



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 lasagna.

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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