

Spice MyPlate

Participant Workbook



Name: _____

Date: _____



Spice MyPlate

People eat food that tastes great! A big part of a food tasting great is the flavor. The flavor calls us back for more, leaves us drooling and bragging about how succulent and deliciously scrumptious our food tastes. Another factor that attracts us to food is its appearance! We like our food to look and taste good. This workbook highlights spices so your plate can always have colorful, flavorful and healthful appeal! Feel free to try new recipes at home with your family or surprise someone by sharing a cool or little known fact about a spice!

Stay Spicy, Savory & Sweet!



Spice MyPlate

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Spice MyPlate

COOKING MEASUREMENTS

Abbreviation	Measurement
tsp	teaspoon
tbsp	tablespoon
fl	fluid
oz	ounce
pkg	package
c	cup
pt	pint
qt	quart
gal	gallon
lb	pound
sm	small
lg	large

Measurement	Equivalents						
	tsp	Tbsp	fl oz	cup	pint	quart	gallon
tsp	1	1/3	1/6	1/48			
Tbsp	3	1	1/2	1/16	1/32		
oz	6	2	1	1/8	1/16		
cup	48	16	8	1	1/2	1/4	1/16
pint	96	32	16	2	1	1/2	1/8
quart	192	64	32	4	2	1	1/4
gallon	768	256	128	16	8	4	1

Session 1: Introduction to flavor enhancement

RECIPES

R1.1. Savory Dip

Ingredients

8 oz Light Cream Cheese
1 tsp Coarse Ground Black Pepper
1 tsp Rosemary Leaves, crushed

Directions

- Combine ingredients in a large mixing bowl
- Mix until well blended
- Refrigerate at least two hours to blend flavors



R1.2. Super Spice Herb Cream Cheese

Ingredients

8 oz Creme cheese
2 tbsp Milk
1 tbsp Diced peeled cucumber
1 tbsp Diced roasted red bell pepper
1 tsp Oregano leaves
1 tsp Thyme leaves
1/4 tsp Garlic Powder
Dash Red Pepper, Ground

Directions

- Combine ingredients in a large mixing bowl
- Mix until well blended
- Refrigerate at least two hours to blend flavors



R1.3. Basil Cream Cheese

Ingredients

8 oz Low-fat cream cheese
1/4 c Green onion
1tsp Basil
1/2 tsp Oregano
1/8 tsp Garlic powder

Directions

- Combine ingredients in a large mixing bowl
- Mix until well blended



Session 1: Introduction to flavor enhancement

RECIPES

R1.4. Cinnamon and Vanilla Yogurt Parfaits

Ingredients

- 1 c Low-fat vanilla yogurt
- 1/2 c Whole grain cereal or granola
- 1/2 c Fresh blueberries
- 1/2 tsp Ground cinnamon or to taste

Directions

- Mix ground cinnamon and yogurt in a bowl
- In a large glass, add 1/2 cup yogurt
- Add 1/4 cup cereal/granola
- Add 1/4 cup blueberries
- Repeat layers
- Serve immediately



R1.5. Savory Trail Mix

Ingredients

- 1/4 c Raisins
- 1/4 c Popcorn
- 1/4 c Pumpkin seeds
- 1/4 c Whole grain cereal
- Mixture of curry powder, cinnamon, and salt.

Directions

- Combine ingredients in a mixing bowl or bag
- Mix until well blended
- Enjoy



Building a Balanced Plate



My Plate - Food Group Servings and Amounts

Session 1: Introduction to flavor enhancement

<p>Grains</p> <p>1 serving = 1 ounce</p>	<p>Vegetables</p> <p>1 serving = 1/2 cup</p>	<p>Fruits</p> <p>1 serving = 1/2 cup</p>	<p>Dairy</p> <p>1 serving = 1 cup</p>	<p>Protein</p> <p>3 serving = 3 ounces</p>
<p>Make 1/2 your grains whole grains.</p> <p>Look for the words "100% Whole grains"</p> <p>1 ounce = 1 cup of cereal 1 slice of bread 1/2 cup of rice/ pasta</p>	<p>Veggies are the main source of Vitamin A</p> <p>Vary your veggies and don't forget green leafy and orange vegetables like spinach, broccoli and carrots.</p>	<p>Fruits are the main source of Vitamin C</p> <p>Eat a variety of fresh fruit.</p> <p>Fruit juice can have a lot of added sugar. so try to eat fresh fruits! When you do drink juice look for 100% fruit juice.</p>	<p>Milk provides calcium for strong bones and teeth</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese.</p>	<p>Choose lean or fat free meats and poultry</p> <p>Vary your protein choose more fish and beans,</p> <p>1 ounce = small handful of nuts 1 Tbsp peanut butter 1 egg 1/2 cup of beans</p>
<p>Find your balance between food and physical activity.</p> <p>Be physically active for at least 60 minutes every day, or most days.</p>		<p>Limit Fats and Sugars.</p> <p>Limit foods with added fats and sugars, they only add calories but no other nutrients.</p>		

Session 1: Introduction to flavor enhancement

Flavor Profile: Rosemary

History: Rosemary has been around for centuries. It was first used in Europe about 50 B.C. as a food, and later to decorate wedding wreaths. Early on, people associated rosemary with memory. In ancient times, Greek students would wear rosemary on their clothes to help remember material for their exams. Today, rosemary is cultivated and eaten in most parts of the world.

Origin: Rosemary is an herb. The rosemary we eat is the leaf of an evergreen shrub. It grows best in mountainous regions, but it can grow anywhere there are moderate temperatures and sun. Today, rosemary grows in most parts of the world.



Rosemary drawing, 1885

Cooking: In cooking and teas, rosemary can be used in both fresh and dried forms. Rosemary teams well with other spices and is used for lamb, chicken, shrimp and vegetables. It is used a lot in Italian food. Potatoes roasted with rosemary are a popular dish. Rosemary has a strong flavor: a little bit goes a long way. Some fancy restaurants use a whole fresh stick of rosemary as a 'skewer' for kabobs (grilled meat on a rosemary stick).



Rosemary plant

Medicinal: Historically, rosemary was used for colic, to help with breathing, depression, and hair loss. Today, western medicine is researching whether rosemary may aid memory as our ancestors once thought.

Sensory: Rosemary leaves look like miniature pine tree needles, and taste and smell piney. It also tastes a little medicinal and minty.



Dried rosemary

Session 1: *Introduction to flavor enhancement*

Flavor Profile: Oregano



Oregano plant

History: Oregano has been used in both food and traditional medicine for thousands of years. It originated in Europe. In ancient Greece, oregano was called “Joy of the Mountain.” The Egyptians considered the *Origanum* species to be sacred to the god Osiris, and they wove it into crowns or wreaths worn during rituals.

Spain brought oregano to Mexico during the colonization and it is widely used in the cuisine today. Oregano was not used in the United States until the early 20th Century, when soldiers returning from Italy brought home a taste for flavorful pizza.

