

Herbs!

Is an engaging hands-on program that explores the aromatic plants that give flavor to our food and have been used for medicinal purposes throughout history.

Program Structure

This is a week long after school program and is suitable for elementary and middle school students. Each two-hour lesson in this program is divided into two parts. During the first hour, students work individually and also engage in small groups in hands-on activities. During the second hour, students follow a simple recipe to create a tasty dish with herbs. After Day 1, Introduction, the activities can follow the sequence or in the order that works best for your classroom.

Worksheets and the DVDs *Herbs* and *Herbs and Spices* support the activities and recipes. Variations of the recipes in the program are demonstrated on the DVDs. The DVDs also include additional recipes, historical information about herbs, and advice for cooking with herbs.

The program also includes tips for working with herbs, kitchen safety tips, a glossary, and a list of common herbs.

Classroom Cooking

We've selected a variety of herb recipes for students to prepare—from a refreshing drink to savory entrees to delicious, healthy appetizers. The recipes are written in a standard, easy-to-follow format. An oven is not required for any of these recipes, but a stovetop or gas burner is required for some. Caution: Ask students and their parents if they have any allergies. Discuss the symptoms of food and skin allergies or sensitivities.

Thank you for choosing Herbs! We hope this program provides you and your students an educational and tasty experience.

Sincerely,

Learning ZoneXpress Team

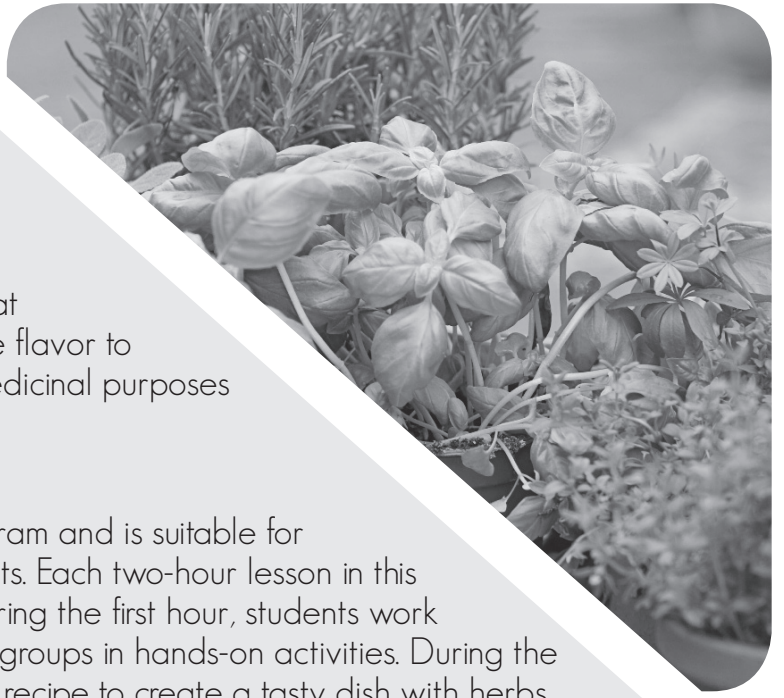


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