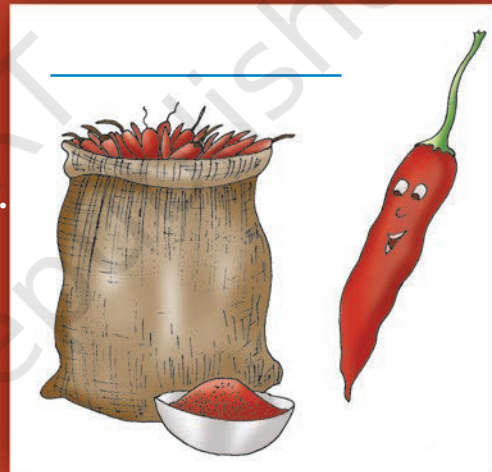
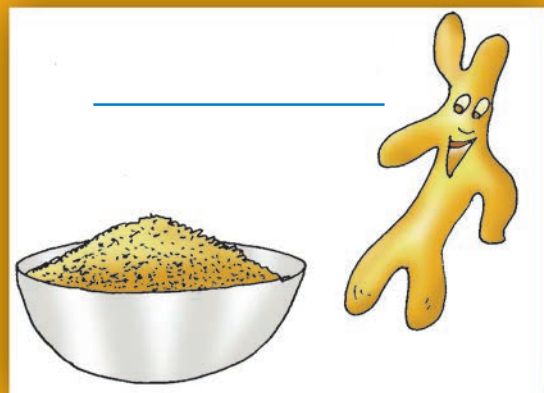




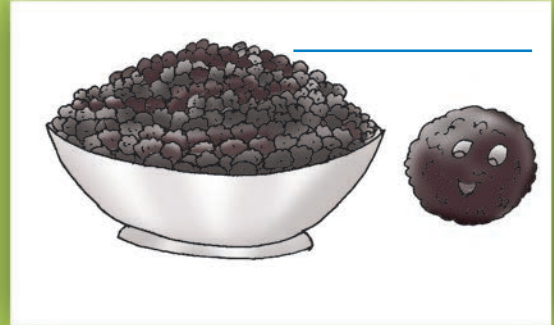
I can be powdered fine
 To make food hot and spicy,
 If too much of me is added
 I make you gasp – shheee... shheee..
 Your eyes and nose begin to water
 And you cry!
 Think and tell me who am I?
 Tell me quickly, who am I?



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?



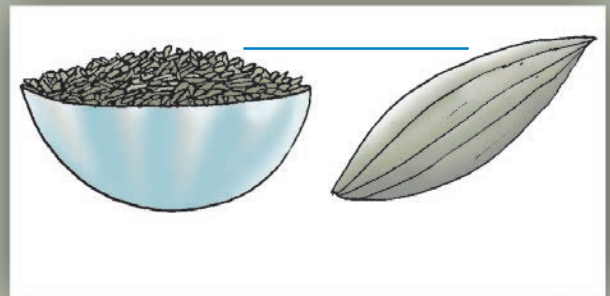
Small and round like a pearl,
I am black when I am whole.
I can be powdered coarse or fine
A sharp and spicy taste is mine,
Whether it is salty or sweet
I am added as a special treat,
Think and tell me who am I?
Tell me quickly, who am I?



I am a small and skinny chap
Sometimes I am brown and
sometime 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.
Think and tell me who am I?
Tell me quickly, who am I?



I look like Zeera 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?
Tell me quickly, 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.
Think and tell me who am I?
Tell me quickly, 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.

- 🕒 Find out which spices are used in your house for cooking. Make a list and look at your friends' lists too.

- 🕒 When your grandparents were young, which spices were used most in their kitchens? Find out from them and write here.

- 🕒 Name one spice which is put into both sweet and salty things.

- 🕒 Find out what is put into food to make it taste sour.

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*, small and big cardamoms and black pepper grow.

- 🌀 Find out whether any spices are grown in your area. Write their names here.

- 🌀 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 a (✓) mark in front of the ones you recognise. If you do not recognise any, put a (×) mark.

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

Let us try making a spicy potato *chaat* !

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

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

Spicy Riddles

- ☞ Roasted cumin seeds (*zeera*), black salt, and garam masala, if it is possible.
- ☞ Fresh coriander leaves.

Peel the boiled potatoes and cut them into small pieces. Now add salt, red chilly powder, mango powder or lemon juice according to taste. 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 potatoes well. Sprinkle chopped coriander leaves on top and hurrah! Your spicy *chaat* is ready to eat!



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