

Spice Sachets
2017 December
1st Grade Garden Parent Outdoor Lesson #8

Objective: 1. To make connections between spices and plant identification.
2. To make spice sachets.

Time/location: The entire lesson can be done in 35-45 minutes indoors or outdoors.

Materials: spices (Star Anise, cinnamon sticks, orange zest, cloves)
pencils
Clipboards (if outside)
Sachets
Worksheet (two sides)
Gift Tags
Small bowls for specimens
Measuring spoons

The Lesson:

Part 1 / Plant Identification 5-10 minutes

-Students examine specimens of the four spices to make predictions about which part of the plant they come from: fruit, bark, bud, or seed. (Worksheet side one)

Part 2 / Sensory Connections 5 mins

- Lead a short group conversation to encourage connections between spices and how they are used.
- With specimens of each spice in small bowls, ask students to smell them and share with a partner what the spices remind them of and if they like them.

Part 3 / Sachet Assembly 15 mins

Using the second side of the worksheet, students assemble their sachets, making their own, unique recipe based on what they like, experimenting with amounts. The worksheet gives them guidelines of the maximum of each spice they may use. Students make notes on the worksheet of how much they use of each spice.

Part 4 / Gift Tag 5 mins

Student write a tag to thread onto the sachet strings. Possible prompts:

“What are you grateful for?”

“What do you love about winter?”

Name: _____

Draw a line to connect the spice to the part of the plant it comes from.



Cinnamon



Fruit



Orange Peel



Bark



Cloves



Seed Pod



Star Anise



Flower Bud

Cinnamon



two sticks

Cloves



two teaspoons

Orange Zest



three 1/2 teaspoons

Star Anise



one scant
tablespoon

My Spice Sachet
Recipe