Origin: Oregano is an herb. Most oregano comes from Turkey and Greece (Mediterranean), but some oregano also comes from Mexico. It grows best in the mountains, but you can harvest oregano in the United States during warmer weather as long as there’s not too much moisture. You can eat oregano fresh from the plant or in its dried form.

Medicinal: Oregano was used for healing and disinfection, with reports of it having been applied by, the ancient Greek physician, Hippocrates as an antiseptic. The Babylonians may have used wild oregano to help with lung, cardiac, and infectious diseases. Oregano is also mentioned in the Bible, where it is described as a cleansing tonic. Western medicine is now studying oregano for its antioxidant properties.



Oregano drawing, 1885

Sensory: Mediterranean and Mexican oregano taste different. Mediterranean oregano tastes minty and bitter, while Mexican oregano is more medicinal and hay-like with a bitter aftertaste.



Dried oregano

Cooking: The more popular Mediterranean oregano is good with any tomato dish, and is an excellent seasoning for omelets, tomato juice, gravies, beef stew, and lamb. A lot of people like to sprinkle oregano on their pizza. Mexican oregano is used in chili powder, chili con carne and other Mexican dishes. Fresh oregano is also sold in some stores, although the dried form is much more commonly used.

Understanding a Recipe

Granola, Yogurt, Berry Parfait

Prep Time: 5 Min

Serves: 4 Servings

Ingredients

2 c plain yogurt
2 c granola
2 c fresh berries
4 tbsp honey

Directions

- Line up four cups
- Spoon 2 tbsp of yogurt in each cup
- Spoon 3 tbsp of granola in each cup
- Spoon 2 tbsp of fruit over the granola
- Repeat the last three steps , adding honey here and there, to taste

The Granola, Yogurt, Berry Parfait recipe card illustrates the necessary parts of a recipe.

Parts of a Recipe

Recipe Name: The recipe name tells you what you'll be making. Some also give a few words of description about the dish.

Prep Time: Time tells you how long it should take to prepare the meal. Prep time refers to the amount of preparation time. Cook time refers to the amount of time the dish needs to be cooked.

Servings: The number of servings is important because it tells you how many people your dish should feed.

Ingredients: This is a list of all of the items that you will need to create your dish. It is important to gather all ingredients before beginning.

Directions: The directions give you step-by-step instructions to create the dish. Always read the directions before beginning.

Real World Relevance

History of Trail Mix



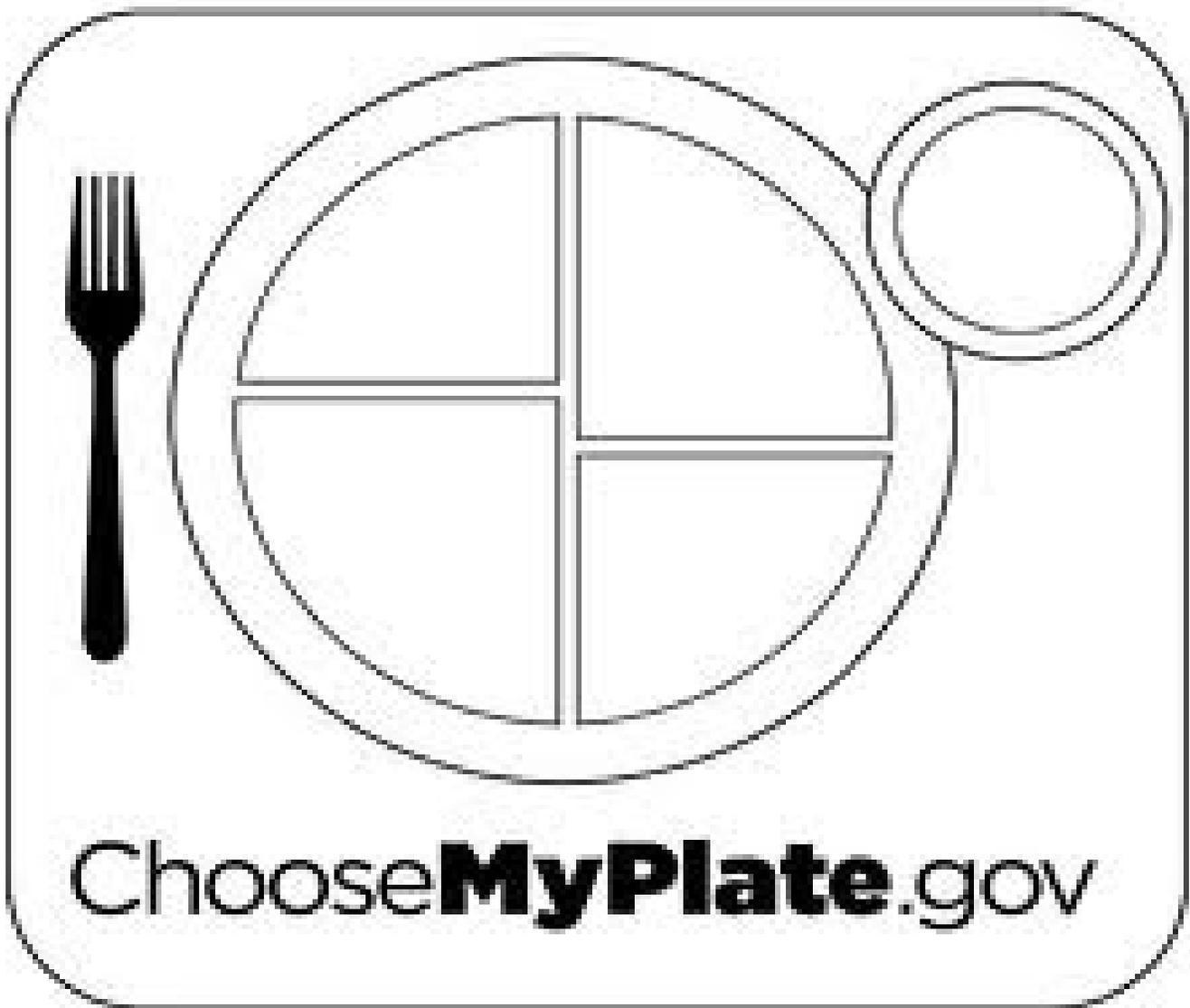
Trail mix is a nutritious, high-energy snack made of nuts, seeds, dried meats, dried fruits, berries and/or candy. It's been eaten since ancient times. The Nomads were professionals at making high-energy snacks that were easy to take on the road, could handle any weather and did not need cooking. Over time, many different cultures made trail mixes because of the high impact nutrition, easy storage, and simple prep work.

As time went on, so did trail mix. Ancient travelers, explorers, pioneers, hunters, soldiers, hikers, scouts, and cowboys, have enjoyed their own versions of this easy to keep treat. Today, you can buy premade trail mix in the grocery store. but making your own is easier, tastier, and healthier.

