



# 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 F A 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 A T 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 I 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 O G 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

### WORDS

BASIL	GINGER	ROSEMARY
CILANTRO	NUTMEG	SAVORY
CINNAMON	OREGANO	SPICY
FLAVOR	PARSLEY	

MAKE AS MANY WORDS AS YOU CAN OUT OF THE LETTERS IN

## CHILI POWDER

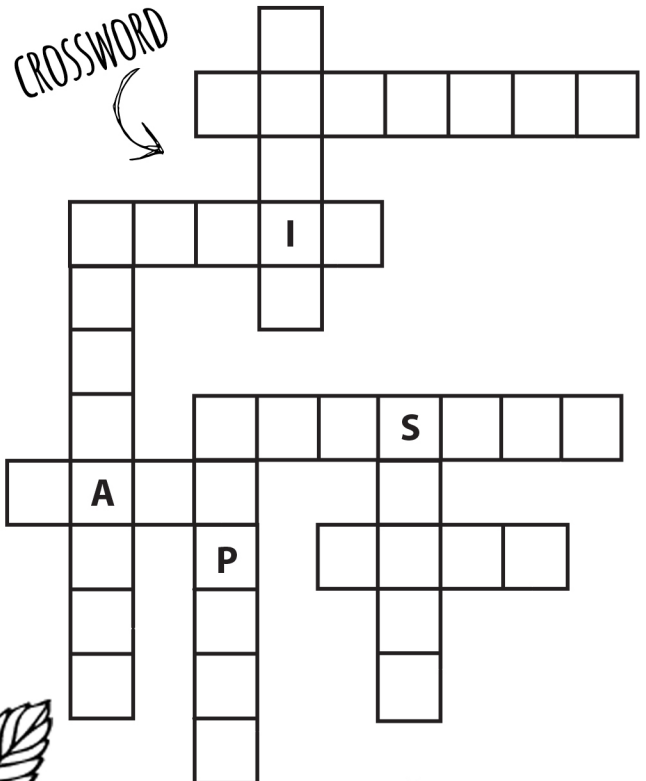


# SIMPLY GOOD

## 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

- Dill
- Parsley
- Cumin
- Bay Leaf
- Sage
- Cinnamon
- Pepper
- Spice
- Basil