

Herbs and Spices

Read the passage below and answer the following questions.

Herbs and spices are natural ingredients that add flavor, aroma, and color to our food. Herbs are the leaves of certain plants, while spices come from other parts of plants, such as seeds, bark, or roots. They have been used for centuries in cooking and traditional medicine.

Herbs like basil, parsley, and cilantro are often used to enhance the taste of dishes, while spices like cinnamon, cumin, and turmeric add depth and complexity to recipes. They can be used fresh, dried, or ground into powders, and each herb and spice has its own unique flavor profile.

Not only do herbs and spices make our food more delicious, but many of them also have health benefits. For example, ginger is known for its anti-inflammatory properties, and garlic is believed to boost the immune system.



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Read the passage again and answer the questions.

1) What are herbs and spices used for?

2) What is the difference between herbs and spices?

3) Can you name three herbs mentioned in the passage?

4) Give an example of a spice mentioned in the passage.

5) Besides adding flavor, what are some other benefits of herbs and spices?
