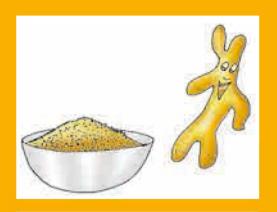


I can be powdered fine,
To make food hot and spicy,
If too much of me is added
I make you gasp... shhee... shhee...
Your eyes and nose burst into water...
And you cry!
Think and tell me who am I?
Tell me quickly, who am I?



Grind me and powder me
To make your food look yellow,
I am mixed in oil by granny
And applied to wounds quickly,
I heal all wounds-big and small,
That is why I am loved by all!
Think and tell me who am I?
Tell me quickly, who am I?





Small and round like a pearl,
I am black when I am whole.
I can be powdered coarse or fine
A sharp and spicy taste is mine,
Whether it is salty or sweet.
I am added as a special treat.
Think and tell me who am I?
Tell me quickly, who am I?



I am a small and skinny chap
Sometimes I am brown and
sometimes black,
Added to hot oil and ghee
I spread my fragrance all around me,
When I am roasted.
Curd and Jaljeera are favourite to me.

Tell me quickly, who am I?

Tell me quickly, who am I?

Think and tell me who am I?



I look like Jeera though green am I,

To make your stomach
healthy I always try,

Eat me always after your meal
I refresh your mouth.. You surely feel.
Think and tell me who am I?



I look like a nail but a bud am I,
Chocolate brown colour and a
Strong smell have I
When your toothache
makes you shout.
I soothe the pain in your mouth.



Tell me quickly, who am I?

Think and tell me who am I?

Now try and make your own riddles about two other spices. Ask those riddles in your class. Draw pictures of the two spices in your notebook and write their names.

Which spices are used in your house for cooking? Find out. Make a list and look at your friend's list too.

- When your grandparents were young, which spices were used most in their kitchen? Find out from them and write here.
- Name one spice which is put into both sweet and salty things.
- What is put into food to make it taste sour? Find out.



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I am Kuttan. I live in Kerala. There is a garden of spices in the backyard of my house. There I see plants of *Tejpatta* (bay leaf), small and big cardamoms and black pepper grow.

- Find out whether any spices are grown in your area! Write their names.
- Bring some whole spices to class. Write their names in the table. Close your eyes and try to recognise each spice by smelling and touching each one in turn. Put $(\sqrt{\ })$ mark in front of the ones you recognise. If you do not recognise any, put a (\times) mark.

No.	Smell	Touch	Name of the spice
1.			
2.			
3.			
4.			
5.			

Let us try to make a spicy Chana chaat!

- For this you need -
 - Boiled *Chanas* (gram), enough for everybody in the class.
 - Salt, red chilly powder, mango powder (Amchur) or lemon, according to taste.

Spicy Riddles

- Roasted cumin seeds, black salt and *Garam masala*, if it is possible.
- Fresh coriander leaves.

Add salt, red chilly power Amchur powder or lemon juice according to taste in the boiled Chana. To make your chaat more delicious, add a little roasted cumin seeds, black salt and



coriander powder. A pinch of *Garam masala* can also be added at the end. Mix the *Chana* well. Sprinkle chopped coriander leaves on top. Hurrah! Your spicy *Chaat* is ready to eat!

- Did you enjoy the *Chana Chaat*?
- Just imagine, if there were no spices to make the *Chana Chaat*, how would it taste?
- Try to learn and make different kinds of *Chaat* and enjoy it with all your friends in class.
- How do spice-less and very spicy things feel on your tongue?



For the teacher: *Garam Masala*: A powder of mixture of several spices such as cardamom (small and big), clove, cumin seed *(Jeera)*, cinnamon, black pepper, dry ginger etc.

