preparation.

Specific Expectations: A3.1 identify the main ingredients used in food preparation (*e.g., types of flour, herbs, spices, vegetables, meats, fruits*) and describe their characteristics (*e.g., colour, taste, texture, aroma*);

A3.2 identify the origin or source of various food ingredients (*e.g., geographical origin or source, type of plant or animal from which they come, raw materials used in their manufacture*) and describe their use in the cuisine of various cultures (*e.g., Aboriginal use of wild rice*);

Lesson Learning Goals- (Written in student friendly language- shared with students)

Key Question: What will students know, understand, be able to do, and communicate?

(Knowledge/Understanding, Thinking, Communication, Application)

K/U- students will **identify** the different herbs and spices.

T –students will **select** recipes for use of herbs and spices.

C –students will **demonstrate** the use of herbs and spices.

A -students will **complete** and **analyze** final product.

Accommodations and/or Modifications- Key Question:

What will I do to assist individual learners or provide enrichment for others?

Provide students with one on one consultation.

Peer tutoring.

Follow the IEP

Resources and Materials Required:

- **Canadians Natures Guide-Herbs / Anna Kruger**

- **Assortment of Herbs and Spices and Herb & Spice Chart**

Safety Considerations: check for any allergies.

Time: Lesson Sequence and Instructional Strategies

(Setting the stage, instructional strategies, consolidation)

Assessment Opportunities

Who's tasted...? Show of hands and responses.

Have students name recipes they eat at home with any Herb or Spice that is topic at the moment. Assess what students recognize, and then evaluate with quiz at end to determine recall.

-Who cooks at home? What spices / herbs do you like to use?
For the students that don't cook, are there flavours you like or dislike?

-Hand out the herbs and spices – see, smell, taste and touch.

-Hand out Herb & Spice Chart / Teacher refer to chart as well.

-Use these interesting facts along with Herb and Spice Chart.

We all know that herbs and spices are used to enhance the flavour of food, but did you know that for centuries they have had other uses too? (These interesting facts are to be mentioned along with the Herb/Spice Chart).

Basil - dried out basil leaves were used to exfoliate the skin.

Bay leaf (laurel)- Bay is virtually indispensable in French and Mediterranean cooking, but at one time was used to cure snake bites, and help urinary problems and rheumatism. Today herbalist still uses bay leaf oil as an effective rub for stiff or rheumatic joints.

Bergamot-Native Americans used this tea to remedy mild fevers, headaches, colds, and sore throats. Some tribes used the oil as a nasal decongestant. Today herbalists prescribe bergamot tea or syrup for menstrual cramps, coughs and sore throats.

Chervil-used to stimulate the appetite and aid in digestion while its mild diuretic qualities help to cleanse the system.

Chives- thought to be used in Chinese cooking as early as 3000BC, but not cultivated in Europe till the Middle Ages.

Cilantro- oil has powerfully positive effect on our inner digestive tract and settles the stomach.

Curry Leaf - strengthens the functions of stomach and promotes its action. It is good for indigestion problem. It also helps to control diarrhea, and upset stomach problems. The people of India also believe it prevent premature graying of the hair.

Dill – the use of Dill is recorded in the Bible and is well known to the Greeks and Romans. Dill water was once used to for treating griping and colic in babies and small children. The seeds were often chewed to stop rumbling of the stomach during long church services.

Fennel Seeds – have long been used to expel wind, it has also been used to aid digestion and sweeten the breath.

Garlic –In the Middle Ages garlic was regarded as a vegetable and eaten with relish. During WW1 & WW2 it was used to stop infection in wounds. Garlic is known to have antibacterial properties that help the immune system.

Gotu Kola -the natives of Sri Lanka were probably the first people to use gotu kola for its medicinal properties. They noticed that elephants which are the species of animal that is most renowned for their longevity, loved to eat the rounded gotu kola leaves. Hence the proverb "Two leaves a day keeps old age away". They used gotu kola like

ginseng, as a tonic for longevity. Then they noticed it was beneficial for many skin diseases, including leprosy. Today it is used to aid quite a large variety of conditions. Gotu kola neutralizes blood acids and may lower body temperature. It acts as a diuretic, and a rejuvenating tonic. The people of Sri Lanka also use it as treatment for hair growth and as a treatment for baldness.

Allspice- was used for indigestion and flatulence.

Caraway –recommended for colic and its digestive properties. In Elizabethan England a caraway seed cake was offered to farm labourers when they had finished sowing the wheat.

Cassia/Cinnamon – The Egyptians included it in their embalming mixture. It was also known to help stabilize blood sugar, alleviate colds and congestion and treat diarrhea.

Chilli – used for symptoms of colds, sore throats and fevers, circulation, especially for cold hands and feet, and as a hangover remedy. Peppers can act as a heart stimulant which regulates blood flow and strengthens the arteries, possibly reducing heart attacks.

Cloves – in ancient times clove oil was used as a topical anesthetic, for tooth aches etc.

Coriander – comes from the Greek word *Bug*, because the scent of the plant is to be reminiscent of the *Bed Bug*.

Cumin-During Biblical times, cumin was used as an antiseptic but has been more recently recognised as an excellent digestive and stomach disorder settler.

Juniper– because of its strong scent was thought to keep out evil spirits as well as disease. The berries contain an antiseptic and a strong diuretic oil that flushes out the Kidney.

Nutmeg – good for digestion, flatulence and nausea. In small doses causes drowsiness, in large doses can cause hallucinations.

Lemon Balm- the leaves were used to uplift spirits, and were recommended as an anti-depressant, today test confirm that Balm has soothing and sedative action and the essential oil is said to relieve anxiety and nervous headaches.

Saffron –Eastern Kings and Holy men wore robes dyed with saffron. During Medieval times Saffron was a popular hair dye.

Turmeric – Used in cooking as a spice for over 2,500 years, Indian women have also used this spice as a bronzer for the skin, in baths, and for cut and to cure the flu.

Vanilla - vanilla has been used to treat painful menstruation, fever and hysteria and to prevent tooth decay.

Rosemary – was mixed with olive oil and used as a massage oil for muscles.

My own interests: (other spices they know?)

Have Students label what they recognize on the hand out sheet with pictures of herbs and spices. The remaining can be filled in using the chart (hand out)

Test