Spectacular Spices
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Spices come from dried seeds, fruit, roots and bark. They are used to add flavour and colour to food.

**Cardamom**
- Cardamom is a seed pod that tastes spicy and sweet.
- People use it when cooking curries and rice, but also desserts!
- Some people like chewing it after meals to refresh their breath.

**Cinnamon**
- Cinnamon is the bark of a tropical tree and it tastes woody and sweet.
- People use it when baking cakes, biscuits and fruit or to flavour meat.

**Cumin**
- Cumin is a seed that tastes slightly bitter. You can use it either whole or ground.
- People use it when cooking Indian, Mexican and Middle Eastern foods.

**Ginger**
- Ginger is a root that tastes hot and sweet.
- People use it when cooking curries and stir-fries.
- It’s also one of the ingredients for making gingerbread men.

**Lemongrass**
- Lemongrass is a stem that looks like a spring onion and tastes a bit like a lemon.
- People use it when cooking curries and stir-fries.

**Nutmeg**
- Nutmeg is not a nut, it’s actually the seed of a tropical tree and it tastes spicy and nutty.
- People use grated nutmeg when cooking both sweet and savoury food, like lasagnas.

**Paprika**
- Paprika comes from ground chilli peppers and it can taste mild or hot.
- People use it to add a spicy flavour to meat, vegetables and fish.

**Saffron**
- Saffron comes from the crocus flower and tastes sweet.
- People use it to add flavour to rice. It turns food a yellow colour.
- Did you know? Saffron is the most expensive spice in the world.

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