Session 1: Introduction to flavor enhancement

MyPlate

Directions: Fill in the blanks and identify examples of foods that would fit in each MyPlate category.



Session 1: *Introduction to flavor enhancement*

SpiceMyLife

What spices were used today? What are some special or interesting facts that you learned about them?

Did you particularly like or dislike any of the herbs or spices? Why or why not? Use descriptive words regarding flavor, texture, or appeal to express your reactions.

ie. The Rosemary has a strong flavor. I think I could recognize this herb in other dishes.

How can you incorporate these spices into your meals at home?

What recipe might you share with your family at home?

Are there any spices that you would like to learn to more about?

Session 2: Food on the GO! Part I

RECIPES

R2.1. Spiced Egg Scramble

Ingredients

3	Eggs
1/4 tsp	Oregano or Rosemary
1 tsp	Olive oil
1/2 c	Shredded reduced fat cheese



Directions

- Beat 3 eggs
- Mix in 1/4 teaspoon Oregano Leaves or Rosemary Leaves
- Sauté 1/2 cup chopped vegetables in 1 teaspoon hot olive oil
- Add egg mixture
- Cook until just set
- Sprinkle with 1/2 cup shredded reduced fat cheese
- Fold over

R2.2. Greek Tuna Salad Pocket

Ingredients

2 tbsp	Lemon juice
1 tbsp	Olive oil
1 1/2 tsp	Oregano leaves
1/2 tsp	Garlic powder
7 oz	Albacore tuna, packed in water
1/2 c	Chopped tomato
1/4 c	Finely chopped red onion
1/4 c	Crumbled reduced fat feta cheese
2	Whole wheat pita breads (6 1/2-inch)
1 c	Baby spinach leaves



Directions

- Mix lemon juice, oil, oregano and garlic powder in medium bowl until well blended
- Add tuna, tomato, red onion and feta cheese
- Toss lightly and cover
- Refrigerate at least 1 hour or until ready to serve
- Cut pita breads in half
- Line with spinach leaves
- Spoon tuna mixture into pita pockets

Session 2: Food on the GO! Part I

RECIPES

R2.3. Twisted Chicken Salad Pita



Ingredients

4 c	Diced poached chicken
1	Stalk celery, cut into 1/4-inch dice
1/4 c	Scallions
1/4 c	Chopped almonds
1 1/2 tsp	Tarragon or fresh dill
2 tbsp	Parsley
1 c	Low fat mayonnaise
2 tsp	Strained freshly squeezed lemon juice
1 tsp	Dijon mustard
4	Whole Pita Bread
2 tsp	kosher salt
	Curry Powder
	Ground black pepper

Directions

- In a mixing bowl, toss together the chicken, celery, scallions, almonds and herbs
- In a small bowl, whisk together the mayonnaise, lemon juice, mustard, salt and pepper to taste
- Add to the chicken and mix gently until combined
- Refrigerate until ready to serve
- Cut pita breads in half
- Line with spinach leaves
- Spoon tuna mixture into pita pockets

R2.4. Capresi Pita

Ingredients

	Sliced mozzarella cheese
	Sliced tomato
1/4 tsp	Oregano
1/4 tsp	Basil
1	Whole pita bread

Directions

- Season tomatoes with basil and oregano
- Cut pita breads in half
- Line pockets with tomatoes
- Line pockets with mozzarella
- Enjoy!



Session 2: Food on the GO! Part I

RECIPES

R2.3. Cinnamon Raisin Oatmeal

Ingredients

Oatmeal
Cinnamon
Raisings
Pumpkin seeds

Directions

- Boil water
- Add oats to boiling water
- Stir for about 10-15 minutes
- Cover and remove from heat
- Let stand for a few minutes
- Add toppings for flavor
- Enjoy



Session 2: Food on the GO! Part I

Flavor Profile: Basil



Basil plant

History: Basil has been used in food and medicine for several thousand years. Historically in burying, basil was planted around temples and used to bury the dead in India. In Iran, Malaysia, and Egypt, it is considered a symbol of love and placed on graves. In Greece and Rome, basil was originally associated with poverty, so it was avoided in these regions. It was introduced to Britain in the 16th century and to North America shortly afterwards.

Origin: Basil is an herb. Most basil comes from the United States, Egypt, France, Greece, Hungary, Indonesia, Israel, and Morocco. You can eat basil fresh from the plant or in its dried form. Basil grows best in warmer weather.

Medicinal: In traditional medicine, basil is used to fight infection. Asian cultures use basil as a remedy for cold and flu and to treat insect bites. In Africa, it is used for scorpion stings. Western medical research has not yet found basil to show benefits.

Sensory: Basil is easily identified by its licorice-like flavor. It also tastes minty, hay-like, green (grassy), tea-like, and bitter. Fresh basil has a much stronger flavor than dried basil.



Basil drawing



Dried basil

Cooking: Basil leaves, which rival oregano as a seasoning for pizza, are used for flavoring tomato dishes, stews, sauces, sausages, dressings, and salads. Basil is a common ingredient in Italian style dishes. Dried basil is available both whole and ground. Fresh basil is also very popular and is often used in Caprese salad (basil leaves, tomatoes and fresh mozzarella cheese).

Session 2: Food on the GO! Part I

Flavor Profile: Thyme

History: Thyme has been used as food and medicine for several centuries. Ancient Egyptians used thyme in their embalming practices, while ancient Greeks used thyme in their religious rituals for courage. In Europe during the Middle Ages, people put thyme under their pillows to ward off nightmares. In folklore, there was thyme in the manger where the newborn Jesus lay.

Origin: Thyme is a low-growing perennial subshrub with small grey or green leaves. It comes from the Mediterranean region and is grown in many European countries, as well as Morocco and the United States. Thyme grows best in hot, sunny climates. You can eat thyme fresh from the plant or in its dried form.

Medicinal: The leafy parts of thyme and its essential oil have been used in traditional medicine practices throughout the world. In Africa, thyme is used for its calming properties, while in Chinese medicine, thyme is used for respiratory disorders. Ayurvedic medicine (from India) suggests thyme as a remedy for headaches, stomach upset, dental hygiene, and more. In the Carribbean, some cultures use thyme to assist childbirth. In Europe, thyme is used as a remedy for cold and cough. Current research is investigating thyme for skin disorders, bronchitis, cough, and dental plaque, though finding inconsistent evidence.

Sensory: The most common variety of thyme tastes medicinal, green (grassy), hay-like, and a little minty and bitter. There are many varieties of thyme and each tastes different: for instance, lemon thyme has a lemony flavor.

Cooking: Thyme flavors traditional dishes such as clam chowder and stuffing for Thanksgiving turkey. Thyme also complements beef, poultry, pork, lamb, and fish dishes. *Bouquet garni*, a bundle of herbs tied with twine, contains sprigs of thyme and is used to add flavor to stews, soups, and stocks. Gumbo, a traditional Creole stew, obtains some of its flavor and aroma from thyme.



