HERBS & SPICES

WORDSEARCH
Find the words in the puzzle below. They may be horizontal, vertical diagonal or even backwards!

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

FOOD FACTS AND FUN
→ Experiment with different herbs and spices to see which ones you like.
→ Use herbs and spices to make food flavorful without adding extra fat, salt, or sugar.
→ Cinnamon, allspice, and ginger, when added to sweet foods, can make the food taste sweeter, not to mention flavorful!
→ Herbs are easy to grow both indoors and out, and are a great way to add flavor to all kinds of foods, from pizza, to pasta, to salad.

Fill in the crossword puzzle with these flavor enhancers!

WORDS
BASIL
CILANTRO
CINNAMON
FLAVOR
GINGER
NUTMEG
OREGANO
PARSLEY
ROSEMARY
SAVORY
SPICY

Make as many words as you can out of the letters in CHILI POWDER

SIMPLY
GOOD

WORDS
• Dill
• Parsley
• Cumin
• Bay Leaf
• Sage
• Cinnamon
• Pepper
• Spice