Herbs and Spices Vocabulary



We use herbs and spices in food primarily **for adding flavor and aroma**. Some herbs are used for **medicinal purposes** as well.

**Herbs are leafy parts of a plant** that are used to add flavor to food. Herbs can be used fresh or dried. Common herbs are mint, parsley, basil, thyme and oregano.

**Spices are also used to give flavor to food**, however they come from the other parts of the plant, especially **the seeds, bark and roots of the plant**. Spices are always used in dried form and they are usually ground into a powder or seeds. They often have very intense (strong flavors).

Notice pepper is on the list but not its *sidekick* (= its usual partner) salt. You probably haven't found**salt** growing on plants because**it is a mineral**, not a spice or an herb. Nevertheless, you'll usually find salt on the spice shelf and people commonly call it a spice.

Spices



**bay leaf**



**cinnamon**



**black cardamom**



**green cardamom**



**cloves**



**black pepper**



**vanilla**



**saffron powder**



**star anise**



**hot chili peppers**



**nutmeg**



**ginger**



**garlic**



 **turmeric**

Herbs



**basil**



**thyme**



**sage**



**rosemary**



**parsley**



**oregano**



**tarragon**

 **dill**



**mint**

**Exercises**

1. **Watch the video and learn how to pronounce the names of herbs and spices**

<https://www.youtube.com/watch?v=Fl6QIn1Fjwo>

1. **Study the following photographs, divide the words into two groups> Herbs and Spices, and translate them into Serbian.**



1. **Find the words**



1. **Which herbs and spices are commonly used in the traditional foods in your region or country. Some cultures really like to spice up their food!**
* What spices are most popular in your traditional foods?
* Are there spices that you frequently use that aren't on this list?
* Do you use fresh herbs in your foods?
* Do you use any herbs for medicinal purposes?
* What is one of your favorite dishes that uses some of these spices?
* If you were only able to have one spice or herb to make a meal, which one would you choose?
1. **Watch the video and make a list of herbs Jamie Oliver mentions**

<https://www.youtube.com/watch?v=Za1x92jq2L4>

1. **Try to identify the herbs and spices in the following 2 photographs**