Bundle of thyme



Dried thyme



Thyme drawing,
1887

Real World Relevance

Will You Basil Me?

In Italy, basil symbolizes love. When an Italian suitor wanted to show his love, he would place a sprig of basil in his hair to win his heart's desire.

In Mexico, people would keep basil in their pockets in hopes that the man or woman they loved would return their love forever.

In Romanina, a man would give basil to his love as a sign of their engagement



Changing a Recipe

Directions: In the left-hand column are ingredients for two recipes. Both need to be changed to serve eight people for a party. Rewrite the ingredient lists in the right column, making the necessary changes.

Beef Stew, Serves 12

- 4 lbs Boneless stewing beef _____
- 1 tsp Dried thyme _____
- 2 tsp Salt _____
- 1/4 c All-purpose flour _____
- 3 tbsp Vegetable oil _____
- 1 c Chopped onions _____
- 3/4 c Chopped carrots _____
- 3/4 c Chopped celery _____
- 4 c Beef broth _____
- 4 Boiled potatoes _____

Green Salad, Serves 4

- 5 oz Mixed salad greens _____
- 1 Tart apple _____
- 2 tbsp Chopped walnuts _____
- 2 tbsp Red wine vinegar _____
- 1/4 tsp Dijon mustard _____
- 1/4 tsp Salt _____
- 2 tbsp Olive oil _____



Session 2: Food on the GO! Part I

SpiceMyLife

What spices were used today? What are some special or interesting facts that you learned about them?

Did you particularly like or dislike any of the herbs or spices? Why or why not? Use descriptive words regarding flavor, texture, or appeal to express your reactions.

ie. The Rosemary has a strong flavor. I think I could recognize this herb in other dishes.

How can you incorporate these spices into your meals at home?

What recipe might you share with your family at home?

Are there any spices that you would like to learn to more about?

Session 3: Food on the GO! Part II

RECIPES

R3.1. Spicy Trail Mix

Ingredients

Popcorn
Nuts (or seeds)
Dried fruit
Cereal (chex, cheerios, granola)
Crackers (goldfish, teddy grahams)
Pretzels
Cinnamon
Ginger
Nutmeg
Red Pepper
Black pepper
Curry powder



Directions

- Mix 1/4 c of the food ingredients in small bag
- Add a combination of 3 or 4 spices (1/4 tsp of each spices)
- Shake up the bag to blend all of the ingredients

R3.1. Savory Dipping Sauce

Ingredients

Oregano
Rosemary
Thyme
Basil
Red pepper
Black pepper
Curry powder
Nonfat, low fat Greek or plain yogurt
Reduced fat sour cream
Reduced fat cream cheese
Reduced fat mayo
Olive oil
Balsamic vinegar



Directions

- Assemble ingredients into a bowl to make up 1-2 cups.
- Pick 3-4 spices and add (very small amounts, like 1/4 tsp of each for a one cup serving).
- Mix together
- Usually a serving size is 2 tablespoons per person.

Session 3: *Food on the GO! Part II*

RECIPES

R3.3. Sweet Fondue

Ingredients

Cinnamon
Ground ginger
Ground nutmeg
Nonfat or low fat greek or plain or vanilla yogurt
Reduced fat sour cream
Reduced fat cream cheese
Reduced fat mayo
Flax seed
Wheat germ
Reduced fat or fat free whipped topping
Honey
Agave nectar
Reduced sugar maple syrup
Sugar free pudding mix

Directions

- Assemble ingredients into a bowl to make up 1-2 cups.
- Pick 3-4 spices and add (very small amounts, like ¼ tsp of each for a one cup serving).
- Mix together
- Usually a serving size is 2 tablespoons per person.



THE US FOOD PLATE

DAIRY
Get your calcium-rich foods

- Include fat-free or low-fat milk as a beverage at meals.
- Add milk instead of water to prepare oatmeal and hot cereals.
- Use milk when making condensed cream soups - like Tomato.
- Choose calcium-fortified juices, cereals, and breads if you can't eat dairy products.

GRAINS
Make half your grains whole

- Substitute a whole-grain product for a refined one.
- Try brown rice or whole-wheat pasta.
- Choose foods that list a whole grain first on the label - color is not an indication.
- Add barley, bulgur or quinoa to soups, stews and casseroles.

PROTEIN FOODS
Go lean with protein

- Start with lean choices, and remove visible fat and skin.
- Choose fish more often.
- Use dry beans or peas in meals.
- Add nuts to salads or main dishes as a substitute for meat.

FRUITS
Focus on fruits

- Vary fruit and juice choices - they vary in nutrients.
- Top cereals, pancakes, waffles and yogurt with berries or diced fruit.
- Snack on dried fruits - they are easy to carry and store well.
- Select canned fruits in 100% juice or water, not syrup.

VEGETABLES
Vary your veggies

- Buy fresh vegetables in season - keep frozen on hand, too.
- Plan meals around a vegetable main dish, such as a vegetable stir-fry.
- Keep cut-up vegetables in a see-through container in the refrigerator.
- Shred carrots or zucchini into meatloaf, casseroles, and quick breads.

A Whole Diet Approach to Healthy Eating
For individual recommendations on food intake for your age and activity level go to ChooseMyPlate.gov

Based on: 

Session 3: Food on the GO! Part II

Flavor Profile: Cinnamon



Two types of cinnamon bark

History: Cinnamon has been used as a spice and a medicine around the world for centuries. The Chinese wrote about it around 2800 BC, and the ancient Egyptians used it to embalm mummies. Later, ancient Arab traders supplied cinnamon to Greece and Rome.

Origin: Cinnamon comes from the inner bark of the cinnamon tree.

There are several types of types of cinnamon; the most common is Cassia Cinnamon. Most cinnamon comes from Asia.

Medicinal: Cinnamon was traditionally used to help calm the stomach and is still used today. India, China, and other western medicine traditions are studying cinnamon for its potential to lower blood sugar and regulate insulin.

Sensory: Cinnamon is one of the most popular flavors in the world. It tastes slightly spicy, hot and sweet. Since cinnamon comes from the bark of a tree, it also tastes woody. Good quality cinnamon tastes like red hot candy- like atomic fireballs!



Cinnamon tree drawing from 1600s



Ground Cinnamon

Cooking: Cinnamon is used by cooks all over the world for sweet desserts. In America, it is most famously used in apple pie. In Mexico, cinnamon is used in hot chocolate. In many Asian and Middle Eastern countries, cinnamon appears in savory main course dishes. In India, people use cinnamon to flavor rice. In Lebanon, cinnamon flavors lamb stew.

Session 3: Food on the GO! Part II

Flavor Profile: Turmeric (Curry)



Turmeric root

History: Turmeric, the main ingredient in curry, has been used as a spice and household remedy for thousands of years. It was first used as a dye for clothes, and later to flavor food in India and other Asian countries. Arab traders introduced it into Europe in the 13th century. The explorer, Marco Polo, reportedly carried it to China and other parts of the world.

Origin: Turmeric comes from the root of the *curcuma longa* plant. It grows best in tropical climates with a large annual rainfall. Turmeric is related to the ginger plant. In the United States, most turmeric comes in dry, powdered form. You can also chop up the root to use in dishes. Most turmeric comes from India.

Medicinal: The rhizome (underground stem) of turmeric is used in traditional Asian medicine to treat gastrointestinal upset, arthritic pain, and fatigue. In India, Ayurvedic medicine uses turmeric to strengthen the body, tone the digestive system and the liver, and relieve arthritis. In Trinidad and Canada, turmeric is also used as natural medicine for pets to get rid of worms and parasites. Clinical trials are now looking at whether turmeric can help with inflammation, pain, blood glucose control, skin itching and dryness, and memory. Small studies have found turmeric may help with memory and blood glucose control, but more research is needed.



Turmeric botanical drawing, 1887

Sensory:

Turmeric has a very strong flavor, so a little bit goes a long way. It tastes earthy, medicinal, and bitter, with a little bit of fresh green and minty flavors. Turmeric is bright yellow in color and provides foods with a rich color.



Ground turmeric

Cooking:

Turmeric is available in dried ground form, and is very good with chicken, seafood, egg dishes, rice, creamed potatoes, and macaroni. A little turmeric is a flavorful addition to mayonnaise for seafood salads or in melted butter for corn on the cob. Turmeric is a major ingredient in yellow curry powder, used in many Indian style dishes.

Real World Relevance

It came from the Cinnamologus nest!



In the Middle Ages, Arabs brought cinnamon and other spices from Asia to Egypt on caravan trade routes. They made up stories to hide the source of the cinnamon to make a bigger profit. One myth was the cinnamologus bird that guarded a nest of cinnamon sticks on top of a cliff. Traders claimed they didn't know where the bird found the rare sticks. They said to get the sticks, one had to lure the bird with heavy pieces of meat so the bird would carry the meat to its nest. The weight of the meat would then cause the nest to fall, so the valuable sticks could be harvested.

Session 3: Food on the GO! Part II

SpiceMyLife

What spices were used today? What are some special or interesting facts that you learned about them.

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Session 4: *Make a meal! Part I*

RECIPES

R4.1 Cozy Spiced Beef and Apple Ragu

Ingredients

1 1/2 lbs	Lean beef stew meat, cut into 1-inch cubes
3 tbsp	Flour
1 tbsp	Oil
14 1/2 oz	Reduced sodium beef broth
6 oz	Thawed frozen apple juice concentrate, undiluted
2	Firm red cooking apples, peeled, cored and cut into 1 1/2-inch chunks
2	Medium sweet potatoes, peeled and cut into 1-inch chunks
2 tsp	Thyme leaves
1 1/2 tsp	Cinnamon
1/2 tsp	Black Pepper
1/2 tsp	Ginger
1/2 tsp	Salt

Directions

- Coat meat with flour
- Heat oil in large skillet on medium-high heat
- Add 1/2 of the meat; cook 5 minutes or until browned
- Repeat with remaining meat
- Place meat and remaining ingredients in slow cooker
- Toss to coat well. Cover.
- Cook 8 hours on LOW or 4 hours on HIGH
- Thicken with additional flour, if desired.



Session 4: Make a meal! Part I

RECIPES

R4.2 Zesty Jerk 3 Bean Crockpot Chili

Ingredients

14 1/2 oz	Kidney beans, drained and rinsed
15 oz	Black beans, drained and rinsed
15 oz	White beans, drained and rinsed
14 1/2 oz	Diced tomatoes, undrained
1 c	Vegetable or beef broth
7 oz	Roasted red peppers, drained and coarsely chopped
6 oz	Tomato paste
1	Medium yellow or green bell pepper, coarsely chopped
1	Onion, chopped
1/2 tsp	Garlic
2 tbsp	Olive oil, divided
2 tsp	Jerk mix

Jerk Mix

1/4 tsp	Cinnamon
1/4 c	Light brown sugar
1/2 tsp	Red pepper
1/4 tsp	Nutmeg
1/4 tsp	Cumin
2 tsp	Salt
1 tsp	Black pepper
2 tbsp	Canola oil

Directions

- Mix beans, tomatoes, broth, roasted red peppers, tomato paste, bell peppers, chopped onions, garlic, 1 tablespoon of the oil and 1 teaspoon of the Seasoning in slow cooker.
- Cook 8 hours on LOW.
- Stir in remaining 1 tablespoon oil and 1 teaspoon seasoning just before serving.



Session 4: Make a meal! Part I

RECIPES

R4.3 Greek Salad with Herb Vinaigrette

Ingredients

3 c	Seeded and diced cucumbers (3/4-inch dice)
3 c	Seeded and diced tomatoes (3/4-inch dice)
1/2 c	Thinly sliced red onion
1/4 c	Crumbled feta cheese

Vinaigrette

1/2 c	Olive oil
1/4 c	White wine vinegar
1 tsp	Rosemary
1 tsp	Thyme
1/2 tsp	Garlic
1/2 tsp	Oregani



Directions

- For the Herb Vinaigrette, mix all ingredients in large bowl with wire whisk until well blended
- Add cucumber, tomatoes and onion; toss to coat well and cover
- Refrigerate at least 1 hour or until ready to serve. Just before serving, sprinkle with feta cheese

R4.4 Pomagranate Vinnaigrette

Ingredients

6 ounces	Field greens
2	Ripe pears, cored and thinly sliced
1/3 c	Dried cranberries
1/3 c	Toasted walnut pieces
6 tbsp	Crumbled blue cheese

Pomegranate Vinaigrette

1/3 c	Olive oil
1/3 c	Pomegranate juice
1 tbsp	Sugar
1 tsp	Cinnamon
1 tsp	Ginger
1/8 tsp	Sea salt



Directions

- For the Vinaigrette, mix all ingredients in small bowl with wire whisk until well blended
- Just before serving, toss greens with pears, cranberries, walnuts and blue cheese in large bowl.
- Drizzle with Pomegranate Vinaigrette
- Toss lightly to serve

Session 4: *Make a meal! Part I*

RECIPES

R4.5 Vanilla Vinaigrette

Ingredients

6 oz	Field greens or baby spinach leaves
2	Seedless oranges, peeled and sectioned
2 c	Strawberry halves or slices
1/2 c	Toasted pecan pieces

Vanilla Vinaigrette:

1/3 c	Olive oil
3 tbsp	White wine vinegar
1 tsp	Vanilla extract
1/2 tsp	Salt
1/2 tsp	Sugar
1/4 tsp	Black pepper

Directions

- For the Vinaigrette Mix all ingredients in small bowl with wire whisk until well blended.
- Toss greens with oranges, strawberries and pecans in large bowl
- Serve with vinaigrette.



Portion Distortion

Remember! To make a healthy plate, start by filling $\frac{1}{2}$ of it with fruits and vegetables.



What you're served



What's one serving

3oz of meat is the size of a deck of cards.



1 cup of pasta is the size of a baseball.

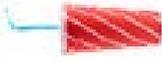


1 teaspoon of olive oil is the size of the very tip of your thumb.



Portion Control



Food	20 Years Ago	Today
Bagel	 3-inch diameter 140 calories	 6-inch diameter 350 calories
hamburger	 1 portion 333 calories	 1 portion 550 calories
Spaghetti and Meatballs	 1 cup spaghetti, sauce and 3 small meatballs 500 calories	 2 cups spaghetti, sauce and 3 large meatballs 1,025 calories
Soda	 6.5 ounces 85 calories	 about 20 ounces 300 calories
French Fries	 2.4 ounces 210 calories	 6.9 ounces 610 calories

Session 4: Make a meal!Part I

Flavor Profile: Black Pepper

History: Black pepper has been around for many centuries. It's been used in India for over 4,000 years for both medicinal and culinary purposes. In Medieval times, black peppercorns were so valuable, they were used as money in parts of Europe, and sometimes used as payment for rent or dowry. For centuries, black pepper was expensive and hard to find. Today, black pepper is abundant and a relatively inexpensive spice.



Whole black peppercorns



Black pepper plant (white pepper comes from same plant)

Origin: Black pepper comes from the berries on a *Piper Nigrum* plant. The berries can also make white and green pepper, which are not as common in American cuisine. What makes them have a different color and flavor is the drying process. Black pepper is dried for 7-10 days out in the sun. Most black pepper is produced in India, Indonesia, Brazil, and Vietnam.

Medicinal: Historically, black pepper was used to improve digestion and to help calm intestinal upset. Western research has found that black pepper may increase the amount of digestive enzymes produced after eating.

Sensory: Black pepper is spicy and hot with a woody (cedar) flavor. It can be musty, citrusy (lime), piney, and a little bitter. Because whole pepper can be stored for many years without losing its aroma, it became known as the master spice.

Cooking: Black pepper is the world's most popular spice. It is found alongside salt on most tables in the Western world so that diners can season their food to taste. It is a prominent spice in prepared meat products, such as sausage, pepperoni, and cold cuts. Some restaurants offer freshly ground black pepper on salads. Black pepper can even be used in desserts – traditional German Christmas cookies called *Pfeffernüsse* are seasoned with black pepper.



Drawing of black pepper, 1832

Session 4: Make a meal! Part I

Flavor Profile: Ginger



Ginger root

History: Ginger has been used for both food and medicine since ancient times. Early writings (4,000 B.C.) mention ginger in Indian cooking and medicinal practices. Ginger was also grown in China and other countries in Southeast Asia. During sea voyages, people brought ginger along to prevent scurvy. It was transported to Rome during medieval times where it was first used for medicine and later for food. The ginger cookies we love during

the holidays likely originated in Egypt (though they were dryer and not as sweet). In the 1600s, Queen Elizabeth, in England, reportedly loved gingerbread cookies in.

Origin: Ginger is the root (or rhizome) of a green plant. It grows two to four feet in height. Most ginger today comes from China or India. Ginger is a perennial plant, but since the entire root is typically consumed, the crop needs to be replanted each year.

Medicinal: Traditional Chinese Medicine (TCM) has used ginger for stomach upset, diarrhea, and nausea for over thousands of years. In India, ginger has been used for stomach upset, colic, and cough. Ginger has been used in traditional Arabic medicine for coughs and colds. In Africa, ginger is taken to relieve headache and improve mood. Western Medicine shows emerging evidence that ginger can help with nausea from both chemotherapy (cancer treatment) and during pregnancy. Some research shows ginger may relieve pain and inflammation.



Drawing of ginger, 1887



Ground ginger

Sensory: Ginger is spicy/hot with a citrus (lemon) taste. It can also taste a little earthy and bitter.

Cooking: Ginger is available whole (fresh) and ground (dried). Ground ginger is best known for its use in baked goods and ginger ale, but it also can be used sparingly with meats, poultry, or fish. It is traditionally used during the winter holiday season for gingerbread. Crystallized ginger is fresh root cooked in syrup, used as a confection or condiment, not a spice.

Real World Relevance

The portion is in the popcorn!

Movie Popcorn



Twenty Years Ago
5 cups
270 calories



Today
Tub
630 calories

Did you know fast food portions are
2 to 5 times larger today than they were in the 1980s?

From food items to chairs, just as the American waistline has expanded so
has other products and merchandise. Check out some interesting changes
that reflect our growing size due to bigger portions.

The standard casket has grown from
22 inches wide in the 1970s to 26 inches wide today.

The average adult male weighed 168 pounds in the 1980s,
in 2003 he weighed 180 pounds.

The average adult female increased from
142 pounds to 152 pounds during the same period.

Additionally, even movie theater seat widths have increased from 19 to 21
inches to accommodate the needs of larger movie watchers.

Next time you find yourself mindlessly munching, consider what portion
control technique you may be able to utilize!

Building a Balanced Plate



You decide to have a bowl of cereal in the morning. What can you add to balance your plate?
What spices can you add to make your balanced plate more tasty?

Session 4: *Make a meal! Part I*

SpiceMyLife

What spices were used today? What are some special or interesting facts that you learned about them?

Did you particularly like or dislike any of the herbs or spices? Why or why not? Use descriptive words regarding flavor, texture, or appeal to express your reactions.

ie. The Rosemary has a strong flavor. I think I could recognize this herb in other dishes.

How can you incorporate these spices into your meals at home?

What recipe might you share with your family at home?

Are there any spices that you would like to learn to more about?

Session 5: *Make a meal! Part II*

RECIPES

R5.1 Marinara Extravaganza

Ingredients

1 tbsp	Olive oil
1	Medium onion, chopped
1/2 tsp	Garlic Powder
1/2 tbsp	Oregano
1/2 tbsp	Basil
3 tbsp	Tomato paste
28 oz	Tomatoes, crushed or petite diced
1 tsp	Sugar

Directions

- Heat oil in pan over medium heat.
- Add onions and cook stirring frequently until the onions are clear (5-10 minutes).
- Add garlic powder, oregano, basil, and tomato paste.
- Stir into onions.
- Add tomatoes and sugar. Stir well to incorporate all ingredients.
- Bring sauce to low boil then reduce heat and simmer for 30-45 minutes.
- Serve with parmesan cheese and whole grain pasta.



Session 5: Make a meal! Part II

RECIPES

R5.2 Tangy Apricot

Ingredients

1/2 c	Apricot preserves
2 tbsp	Mayonnaise
1 tbsp	Mustard
1 tbsp	Orange juice
1/8 to 1/4 tsp	Ginger



Directions

- Mix all ingredients until well blended
- ENJOY!

R5.3 Spicy Buffalo

Ingredients

1/3 c	Mayonnaise
1/3 c	Sour cream
2 tbsp	Crumbled blue cheese
2 tsp	Hot sauce
1/2 tsp	Garlic Powder



Directions

- Mix all ingredients until well blended
- ENJOY!

R5.4 Honey Mustard

Ingredients

1/2 c	Mayonnaise
2 tbsp	Honey
2 tbsp	Mustard
1 tsp	Water

Directions

- Mix all ingredients until well blended
- ENJOY!



Session 5: Make a meal! Part II

Flavor Profile: Nutmeg



Whole nutmeg

History: Nutmeg has been used as both a spice and a medicine since medieval times. Nutmeg originated in the Molucca Islands of Indonesia, where it was grown exclusively until the 19th century. Greek monks sprinkled nutmeg on their pease pudding. During Elizabethan times, nutmeg was believed to ward off the plague; as a result, the price of nutmeg increased dramatically. Nutmeg has a history of war – In the 16th century, the Portuguese conquered the Molucca Islands

and took control of the nutmeg trade. Later, the Dutch gained control and fought to keep the price of nutmeg artificially high. The British then planted nutmeg trees in Zanzibar (Africa) and Grenada (Caribbean) so they could have an independent supply.

Origin: Nutmeg comes from an evergreen tree. The spice nutmeg comes from grinding the seed or nut. Another spice, mace, comes from the red, lacy covering of the same nut. Today, nutmeg comes from Indonesia and Grenada. Most nutmeg is sold in the ground (powdered) form, although you can sometimes purchase whole nutmeg and grate it yourself.



Ground nutmeg

Medicinal: Nutmeg has been used historically in several medicinal traditions. Unani medicine (Greek Arabic) considers nutmeg and other spices to be aphrodisiacs. In several cultures, nutmeg has been used to promote digestion. Western research has found some evidence that chewing nutmeg gum may help reduce plaque and promote dental health.



Drawing of nutmeg, 1887

Sensory: Nutmeg has a floral taste and is also musty, woody, piney, and bitter. Sometimes, it can taste somewhat like rootbeer. A little bit of nutmeg goes a long way.

Cooking: Nutmeg is used to flavor desserts (such as custards and puddings), baked goods, eggnog, sauces, and vegetables. Nutmeg is also used in pumpkin pie and apple cider, and is added to recipes using squash (e.g., butternut squash risotto), to bring out the flavor of the vegetable.

Session 5: Make a meal! Part II

Flavor Profile: Cumin

History: Cumin has been used in food, medicine, and religious practices for over 4,000 years. Early records indicate cumin was farmed near the Nile River in Egypt, where it was used in preparing mummies for burial. Cumin is mentioned in both



Ground cumin

Old and New Testaments of the Bible. Ancient Greeks used a "cumin box" to flavor foods much as we use a pepper shaker today. During the Middle Ages, cumin was mostly used in Spain and Portugal.

Origin: Cumin is a spice that comes from the seeds of a small, green plant. Cumin is an annual that grows in temperate climates. Most cumin comes from Syria, India, and China.

Medicinal: Across most cultures, cumin has been used to treat stomach upset and help with digestion. Additionally:

- In Ancient Egypt, cumin was used to relieve cold and cough as well as ear infections and dental pain.
- In Arabic medicine, cumin was used to promote weight loss.
- Ayurvedic medicine uses cumin to support the cardiovascular system, to relieve fever, insomnia, liver conditions, and skin disorders.
- The Bible mentions cumin as helping with the cardiovascular system as well as treatment for wounds.
- In Europe, cumin is used for coughs, fever, colds, and other respiratory problems.



Cumin drawing, 1887

Clinical trials, do not yet show evidence that cumin can help with any of these conditions. More research is needed.

Sensory: Cumin has a distinct taste and smell similar to a burlap bag. Cumin also tastes musty, earthy, and green.



Cumin seeds

Cooking: People cook with cumin seeds and also ground cumin. Ground cumin is a principal ingredient in both chili powder and curry powder and is an essential ingredient in Tex-Mex cuisine. Roasted cumin seeds are used in many Indian dishes. Cumin seed is sometimes substituted for caraway seed, and is used with pork, sauerkraut, and cheese.

Real World Relevance

To the heart of the chicken finger matter!



In the early 1990s, when health-conscious Americans were worried about red meat but didn't want to give up the convenience comfort foods they loved, boneless, skinless chicken breasts seemed like the perfect fix for dinner.

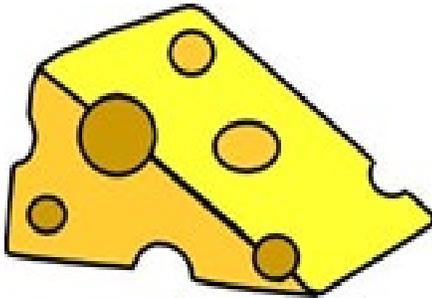
Given that most Americans prefer to have pieces of protein on their plates that are large enough to cut, the larger, triangular portion lends itself well to dinner. But what about the smaller fillets, the tenderloins, known as “tenders”? Chicken producers thought to use these tenders for another purpose. The tenders were not the right size for a dinner portion like chicken breast, but they were great finger food to use for chicken strips. When someone saw that the finger food actually looked like fingers, the name quickly became widespread to describe and identify this popular food.

Session 5: *Make a meal! Part II*

MyPlate

Directions: Read the following scene and offer suggestions to help this individual create a balanced plate. Be sure to think about what spices you could add to make your plate more tasty.

Scene 1: Jay is a student on the high school basketball team. Jay reaches for a banana and some cheese for breakfast but doesn't know what else to eat or what to make with it. Help Jay balance his meal. Keep in mind Jay has a big game today against the rival school and he needs a good breakfast!



Session 5: *Make a meal! Part II*

MyPlate

Directions: Read the following scene and offer suggestions to help this individual create a balanced plate. Be sure to think about what spices you could add to make your plate more tasty.

Scene 2: Leslie is a college student, it's Friday night and she has a big test on Monday. She feels like eating pizza tonight for her usual Friday night Italian food. Help Leslie balance her plate so she feels satisfied and energized, instead of stuffed and tired, so she can study for a few more hours tonight and ace her big test!



Session 5: *Make a meal! Part II*

SpiceMyLife

What spices were used today? What are some special or interesting facts that you learned about them?

Did you particularly like or dislike any of the herbs or spices? Why or why not? Use descriptive words regarding flavor, texture, or appeal to express your reactions.

ie. The Rosemary has a strong flavor. I think I could recognize this herb in other dishes.

How can you incorporate these spices into your meals at home?

What recipe might you share with your family at home?

Are there any spices that you would like to learn to more about?

Session 6: Putting it all together

RECIPES

R6.1 My Plate Salsa*

Ingredients

2 tbsp	Lime juice
1 can	Black beans
1 c	Cheddar cheese
1 can	Corn (yellow or white)
2 cans	Medium-hot salsa
1/4 tsp	Garlic

Directions

- Combine all of the above ingredients.
- Serve with low-fat baked corn or flour tortilla chips.
- Enjoy!



R6.2 Spice Smoothies

Ingredients

1	Small ripe banana, sliced
1 c	Frozen strawberries or blueberries
6 oz	Vanilla greek-style yogurt
1/2 c	Orange juice
1 tbsp	Honey
1/2 tsp	Ground cinnamon

Directions

- Combine all of the above ingredients in a blender.
- Blend on High until smooth.
- Enjoy!

*Adapted from Food Supplement Nutrition Education, University of Maryland Extension

Session 6: Putting it all together

RECIPES

R6.2 Hot Plate Chili

Ingredients

1 lb	Ground beef or turkey
2 tbsp	Chili Powder
1 tsp	Ground Cumin
29 oz (2 cans)	Stewed tomatoes
15 oz	Kidney beans, drained and rinsed

Chili Powder

1/4 c	Paprika
1 tbsp	Garlic powder
1 tbsp	Red pepper
1 tbsp	Dried oregano
2 tsp	Ground cumin

Directions

- Brown Ground beef or turkey
- Stir in chili powder, cumin, stewed tomatoes and kidney beans
- Simmer 10 minutes
- Serve!



Session 6: *Putting it all together*

Directions: Throughout the last six weeks, you have learned a great deal about spices and about building a balanced plate. Take this time to reflect on what you have learned. In the space provided, reflect on a memory involving your family and a food experience. Record any memories or ideas that you cherish. Describe your thoughts about the different foods that you have tried, spices and balancing your plate.

Session 6: Putting it all together

Flavor Profile: Red Pepper

History: Red pepper, also called cayenne pepper, has been in the human food supply since ancient times. It first grew in Central and South America where it was used for both food and medicine. During the 15th and 16th centuries, explorers carried the spice to Europe, Africa, and Asia. The name Cayenne is also the name of a town in Guinea in South America. Today, red pepper is used in almost every cuisine in the world.



Drawing of red pepper

Origin: Red pepper comes from the capsicum plant. It is grown all over the world, but most red pepper comes from China, India, Malaysia, Pakistan, Mexico, Tunisia, Spain, and Peru. People use both red pepper powder and the fresh plant to flavor their food.

Medicinal: For hundreds of years, Native American cultures have used red pepper for digestive relief. Red pepper has also been used as a remedy for skin and throat infections, to relieve pain and to stimulate circulation. Western medicine is currently studying the use of red pepper for to increase metabolism and decrease inflammation in the body.

Sensory: Red pepper is used primarily for its heat rather than its flavor. Therefore, heat is usually evaluated. The unit used to measure the heat of peppers is called a Scoville heat unit. Ground red pepper tastes a little bit like a bell pepper and can be slightly musty and woody.

Cooking: Be careful – A little bit goes a long way! Red pepper is used for seasoning meats, eggs, fish, vegetables, and Italian dishes. Dried red peppers can be sold as flakes or ground (cayenne pepper). Flaked red pepper is usually sprinkled on finished dishes for those who like their food spicy/hot. A lot of people use it on pizza. Ground red pepper is often added to soups and stews during cooking to add a little heat.



Ground red pepper

Session 6: Putting it all together

Flavor Profile: Garlic

History: Garlic has been used as both a spice and a medicine since ancient times. It was buried in the tomb of King Tutankhamen, consumed by medieval English farmers to protect them and along with lemon and red chili in India to ward off evil. It is also mentioned in the Bible.



Garlic bulbs

Origin: Researchers believe garlic originated in Asia. By 3000 BC, people were using it for culinary and medicinal purposes in Egypt and other parts of the Mediterranean. It was also used in ancient times in India and Pakistan. Today, garlic is grown in warm climates all over the world. Garlic is the bulb of the plant, encased in a white skin and holding numerous cloves. Garlic can be eaten fresh or dried.

Medicinal: Egyptian medical writings mention garlic as a treatment for wounds, parasites, and tumors. Garlic was used in ancient Greece, Rome, India, China, and Japan to help with digestion, circulation, tumors, infections, and sexual potency. It was also used for medicinal purposes by Native Americans and European settlers. Garlic was used during World War I and II to ward off gangrene and prevent infection. Today, garlic is being researched in Western Medicine for several health conditions. Clinical trials have found that supplementing garlic in the diet can lead to increased good cholesterol (HDL) levels. There is good evidence that eating garlic can lower blood pressure. Some evidence suggests that people who regularly eat garlic have

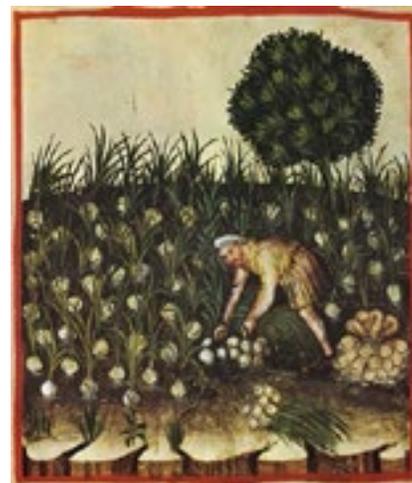


Garlic powder

a reduced risk of some types of cancers than those who do not. More research is needed to confirm these findings.

Sensory: Garlic tastes like green vegetables, sulfur, and fruit (cantaloupe). It can also taste a little rubbery. Sometimes garlic can be pungent – This means that smelling it can irritate or tickle your nose.

Cooking: Garlic is an important ingredient in the food of most countries around the world. It is used to season meat, poultry, seafood, marinades, sauces, dips, and salad dressings. Southern dishes that feature garlic include garlic mashed potatoes, garlic fried chicken, and garlic catfish. In China, pickled garlic is eaten with noodle dishes, roast pork, and chicken.



Garlic planting painting, 15th century

Real World Relevance

Social Eating



With the hectic pace of life, school, and work faced by every family member in today's society, it's gotten harder to come together for meals every day as was done years ago.

Studies show that the more often families eat together, the less likely kids are to smoke, drink, do drugs, get depressed, develop eating disorders, and consider suicide, and the more likely they are to do well in school, eat their vegetables, and know which fork to use among other table etiquette.

If family meals occur regularly and often, then mealtimes can make for open, consistent communication, a time when family members can talk about their day. Ultimately, family meals offer an opportunity and a place to make communication easier. It is not necessarily the meal that is important, but instead the conversation and exchanges that create positive effects. So start small, pick a day to share a meal as a family or even cook together, and enjoy the experience of working together. Then sit and enjoy the delicious foods that were made!

Session 6: Make a Meal Part II

SpiceMyLife

What spices were used today? What are some special or interesting facts that you learned about them.

Did you particularly like or dislike any of the herbs or spices? Why or why not? Use descriptive words regarding flavor, texture, or appeal to express your reactions.

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